

the GATEWAY

issue 2

volume 1

June 2014

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Photo by Sarah Cederholm

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BUSY SUMMER EXPECTED..... by Sarah Kylo and Tia Lemieux

After a long winter, an even longer spring and memories of rampant mosquitoes and overwhelming flooding lurking in the backs of minds of many, local business owners remain positive and look forward to one of those largely forgotten successful Sicamous summers.

At Blue Water Houseboats, Karen Ramsdale says all signs point up. "June bookings are up from last year, July and August reservations came in early and the fall is looking good as well," says Ramsdale.

Todd Kylo, owner of Twin Anchors Houseboats, shares similar news with an overall increase in houseboat rental bookings. "Reservations are up 12 per cent from last year and trade show reservations are up 50 per cent in areas like Edmonton," says Kylo, adding that they've witnessed a greater number of reservations outside B.C. and Alberta in provinces such as Saskatchewan. Kylo attributes

the increase to reliable means of transportation and improvements to our highway system which will help provide greater access to the Shuswap for tourism.

Over at Full Speed Rentals, Randy Schibild approximates watercraft reservations are up 15 per cent this year from last.

Sea-Dog Boat Sales and Service owner Shelley Blight reports a busier April than usual with seasonal owners 'summerizing' their boats at least a month earlier than normal. She adds that boat sales have seen an increase from previous years.

Tim Corless, who manages the Best Western Sicamous Inn, anticipates a busier summer when looking at increases in group bookings for weddings and family reunions.

At the Anchor Riverfront Motel, Tracy Pendrak says she has seen a gradual increase in bookings over her four years of management. Cont. on Page 14.....



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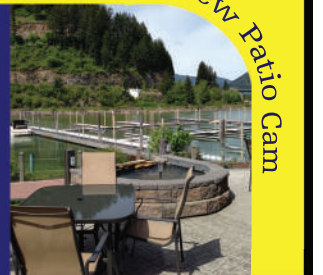
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JUNE EVENTS

June 6 - ERS Graduation

June 10 - Chamber wine & cheese at Works
BC - 5-7pm. Everyone welcome, come find out
what's new at the Chamber.

June 14 & 15 - Boat Show on the Water. Moose
Mulligans Docks - See ad page 1 & 12

June 20 - Parkview Elementary (Sicamous, the
happiest place on earth) Carnival - 5-9pm

June 21-22 Sicamous Ladies Fastball
Tournament

June 21 - Bender Fun'D Rainsing Dance - See
ad page 3

June 27 - July 2 - 35th Annual Summer Arts &
Crafts show - See ad below

June 28 - Parkview Elementary Craft Show -
Sicamous & District Recreation Centre

June 28 - 5th Annual Show & Shine Car Show -
See ad this page

UPCOMING EVENTS

July 1 - Canada Day Events - Finlayson Park

July 11 - Sicamous Shootout Weber/Franson
3rd Annual Golf Classic - Hyde Mountain

July 18-20 - 4th Annual Sicamous Burnout and
Summer Stomp

July 25-27 - 4th Annual Sicamous Antique &
Classic Boat Show

August 3 - Sicamous Days, Moose Mouse,
Sandfest

For information about upcoming events,
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Kelowna Heat

"Heat it up in Sicamous"

For two local athletes it's a swing and a hit for the BC Summer Games.

Sicamous pitching talents, Ann-Marie Crandlemire, 15, and Gina Selfe, 16, have been selected to represent Zone 2, the Thompson Okanagan, at the BC Summer Games in Nanaimo July 17-20.

In order to qualify, both players were required to successfully complete three levels of tryouts which tested their all-around fastball skills including fielding, batting, throwing and, of course, pitching. They were among 40-some players from around the area vying for a spot on the team.

The achievements of these girls, who are familiar friends with dedication and hard work, are no surprise. When Crandlemire and Selfe aren't representing the Thompson Okanagan, they travel to train and compete with the Kelowna Heat U16B Girls fastball team, and in the winter months, stay active by maintaining an intense fitness regimen with Monashee Fitness' Craig Mitchell.

The athletes' successes are shared by Crandlemire and Selfe's parents who have supported their endeavors with numerous travels to Kelowna beyond, and even keep the girls on their toes with workouts before each game. Under the leadership of coaches, Doug Fisher and Kevin Fedorak, the Kelowna Heat U16B Girls have celebrated numerous wins over the past two years including a provincial championship that led them to the Western Canadian Softball Championships in Winnipeg.

Most recently, the team had the opportunity to visit Ventura,

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California to showcase their abilities, and in 2015, they have their eyes set on the Louisville Slugger Independence Day Tournament, a five-day event in Denver, Colorado that presents university scholarship opportunities.

Community members can catch the girls sporting their skills when they play alongside their Kelowna Heat U16B teammates at the upcoming 'Sicamous Swing' Ladies Softball Tournament at Finlayson Park June 21st and 22nd.

