

Multi-Family Garage Sale

**PINE
AVENUE
VILLAS**

2675 Pine Avenue, Lumby

**Saturday
June 10**

8:30 a.m. - 1:30 p.m.

Tools, garden equipment,
household items
And much more!

Sponsored by
Carla Lee
250-306-5818

COLDWELL BANKER
FOUR SEASONS REAL ESTATE

SUCCESS FOR CBSS RUGBY SEVEN'S



Back Row: Brian Krog, Isaac Richman, Kenny Griffin, Riley Beliveau, Cooper Bzowy, Wyatt Dyck, Mykelti Zeolkowski, Danny Griffin, Justin Bennet.

Front Row: Thomas Dohms, Colton Young, Jayden Hernandez, Jessiah Wadsworth, Silas Stubbs, Zander Gardner, Jace Catt. Missing: Tassilo Ruffa

Last week the Charles Bloom Senior Boys rugby 7's team was in Abbotsford for the BC School Sports Rugby Provincial Championships. Any time a team makes it to the provincial championships, it is a major accomplishment. However, given the history and circumstances, this one is extra special.

Charles Bloom was without a rugby team for 17 years. Last year, a keen group of boys decided it was time to bring rugby back to Lumby. Led by coaches Justin Bennet, Brian Krog & Ben Jackson, the first-year team proved that they could compete with more experienced teams and larger schools. Rugby does not yet have a single A division like other sports, meaning Bloom must compete in the double A division.

This season the Timberwolves rugby team made some serious noise by beating Seaton to advance to the Valley Championships, then beating Penticton High to secure their spot at the Provincial Championships. When compared to the size of Charles Bloom, Seaton's population is about 3 times the size, and Pen High is about 4 times the size!

While at Provincials, the boys played some of their best rugby and represented Lumby well. The coaches had many people asking, "Where are you from?" and "How small is your school?" Our Charles Bloom Secondary Senior Boys Rugby team came home with a 12th place finish and succeeded in putting Charles Bloom back on the rugby map!

Is Cousin
Colin
spreading
another
cockamamie
conspiracy theory?



✓ **To learn the
verified facts,
read the
Lumby
Valley
Times!**



THIS WEEK'S SPECIALS

SHEARDOWN'S
**Fresh
mart**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast Sandwich 8-1pm only \$1.99	Kaiser Sandwich \$4.99 Ea.	Alpine Bread \$2.99 Ea.	Dairyland 4Ltr Milk \$1.00 OFF	Everything Sub \$3.99 Ea.	Hot Whole BBQ Chicken \$9.99 Ea.	Gala Apples 99¢/lb
Large White Eggs \$3.99 /Dozen	Russet Potatoes 2lb Bag \$8.00	BBQ Ribs \$1.19 /100g	Deli Wraps \$4.49	No Name Dog Food 8 kg \$9.99 Ea.	Garlic Bread \$3.49 Ea.	French Bread \$1.99 Ea.
			Faith Farms Cheese \$6.49 Ea.			Deli Chicken Wings \$1.69 /100g

Just for Fun

Yard Jokes

- My nosey neighbour said the grass in my lawn was too tall and asked me if I am ever gonna mow my grass . I said, "No I'm just going to keep adding dirt until it's short again."
- I had so many weeds in my yard my weed eater gained 10 pounds.
- A neighbour said she wanted to grow a rock garden. So I gave her a bag of sand and labeled it Seed. Then I gave her a bag of concrete mix and labeled it Fertilizer. Now she spends an hour every day watering it and waiting for it to grow.
- I called the cops about a murder on my front lawn and they just hung up. They said that couldn't do anything about crows and to stop calling.
- Just saw a man slumped over a lawn mower crying his eyes out. He said he'll be fine, he's just going through a rough patch.
- My gardener talked to me about edible herbs I can grow. It was sage advice.
- Did you hear about the gardener who went crazy? He was hearing voices in his shed.
- I started growing some fungi in my garden, but it failed miserably. I guess there is mushroom for improvement.
- Why is Incredible Hulk such a good gardener? He's got green fingers.
- I used to make loads of money clearing leaves from gardens. I was raking it in.
- A friend perfected his garden flower beds through a process of trowel and error.

The Lumby Valley Times is an independent, privately owned newspaper of Integrity, Honesty & Dependability, published every Friday

The Lumby Valley Times is a free newspaper

Our Mailing address is Box 456, Lumby, BC V0E 2G0

Letters to the Editor are always welcome. While names can be withheld if the circumstances warrant, no unsigned letters will be accepted for publication. The Editor reserves the right to edit letters.

Advertising is accepted on the condition that, in the event of a typographical error, the portion of the advertising space occupied by the error will not be charged for, but the balance of the advertisement will be paid for at the applicable rate. The Lumby Valley Times will not be responsible for more than one incorrect insertion.