In conjunction with the tournament, parents of the Kelowna Heat U16B Girls are hosting a Fun'D'Raising Dance June 21st at the Sicamous and District Recreation Centre. Doors open at 7:30p.m. with entertainment from Salmon Arm rockers, Bender, kicking off at 8p.m.. Help support these local athletes and stop by Hair Affairs on Main Street or call 250-836-2737 to purchase your \$20 ticket.

Schedule details for the 'Sicamous Swing' Ladies Softball Tournament June 21st and 22nd will be posted at the diamonds the weekend of the event. For more details, tournament director, Kathy Crandlemire, can be reached at 250-836-4331.

In recognition of overwhelming local support, the Kelowna Heat U16B Girls would like to thank the following: Twin Anchors Houseboats, Waterway Houseboat Vacations, Askew's Foods, Shea Weber, Cody Franson, Hyde Mountain Golf Course, Eagle River Golf Course, Craig and Janet Mitchell and Saputo Dairy.

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For 35 years, the Eagle Valley Brush & Palette Club has met to pursue 'art' in a variety of forms.

We use many media – acrylic, oil, pastels, watercolour and pencils – to paint on papers, fabrics, glass, rocks, wood, tiles, etc. We do Chinese Brush, Crinkle Art, Collages and cut our own mats. Members may borrow from our Library and use the projector.

New ideas from members are researched and attempted as 'art' comes in many modes. Tours of studios and galleries are also conducted. We have been very fortunate in having had wonderful instructors visit and share their knowledge with us. We have published two different cookbooks and occasionally prepare items from them during our lunch times. We have fun!

We meet year round Fridays (10 a.m. to 3 p.m.) at the Red Barn Arts Centre with our own supplies and a bag lunch. You are welcome to work on your own project or check our website at www.eaglevalleybrushandpaletteclub.com for more details on weekly "Events." Non-members are welcome to join the fun for a Toonie Drop-in Fee. For more information, phone Betty at 250-836-4624 or Carol at 250-836-3135.

Welcome to the
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June 27 "Meet the Artist" 7:00 - 9:00pm
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Friends With Four Feet.....by Cyndi Bird



The top three things we can do to make life better for our pets, and ourselves, in my opinion:

1. More exercise Yup, you probably already hate me for bringing this up first, but even if you already walk your dogs and ride your horses, adding some psychologically stimulating obstacles, or finding ways to help improve the suppleness of your animal's spine are very good ways of combining the idea of continually improving wellness and having some fun.

One way to do this is to make yourself little obstacle courses, or find things that you can climb on, bend around or step over. You can use obstacles that you find out walking. Come up with your own creative course in the house or back yard, or join an agility class they even have these for horses. This will not only add some fun to both your lives, but it will also help to encourage muscles to stretch in different ways and develop more grey matter in the brain.

2. Eat some raw food. Raw food contains enzymes that assist in digestion whereas processed foods need to steal the body's enzymes to be digested. These are enzymes that could be used by the body for several other functions including, but not limited to, breathing, healing and storing/releasing energy.

3. Rest. Yes you read correctly. Rest is incredibly important for stabilizing mood and helping restore your body. Now I know what your thinking most animals spend a large portion of their day resting, but we don't. As their handlers we owe it to them to take care of ourselves so we're there to properly take care of them. Even a 15 minute power nap can make a difference in our energy levels, and moods which is of course going to provide our beloved critters with a better one-on-one experience.

If you have any questions or would like to make suggestions for topics of future articles please contact me through my website at www.opengaits.com

5 benefits of yoga...although there are many!....Georgina Kylo

It's not surprising to hear more chatter around the subject of yoga when out and about visiting friends or even while at a routine visit with the family doctor.

It is my passion and my love for yoga that inspires me to share it with pretty much everyone I meet.

While lazily floating on a houseboat last summer with friends from Vancouver, the yoga discussion came up and I was surprised to hear three strong words. "I hate Yoga!" My mind simply couldn't and can't comprehend 'hate' and 'yoga' together in the same sentence. I'm reminded of a popular quote – "Inhale Love. Exhale Hate."

To make a long story short, I ended up responding, "Well maybe you shouldn't do yoga, but I can tell you why so many people do? (1.5 Million in Canada alone embrace the practice.)

I know and accept that most people probably don't love yoga as much as I do – but hate it? For those in doubt, let me share the reasons I practice yoga along with why I would love for you to benefit from yoga also.

1. Increased Overall Health:

Moving through the asanas (poses) one uses their own body weight as resistance. Balancing, twisting and holding poses in various positions build strength without the jarring that can be experienced by some alternative physical activities. I hesitate to associate yoga with weight loss, (yoga is about loving and accepting the body you have) but it does provide a calm and positive space for it. By committing to a regular practice you will find you look , and even more importantly, feel better.

2. Increased Flexibility:

By gently focusing on areas of the body including the hamstrings, lower back and chest, muscles are gently lengthened and stretched. This creates increased flexibility and keeps muscles supple and strong. "I am not flexible enough to do yoga." These words have been uttered many a time. Inflexibility is a perfect reason to take up yoga which, while promoting flexibility, also helps to prevent injury and manage pain.