Camera Ready advertising can be emailed to: andrew@lumbyvalleytimes.ca

For your convenience, letters & articles can be emailed to editor@lumbyvalleytimes.ca

MAIN SWITCHBOARD

Advertising, Editorial & General Inquiries: Phone: 250-938-1464

Publisher/Editor: Andrew Hutton

Staff Photographer: Gordon Hutton

Awsome Delivery People

Gordon Hutton, Murray Freeman & John Mys

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Please be advised that if mistakes are found in this publication, they are there for a reason. We publish something for everyone and inevitably, there will be people who look only for mistakes."

ALL DEADLINES (ADVERTISING, CLASSIFIEDS & EDITORIAL)

10:00am on Monday for the following Friday's Issue

Local & REGIONAL NEWS

Unpleasant Odors

Village of Lumby and nearby Area D residents have likely noticed an unpleasant odor in the air in recent weeks. The Village is aware and is working actively to remedy this.

As background information, the odor is coming from Cell # 1 which has not been cleaned out for approximately 15 years and is the first cell receiving the raw sewage. Over the years, the anaerobic sludge builds up and routinely "turns over" in the spring. This process involves the decomposition of the sludge by microorganisms, a natural way of dealing with waste material. This year just proves there is too much sludge and it is taking far too long for the odor to clear.

This task was initially planned as part of a future plant upgrade, but has now, as directed by Village of Lumby Mayor and Council, been prioritized to be completed this year to mitigate the current odor problem and ensure efficient operation of the wastewater treatment plant.

This work is currently being prepared for public tender and is anticipated to be complete by the fall of 2023.

We understand the unpleasantness of this and appreciate your understanding and patience as we prioritize this remedy.

Sincerely,
Mayor Kevin Acton

MOMENTS IN TIME

Photos and Memories From The Lumby Museum

If you have any requests about Lumby history, let us know - We would be happy to try and respond to your questions. **Email us at: lumbymuseum@gmail.com**

This month, June 6th marked the 79th anniversary of D-Day (June 6, 1944). D-Day was an Allied offensive that resulted in the beginning of the end of World War II. Germany surrendered on May 8, 1945, but the war was not officially ended until Japan surrendered on September 2,

1945 following the atomic bombing of Hiroshima and Nagasaki. Lumby's enlistees Joseph Beck, Tony Carey, William Christien, Douglas Cleal, Mark Gibson, Alec McRae, Bud Olson and Edwin Schneider all lost their lives fighting for our freedom during WWII.



Douglas Cleal, KIA, Age 32



William Roderick Christien, KIA, Age 19

What are your Thoughts and Opinions?

Be sure to let us know!

Email us at: editor@lumbyvalleytimes.ca or

Mail them to us at: Lumby Valley Times P.O. Box 456, Lumby, BC V0E 2G0

SAM'S GARDEN

If you have any questions you would like me to address in future articles, please send them to the Lumby Valley Times at editor@lumbyvalleytimes.ca. Information provided comes from various sources on the internet, gardening magazines, gardening books and articles and my own personal knowledge.

Why Did The Tomato Blush?... Because It Saw The Salad Dressing

The Tomato

This has been a busy week getting the finishing touches on everything I will be bringing to Lumby Days. Last years celebration was very busy and very enjoyable. I will be in my usual spot by the arena and look forward to seeing many old and hopefully new plant loving people. The weather is predicted to include some rain and I will be grateful if we do get some. This heat has been good but too much of a good thing can be very labour intensive.

The Tomato is probably one of the most rewarding and productive additions to most gardens. There is nothing tastier than a garden fresh Tomato especially if it is grown in your own garden and it is not difficult to be a success at growing them even if its in a pot on your balcony. They do however require some attention and the right nutrients and of course some loving care.

The varieties of Tomatoes are endless and with the many new hybrids that are disease resistant everyone can grow enough to provide themselves with this delight. Tomatoes are one of the few plants that should be planted deeper than the soil level that your plant will be when purchased. This allows for more roots to develop and that will mean more nutrients will be taken into the plant.

There are some perils to be considered when growing the plant as over and under watering can be a problem. They are fairly hardy and most errors in their care can be corrected quickly if you pay attention to the progress of your plant. Once your Tomato plant is planted and established it enjoys a good deep watering of about 2" in depth weekly this of course may have to be increased if the weather becomes extremely hot. Growing them in pots will be different and you should ensure they receive good moisture without drowning them. Mulching can be used to conserve moisture and suppress weeds however, if we do receive a lot of rain over a long period of time this mulch may need to be removed. Watch for yellowing leaves as well as a change in their texture to make your decision.

Pruning is also important, suckers that grow from

the main stem near the base of the plant should be removed as well as the growth that appears in the axis of the branches that grow from the main stem. Also remove any leaves that are yellowing or that extend down and are touching the ground. This can help prevent any fungal diseases that can be picked up from the soil. If you smoke cigarettes be sure to wash your hands before touching the plant as mosaic virus can be transmitted to the plant from tobacco. Tomatoes should not be planted in the same area of your garden for at least two years and should be spaced at least 2 feet apart.

Many people put egg shells in the planting hole being used for their Tomato plants and this can be good as calcium is vital to the plant to prevent blossom end rot. If there is a spot at the bottom of the fruit it can easily reversed for the upcoming fruit by applying a calcium based fertilizer, using egg shells at this point will not work unless you make a tea from egg shells as it take some time for the calcium to be extracted and absorbed and the plant needs calcium immediately. Epsom salts are great treat for your Tomatoes as well as most of your other household and garden plants but should be used sparingly 1 teaspoon in a gallon of water once a month is sufficient. This will give your plants trace minerals and will help with the uptake of calcium that your plant requires.

Look forward to seeing



you at Lumby Days!

Happy Gardening!

Samantha Nason

BS Ranch & Greenhouses

250 547 6567

sam1nason@gmail.com

To care for your ears



Carlee Johnson
RHIP/Owner Operator

Carolyn Megli
Audiometric Technician

Rochelle Martin
Customer Care Representative

is to care for yourself.

Carolyn is reaching out to our community for adult hearing screenings and hearing aid clean & checks:

June 8 - By appointment only:

Lumby Health Centre 250-547-9741

Vernon
201-5100 Anderson Way
778-475-4007

Come say Hi!
We have a booth at the
Lumby Days June 10 & 11

Love Your Ears

HearingLife
Formerly **NEXGEN HEARING**

*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, an administrative fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. WorkSafe BC and other Provincial WCB Networks, VAC, MSDPR, and FNHA/NIHB accepted. Registered under the College of Speech and Hearing Health Professionals of BC.



DO YOU HAVE A STORY?

Do you have a great tale to tell, send it in and we will see about getting it in the paper for you!

Send your article and photos to editor@lumbyvalleytimes.ca



ARTBEAT

Arts & Culture from the Edge

Please note that the MAC Art Gala on Friday June 9th has been cancelled – thank you for your understanding

Community Grants

MAC is thrilled to announce this years Community Arts and Culture Grant recipients are as follows; Monashee Quilters, Lumby Live and the Lumby Community Art Classes (Fall/Winter 2023/2024 session). All these groups have done so much in our community and we are excited to see them thrive and grow in the future.

Art at the Market

We're back at the Saturday Public Market with our Art at the Market tent, join different artists over the run of the Saturday markets and try your hand at different projects each week for free. Donations are graciously accepted.

Lumby Days Schedule

MAC is excited to be back at Lumby days for 2023's Beach party the artistic celebrations will start off with Raku will return on Saturday afternoon this year with the opportunity to pick and glaze various clay creations made specifically for Lumby Days.

Saturday and Sunday will also include the Photography contest and Art show at the Whitevalley Community Centre, be sure to stop by and cast your ballot for Peoples Choice!

Happening Now - Aging, Art and the Modern Elder



June 5th - 30th
The Monashee Arts Council and Village Gallery are

"Floating with Friends" by Kathryn Ross



"Four Corners" by Shannon Wylie

excited to present Aging, Art and the Modern Elder. This Exhibition comes from 16 artists belonging to the North Okanagan Federation of Canadian Artists (NOFCA) who are themselves elders.

This exhibitions focus has been to educate the general community about aging, elder-hood and ageism with an aim to change society's attitude towards aging and mortality from one that where we try to avoid the signs of our own aging and mortality with a sense of dread and instead celebrate the opportunities and joys what can come with it.

Using a variety of mediums and styles each artist explores their own relationship with art and what it is to be an elder in these modern times.

Call for Entries

Please note there have been some changes to the Lumby days photography contest : drop off deadline is June 2, and there will be only one Peoples choice

Lumby Days is fast approaching, and I'm so excited! Don't forget, the Monashee Arts Council is sponsoring an art show and a photography contest again this year. There is still time to enter your photos and/or artwork! The deadline for drop-off is not until June 2nd.

Applications can be dropped off at the Village Gallery (1975 Vernon st) between 10am- 4pm, Monday to Saturday or submitted online anytime to monasheeartsCouncil@gmail.com. The phone number for the gallery is 778-473-3029

In keeping with the theme for Lumby Days 2023, 'In the Good Ol' Summertime' is the theme this year for the photo contest, and for new entries for the art show. Run dates for both are Saturday June 10th and Sunday June 11th.

Art Show

The Art show is open to all mediums. In addition to new artwork, we are pleased to be showcasing some of the amazing artwork created by participants in this year's Community Art Class program, and from shows at the Village Gallery in 2023.