3. Reduced Stress:

Are you addicted to your iPhone, emails, Facebook or all of the above?

Does the term 'wound-up' resonate with you? Constantly being 'plugged-in' and having the world in the palm of your hand is convenient, but sometimes it is more beneficial to simply unplug and shut it off a while. Good news! Yoga is a means to de-stress and you do not have to practice an hour every day to experience results. A few minutes a day can help you press the reset button and turn your day around. Simply bust out a few of your favourite yoga poses. My asana of choice is viparita karani (Legs Up the Wall). Unwind and de-stress in a healthy and positive way!

4. Improved Posture:

Many of us work day after day on a computer hunched over our keyboards. This can literally change the shape of the cervical spine, your neck. This has been well

documented as a negative result of even casual computer use due to the position of the head as it hangs down, combined with the weight of the head on the muscles of the neck. Yoga helps to build greater posture awareness and also helps to strengthen the muscles of the upper back which counter the weight of the head as you lean over your computer or smartphone.

5. A More Blissful Sleep

If you want to go to bed effortlessly, sleep undisturbed and be well rested in the morning then yoga is your best bet. Just talk to anyone who has attended a restorative class complete with pranayama (breath work) and a deep Savasana (Relaxation or Corpse Pose). Breath awareness and breathing practices, regular or fancy, help to calm the brain waves in just 30 seconds and a sound sleep is one of the easiest and most effective ways to reduce the stress hormone cortisol.

Whether you decide to practice for increased overall health, increased flexibility, reduced stress, improved posture, a more blissful sleep or all of the above, start with an open mind and from that place, see what manifests.



New to yoga? Bust out your favourite comfy sweatpants and T-shirt. No spandex required! Visit iamyogashuswap.com for class descriptions and schedule.

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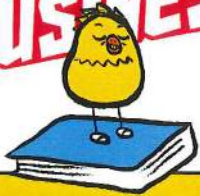
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WHO IS JOE SCHMUCKS? by Tia Lemieux

New resident managers George and Lori were probably wondering the same thing when the Pearson's hired them to run Joe Schmucks Roadhouse, Motel & Campground.

So first things first, who is "Joe Schmuck's?" Joe's actually a Legend around here. He was a second generation Schmucks born and raised right here in the Eagle Valley. Life was all about a good time and not getting in too much of a hurry. The Schmucks had an interesting life, or so the story goes.

Now who are George and Lori Horton? Their story is almost as interesting but maybe not so dramatic! George and Lori came to Sicamous from New Brunswick for a change and change is exactly what they had in mind when it came to Joe Schmuck's. The biggest challenge with managing an existing business is creating something new, while maintaining the old.

George and Lori have changed things up with some good ole fashion cooking, from juicy homemade burgers made with a combination of chuck, brisket and short rib, homecut fries, delicious wraps, homemade stuffed chicken, buttery fresh lettuce salads and my favorite but forbidden, chocolate stout layered cake with chocolate mousse icing, just to name a few. George is all about consistency and delicious meals and Lori is all about keeping it clean and relaxed.



Meet George and Lori and enjoy breakfast, lunch or dinner and of course dessert. You'll not only leave with a satisfied palate, you'll enjoy the refreshing changes George and Lori have brought to Sicamous.



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- Part 2....HEIDI FRANK Chief Admin Officer

(Courtesy of Roger Brooks Destination Development)
Here are the three ways to double the spending locally:

1. Jettison the generic and narrow your focus. With the world at our fingertips via the web in less than a second, we now look for places and activities that cater to us specifically. Phrases like "something for everyone" are totally ineffective. In an upcoming article I'll give you the List of Words & Phrases to Avoid. To win you MUST make sure you differentiate yourself. If your introductory text can fit anyone else, then toss it and start over. You have only eight seconds to pull me in and it needs to cater to the customer specifically.

2. Strengthen your product. All successful downtowns and visitor destinations are built on product, not marketing. In fact, the days of the traditional destination marketing organization (DMO) are coming to a close. You must now get into the product development game. The communities that have done this are

seeing big rewards. Remember, you are only as good as the product you promote.

3. Tell the world digitally. Most destination marketing organizations will spend at least 80% of their marketing budgets on advertising and collateral (printed) materials. If that's you, you have it backwards. Forty-five percent of your total marketing budget should now be spent on digital marketing. Your advertising should drive people to your website and it needs to be good enough to close the sale. Does yours? Here's today's What To Do:

1. Go to the home page of your website, grab your marketing brochure(s), grab a local visitor's guide.

2. Now pull up a map of your area and locate a small town a two-hour drive from you – one that's not really a great destination (I'm sure you can think of several) and that you wouldn't make a special trip there to visit.

3. Now go to your introductory text. Take out the name of your town (or business – this applies to businesses as well!)

and insert the town you found on the map and read it. After reading it, would you make a special trip there based on what you just read? Did it still ring true? If your opening text is generic and could fit just about anyone anywhere, then you just lost a sale.

4. Then rewrite your opening paragraph so it fits no one, in your market, but you. And make sure it's based on things to do, not the location (city, town, county, downtown). We are looking for things to do, not just places to go.

distRict of sicamous HonoRs volunteeRs



With over 26 volunteer programs in Sicamous, the town wouldn't be what it is today with out the dedication of our volunteers. A tea social was held by the District of Sicamous May 9th, 2014 to honor and congratulate these volunteers with a memorable framed certificate of appreciation along with an introduction to each organization by members of the council and Mayor Trouton. In recognition of the volunteers of Sicamous we thank you for your continued dedication and support. If you are interested in becoming a volunteer of one of our many organizations, contact the District of Sicamous, Chamber of Commerce or the Resource Centre .

GOOD GREEN ENERGY IN MOTION!

MARGO WESTAWAY



When Tia asked me if I could contribute something 'green' for her new Gateway publication I hesitated, because our poor old environment was becoming such a depressing and tiresome subject and all we seem to hear about is that one day the Shuswap will have oceanfront properties instead of lakefront and people will never have to leave for Arizona in winter because it's going to be hot enough up here!

However, despite all the doom and gloom that tends to take the wind out of our sails, there are plenty of folks out there in the world – both young and old - who refuse to accept this run-away planetary train wreck and are doing something about it! They come from all walks of life and backgrounds, such as innovators, business people, kids and students of all ages, parents, politicians, municipal staff,

actors and just the locals like you and me, who are making an effort to improve their neighborhoods, communities or even the planet itself.

So that's what I want to focus on and if there's anything going on around here – be it small or tall - then I want to know about it so I can share it around. It's the positive news that floats my boat rather than feeling like we're all sunk, so for every issue in the future, I will highlight a green initiative news story from either a different point on the globe or preferably a local one. Luckily, I had one readily in mind for this issue!

There is a great food growing initiative going on by Diana Stooshnov, the Treasurer of the Seniors Activity Centre, where behind the building boasts a 'backyard' of all kinds growing goodies! Her vision began 4 years ago that started with a few pots of plants, but has now blossomed – with the aid of grant money, volunteers and discounted local lumber - to 9 big raised beds that are bursting with strawberries and newly planted beans, peas, onions,

radishes, cucumbers, squash, pumpkins, lettuces, celery, tomatoes and sunflowers.

They grow enough fresh food for their twice-weekly lunches as well as freezing some for winter, contribute to the Meals Program and sell some of the produce at very cheap prices. Fortunately our area has a number of generous local gardeners and farmers who donate plants and produce throughout the growing season, which is greatly appreciated by everyone there. But Diana's vision hasn't stopped growing yet! The centre has recently been awarded another government grant and the funds will be put towards a new greenhouse to grow even more food, which will keep those tummies topped up and the people's palates pleased! Kudos Diana!

small but mighty learning at eRs..... © Shawn L. Bird 2014



Eagle River Secondary (ERS) has been the educational heart of Sicamous since students began learning on the property nearly a century ago. In recent years, declining enrolment has required the school to become creative in order to offer programs that keep students in town. These successful innovations are causing a stir throughout the province.

The changes have included offering grade specific Core classes (English, Social Studies, Math, and Science) in the mornings and multi-grade electives in the afternoons. The electives have embraced the teachers' varied passions, allowing students to learn through classes in geo-caching, horticulture, international cuisine, cake decorating, hockey, outdoor education and guitar as well as more traditional classes like volleyball, biology and art. Of special note is the Social Justice class, which has students in the community helping at the thrift store and Meals on Wheels, harvesting vegetables for the food bank, gardening, and collecting for various charities.

A new focus on flexible learning by the Ministry of Education became the key to Eagle River's innovations. The school has been given freedom to develop unconventional approaches to timetabling and course offerings. As a result of the success of these efforts, ERS has been recognized by the provincial government as a flagship school of the BC Ed Plan. Grade eight and nine students have had the opportunity to learn together in their choice of six mixed Science/Socials classes throughout the school year; grade ten will be added in 2014-15. These courses have provided hands on, project based learning exploring local plants, controversial issues, water, astronomy, sound, electricity, revolutions, world religions, and cultural fashions among other offerings. ERS is also very active in Career Education initiatives. Students are able to earn credits for their work experience in their jobs outside of school. There are two ERS students working in the community as Secondary School Apprentices, collecting hours with BC's Industry Training Authority and gaining high school credit while they work as a marine mechanic or electrician. ERS works with School District 83 to provide two other students with dual credits (both college and high school) for career training as an automotive repair technician or a hair dresser. These students

do a semester or year of training at another SD83 school, and will return to ERS to graduate with their friends.

Students also have the opportunity to parlay their own interests into Independent Directed Study (IDS) blocks. Students develop a set of learning goals, based on existing Ministry courses, and then leave the building to explore.

Presently a pair of students is doing an IDS in fly fishing, learning about insect and fish life cycles, creating flies, fishing, and recording their findings. This is science and physical education for real life! Other students have created IDS courses in music, mountain biking, fitness, and long boarding.

ERS partnered with UBC's Okanagan campus to offer Maker Day. This was a chance to explore creative thinking and problem solving by students and community members working in small, multi-age groups to create prototypes of inventions. Maker Day is a movement dedicated to inquiry learning. Three ERS teachers are working on Masters degrees at UBCO, and the university is keen to have greater involvement with the school.

Eagle River's innovations are making waves. Schools from all over the province are calling or coming to see what is happening within the walls. With only 150 students in grades eight to twelve, ERS may be small, but it's mighty. Great things are happening for Sicamous's kids, and the province is taking note.



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 copy editor - Brian thurgood

People of sicamous..... Tia Lemieux

Kagen Stephenson, owner of Willow Mist Hobby Farm, pampering the hanging baskets she's prepared for Sicamous and Revelstokes downtown. Kagen wants to make sure the overnight temperatures are stable enough before putting her beautiful plants out and letting Mother Nature take over.



Picture taken on May 16, 2014

Kagen manages 2 green houses along with caring for her many animals at Willow Mist Hobby Farm in Solsqua Cambie. Have you ever wondered who put together the beautiful baskets that hang from the lights of main street and our traffic circle. Sicamous has 50 beautiful hanging baskets and Revelstoke 54. Kagen also prepares planters and baskets for many of the businesses in Sicamous and Revelstoke. She takes custom orders a year in advance in September and some early in Spring. If there are any plants left over at the end of June, the public is welcome to call Kagen at 250-836-2551 to make prior arrangements.

Kagen who came to Sicamous in 1976 was originally from Yorkshire, England. Within those 38 years Kagens family has grown to include her grandchild below who comes to help Kagen around the farm. While visiting the farm, you can't leave without petting "Winston", the potbelly pig or getting a kiss from "Albion, her macho Llama or "Sir Gallahad" showing off his beautiful feathers.



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the laundry Room Tia Lemieux

Poll results are in on our survey "shopping local". While the number of participants was low, the results were interesting. Grocery shopping in Sicamous comes in at 50% who shop 75-100%. Vehicle repair and maintenance at 68%, Hair cut and styled at 83%, Medical care at 42%, Dental care 81%, Eye care at 56%, Hardware and Building Supplies 60%, Dining out resulted at 39% once a month, 39% dine out 1-5 times per month, 22% 6-10 times per month and no one actually admits to dining out every day! For those who have children that participate in organized sports, 94% equally participate both in town and out of town while 6% participate out of town exclusively.

d.a.R.e. ... Sicamous RCMP

May 28, 2014, Grade 5 students graduated from the Drug Abuse Resistance Education Program offered by Sergeant Rebecca Wilke of the Sicamous Detachment Royal Canadian Mounted Police. D.A.R.E. is the foundational piece of the community prevention education Continuum from Kindergarden to Grade 12, and is a social skills program which seeks to provide children with information and skills needed to live drug and violence free. It is a co-operative between the community, schools and police. Why is D.A.R.E. Important? D.A.R.E. educates children at the critical Grade 5/6 level, preparing them for entry into secondary school, where they are most likely to

encounter pressure to use drugs. The curriculum encourages a positive and healthy lifestyle and focuses on providing children with accurate information about drugs, tobacco and alcohol and effects of their use. It also provides practical skills for recognizing and resisting pressure to use drugs and engage in risky behaviours, decision-making skills that help students recognize the consequences of their choices, positive alternatives to substance use and violence, improved interpersonal and communication skills and enhanced self-esteem. This 10-lesson core curriculum is taught by a specially trained uniformed peace officer in the classroom with workbook material, interaction from students and a written final report with a certificate for completion. Congratulations to our D.A.R.E. graduates.

sicamous chamber and “509” Filming a huge success



Photo by Tia Lemieux

Check out the Youtube video “behind-the-scenes” movie filmed during 509’s visit. The film is titled, “509 - Volume 9 - Behind the Lens Season 2 Episode 4 (Sicamous, BC). Sicamous is featured throughout this video and currently has almost 9000 views. 509’s facebook page also features shots of Sicamous with over 600,000 visits to their page alone. This type of exposure is exactly what Sicamous needs to be put on the map for some of the best snowmobiling in British Columbia. The Chamber is continuing to work with 509 for promoting Sicamous.

What’s happening at the Chamber?

Come on out to our next Wine & Cheese event at WorksBC on Tuesday June 10th from 5:00 pm to 7:00 pm. You will have an opportunity to network and meet other business owners, managers and employees in the community. WorksBC will share with us what services they have to offer and how you can use their services to enhance your business. The Chamber will share what is new in the community and province.

Photo Contest

Thank you to everyone who entered our photo contest. The submission of photos from around our area were fabulous. We plan to host another contest after the summer so please keep clicking. Watch for details on Facebook.

Photos of the winners and other entries will be published on the cover of the Gateway Newsletter each month.

Overall winner – Hang Loose by Sarah Cederholm (photo on Page 1) Sarah won the Apple TV

Landscape winner – Tranquility by Rebecca Wilke

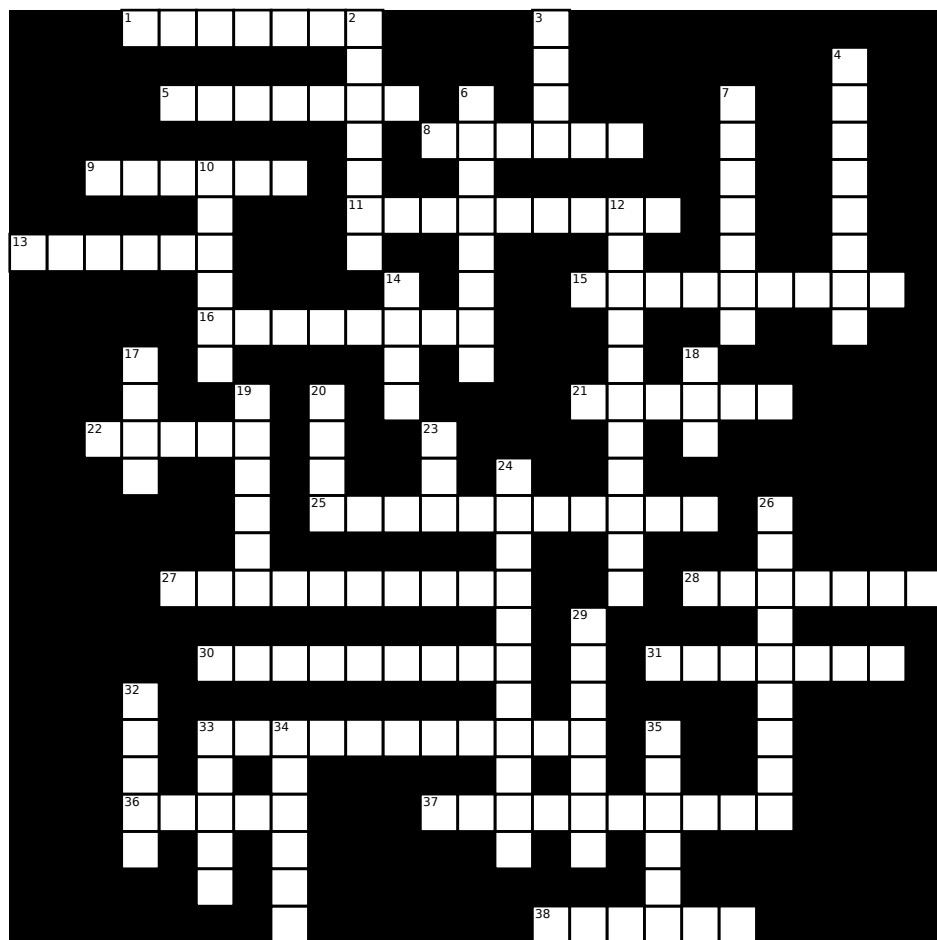
Rebecca won a gift certificate valued at \$30 to have a photo of their choice mounted on canvas at Inkx Design & Printing Solutions.

People winner – Sicamous Water Park by Kim Hyde won a gift certificate valued at \$30 to have a photo of their choice mounted on canvas at Inkx Design & Printing Solutions.

To view all the winners, visit www.sicamouschamber.bc.ca

More about the Chamber news on Page 11...

The gReeN Thumb



- Across
- 1 Gardening method using all natural and no chemicals
 - 5 Plant is sleeping
 - 8 Tool shaped like a carrot used to poke a hole
 - 9 Appendages, usually coloured, on a flower
 - 11 A plant which keeps its' green foliage all year
 - 13 Dust like grains produced on the anthers of flowers
 - 15 Tolerant to adverse conditions
 - 16 Soil having a pH value over 7
 - 21 Plant that grows in area naturally
 - 22 The edible seeds from a plant
 - 25 Removal of spent flowers
 - 27 Moving a plant from one place to another
 - 28 Lattice for climbing plants
 - 30 Garden devoted to cultivating plants for scientific purpose
 - 31 Fertile soil in the upper levels of the ground
 - 33 Starting plants from seed
 - 36 The upper branches of a tree
 - 37 A glass or plastic structure
 - 38 Crossing two plants of different species

- Down
- 2 A plant that produces its seed in a cone
 - 3 Roots from the bottom
 - 4 Removal of plants in crowded conditions
 - 6 Major essential plant nutrient helps to stimulate growth
 - 7 A mixture of soil and decomposing matter
 - 10 One growing season only
 - 12 Plants whose flowers are the best for drying
 - 14 Drooping
 - 17 Surface area consisting of 43,560 square feet
 - 18 The fruit of a rose plant
 - 19 An organ of a flower's female part
 - 20 A plant that grows where you don't want it to grow
 - 23 A shoot
 - 24 Natural or artificial substance added to soil to supply nutrients
 - 26 Peaches, plums or cherries
 - 29 Cutting damaged or dying parts to encourage new growth
 - 32 Discourage weed growth
 - 33 Shape of plant material where the width and height is equal
 - 34 Long stem that creeps along the ground
 - 35 The reproductive organ of seed producing plants

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...It's simple - not easy.....CRAIG MITCHELL

Fitness – living fit, getting fit, staying fit. What does it mean and how do you get there. Fitness can be different for many of us. Fitness is not about how you look or how much you weigh or what kind of body shape you have. Although as you work to improve your fitness, your weight, size and body shape may change. Your blood pressure, cholesterol and blood sugar levels may also change. One important thing to note is that you can change can improve or it can also decline. Do something – you improve, do nothing – you decline.

To me fitness is about “movement”. The ability to move freely with strength, power, agility and endurance, having mobility. It means being able to do what you need and want to do for work, play and sport and to continue to do it throughout life even as your body goes through the natural aging process. As we age some of these things will decline, but they don't have to. Based on your fitness level, we can slow down the aging process at any age quite quickly. To improve or maintain our fitness level we need to exercise. This exercise may come from your job,

play, sport, exercise classes, yoga, gyms, or home programs. You just need to have something that keeps your body moving and addresses all muscle groups, as well as your cardiovascular system.



If I had to choose only one exercise that I thought may help someone toward their fitness goals. I would choose walking. The most basic fundamental movement a human can do. Walk, walk fast, walk slow, walk uphill, walk downhill, walk over things, walk under things, walk with big long steps, walk with a pack, walk on the beach, walk in the water, walk then squat, and walk some more. Walk upstairs, walk with the dog, walk and push a stroller, walk and drag a sled. Go for a long walk. Take short fast walks, walk and get down on the ground then get up and walk some more. Walk, stretch, walk.

You see the important thing is to get moving. Get mobile and do it now. The physiological changes are immediate. The second that you get up and start, your body will start the process to improved fitness. So get out there! What are you waiting for?!? Get up! – get movin!...Get strong! – Get Fit and Stay There!! Craig Mitchell – Strength and Conditioning Coach
Monashee_Fitness@hotmail.com

efforts to 'spend less, eat better' Fall short ... for now?..... SARAH KYLLO

Selfishness – not what you would typically associate with the establishment of a cooperative, but in the case of Shuswap Fruit Co-op, it was the seed that planted its beginnings.

“The idea was that of my own greed,” jokes its creator, Ryan Airey, a vegan for the past three years, who had no qualms about having a plethora of fruit and vegetables available to him.

Much to the disappointment of its members, the co-op was short lived with it folding just two months after its start. Airey attributes its demise to “red tape” and time hindrances due to commitments with his business Fruit World.

“The City of Salmon Arm wouldn't let us operate unless we registered as a non-profit or as a for-profit business,” says Airey, who noted that purchasing a business license would mean finding a new location rather than the Salmon Arm Downtown Activity Centre, zoned only for non-profit groups.

On April 1st, Airey broke the news to the 363-member strong Shuswap Fruit Co-op Members Facebook group.

“I am no longer going to operate Shuswap Fruit Co-op. If anybody or any group of people would like to assume responsibility for continuing this program I will be happy to contribute this Facebook page and all I have and know regarding the co-op. There is a possibility of cooperating

with the Shuswap Food Action Co-op.”

His words were accepted with appreciation. Emily Carlson commented, “Thanks for doing it for that short while. It definitely got me eating healthier.” Another post from Swanky Lerlinda wrote, “I don't blame you Ryan it's a lot of work!! Thx for trying though!!”

While there has been interest to resurrect the program, Airey says no group or person has managed to bring it back to fruition at this time.

He remains grateful for the experience and success the volunteer-powered cooperative saw while it lasted.

“It grew so quickly,” says Airey, who shared that in its biggest week, 144 Shuswapians signed up to receive the GMO-free baskets the member Facebook page describes as “cheaper than at the grocery store, is fresher than at the grocery store and contains some organic produce for less than retail conventional prices.” The result, it writes – “SPEND LESS, EAT BETTER.”

Airey says that, while the intent was to support local farmers, this proved difficult during the months the co-op operated.

Much of the produce was supplied by Airey's wholesaler contacts in the Lower Mainland, and on average, was half the price you would normally pay retail.

“I was always impressed by the quality,” he says of the produce sold at cost. “That was the nature of receiving the product the morning it arrived.”

So how did the co-op work exactly?

Sign up online and choose to receive a basket once or weekly, volunteer your time, pick up your basket and pay \$30 cheque or cash upon pick-up.

“Most people were happy to contribute,” says Airey of the volunteer requirement that often meant gathering early Saturday mornings to distribute produce into individual boxes containing a few dozen items each.

One such person was Jackie Lee, who would love to see the co-op continue.

“I got involved with volunteering because I saw the hard work that a lot of people had already put in to establish the program and wanted to be a part of it,” says Lee, adding it encouraged her to try new foods and recipes she wouldn't have otherwise.

“I thought it was an awesome opportunity to provide fresh fruits and vegetables to my family.”

If you are interested in continuing on Airey's efforts, please visit the Shuswap Fruit Co-op Members group on Facebook.

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old but not forgotten.....By Gordon Mackie "Hidden Treasures of the Shuswap" S.S. Whitesmith

In late September 1929, the last steam powered vessel designed for freight and passenger service on Shuswap Lake was launched from the beach below C.P.R. hill at Sicamous.

She was built by the Provincial Dept. of Public Works to replace the ageing Maude Annis 2 and was to provide year round service between Sicamous and Seymour Arm and way points including Salmon Arm, Eagle Bay and Anglemont.

Unfortunately the great depression occurred in the immediate years after she was launched and by



July 1937 she was removed from service. Her steam engine was removed and sold to Simpson Sawmills in Kelowna and the registry was closed on April 23, 1941. The hull was tied up at her old coaling dock about 400 yards west of where she was built. Shortly thereafter her hull was holed by a broken piling and she sank in about 60 feet of water. She still lies on the bottom there and is a favourite diving spot for many. The Underwater Archaeological Society of British Columbia has placed a plaque on the old vessel which say in part. Please respect our Maritime Heritage - Take only pictures - Leave only bubbles.

Length 78.2 feet, Width 16.4 feet , Gross Tonnage 127.6 tons. Compound Steam engine Nominal H.P. 13 Speed - 9 knots. Her top deck included a wheelhouse, Salon / Dining room, kitchen, passenger cabins, toilets and cooks cabin. The main deck was for freight, engine room and crew quarters.

Whitesmith today underwater
Photo Jacques Marc
U.A.S.B.C.

Additional pictures and stories about the Whitesmith may be found at the Sicamous and District Museum and Historical Society, Main Street, Sicamous.

Busy summer expected continued from Page 1

"I'm hoping we have the best year yet," she says, noting she must have had over 250 inquiries for the Summer Stomp and Burnout alone, and has zero vacancies three years ahead thanks to the event. "Most long weekends are booked solid," she adds.

On the condo side, Leanne Robert, owner of Shuswap Lakeside Vacations, is experiencing greater interest as well. "The Condo rentals this year are up from last year," she says. "Even after the slow start last year, the year ended up being better than expected".

When it comes to restaurants, predicting a successful summer proves to be more challenging. Owner of Moose Mulligan's Pub and Restaurant, Peter Schrama says it is nearly impossible. "We are weather dependant, so if we have a nice hot summer with

little rain it's sure to boost business," he says, commenting that on sunny days you can bet beer sales are up 20 per cent in their cold beer and wine store. "We are a resort town," he says. "It is what we deal with year in and year out."

Whether we experience a booming summer or not, businesses are gearing up for the arrival of visitors who come to vacation and soak up the beauty of a place we are fortunate enough to call home. And with the cooperation of Mother Nature, a little luck and no shortage of hard work, Sicamous business employees and owners will surely have reason to celebrate this fall.



S.S. Whitesmith under construction on the beach below C.P.R. Hill. The house in the background is still in the same location and was built by Gus and Pauline Page. Photo by Alex Wood

Whitesmith at dock in Salmon Arm



Photo; Sicamous and District Museum

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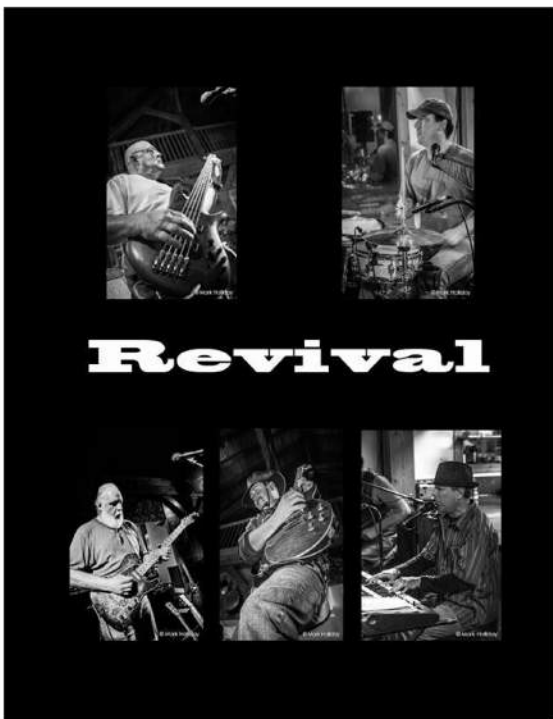
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Follow I Am Yoga on Facebook or visit iamyogashuswap.com for more details.



YOGA Schedule

JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00AM MORNING BLISS With Ruth 75 Minutes Non-Heated Hatha		9:00AM YIN YOGA With Cathy 90 Minutes Non-Heated *Ends June 26th	9:00AM YOGA ON THE CHANNEL With Sarah 75 Minutes Hatha Meets @ Moose Mulligan's Patio on Riverside Ave. *Starts June 13th	STAND UP PADDLING & YOGA WORKSHOPS *CALL & BOOK NOW! 250.515.1967	
7:00PM I AM RESTORED With Georgina 75 Minutes Restorative		5:15PM WILD HEART With Britt 75 Minutes Heated Hatha/Vinyasa				7:00PM KARMA BY DONATION With Britt 60 Minutes Heated Hatha

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