Photo Contest

Categories are:

- Animals
- Mountains & Trails, and
- Activities & Recreation

Each contestant may enter up to three photos. You may choose to distribute your photos between the 3 categories, or you may even decide to enter 3 photos in the same category – it's up to you.

Finally, there has been a change to the People's Choice prize for the photography contest. In tribute to a beloved colleague and friend to those at the Monashee Arts Council, who recently passed away, we have decided to introduce the Gill Kopy Memorial Award – one \$100 cash prize pr the photo with the most votes across both age groups for People's Choice.

This award is in recognition of Gill's generous spirit, and dedication for every project she involved herself in. We are so thankful that we had a chance to get to know Gill, and grateful that she chose our organization as one of the recipients for her knowledge and talent as a photographer.

The photography contest is sponsors by: Monashee Trail Society and London Drugs

Coming soon - Plate to Print

July 3rd – July 29th

The Okanagan Print Artists group is a member driven group open to artists of all skill levels and interests. The purpose of the group is to raise the profile of printmaking in the Okanagan and provide opportunities for printmaking workshops, exhibitions and sales for its members. Our members create a wide variety of prints including: collographs, linocut, screenprinting, dry point, etching, block printing, monoprinting, cyanotypes, and solar plate printing. To reflect this passion for printmaking our title is Plate and Print.

The show will reflect the diversity in the group, some pieces will be under glass, some wrapped and some original unframed prints that will be hung either clothesline style or with magnets.

As members of the printmaking community we recognize the skill and dedication required to create works that are recognized by the international community. Locally printmaking is presented through the Okanagan Print Triennial hosted by the Vernon Public Art Gallery. This show would showcase local prints and engage the public and educate them about the value of hand pulled prints.

Artists participating in this open show will be members of the Okanagan Print Artist Group.

**LUMBY AND DISTRICT
WILDLIFE ASSOCIATION**
**OUR NEXT MONTHLY
MEETING WILL BE AT THE
CLUBHOUSE ON JUNE 14TH**
STARTING AT 7:00PM



UP COMING HEALTH EVENTS – Lumby Health Centre

2135 Norris Avenue • www.lumbyhealthcentre.org • Email: lumbyhealthsociety@shaw.ca

Public Health Nursing & Information Services

Monday–Friday 9:00am to 4:00pm

X-Ray Services(By Appointment Only)

Mondays: 9:00 am – 4:00 pm.

All Doctor requisitions accepted.

Water Quality Testing Kits

Available at Lumby Health Unit

Holter Heart Monitor Program

(by Appointment Only)

Available at the Lumby Health Unit

Physician Requisition Required

Lab Services: (By Appointment Only)

Tuesdays 7:30 – 11:30 am

www.valleymedicallaboratories.com

Options for Sexual Health Clinic (By Appointment)

Every Wednesday 5:30pm – 8:30pm

Foot Care Services: (By Appointment)

Monthly Clinics every 3rd Tuesday & Wednesday

Blue Bottle Program (To track Prescription Drugs)

Available at Lumby Health Centre

Health Impacts – On Everyone

We all know physical activity and a healthy diet are key to quality of life and to help increase longevity. A large proportion of Canadian adults are at increased risk for poor health outcomes as the majority (82.5%) do not meet PA (physical activity) guidelines. <https://www150.statcan.gc.ca/n1/pub/82-003-x/2020009/article/00002-eng.htm>

We may think oh well this doesn't impact me so what? Take a look below how it can be beneficial for all of us in one way or another.

EDMONTON, AB, July 6, 2022 /CNW/ - In a landmark global report on the impact of the health and fitness sector, the Health and Fitness Industry was proven to have a "profound" economic and social impact on countries all around the world and showed "inactivity is costly, and exercise means big savings." In Canada, a per capita investment of \$2000 in activity would deliver a return on investment within only one year.

The findings, presented June 23rd, of that same year, in Miami at the IHSA global conference, published *The Economic Health and Societal Well-Being: Quantifying The Impact of the Global Health and Fitness Sector*, which analysed the economic and social benefits of the health and fitness industry in 46 countries.

- The Canadian Fitness Industry directly supports 83.2 thousand jobs and indirectly supports 20.8 thousand jobs;
- Inactivity costs the Canadian healthcare system \$3.9 billion dollars – of which \$2.7 billion is borne by public health systems;
- Productivity loss, due to lack of sufficient physical activity, was valued at \$7.9 billion dollars annually;
- Each insufficiently active worker costs the Canadian economy approximately \$2068 in healthcare costs and lost productivity;
- An investment of \$2000 in helping an inactive person become active results in a payback period of less than one year, on average, in terms of benefit to the overall economy and society.

<https://www.newswire.ca/news-releases/global-report-the-results-are-in-inactivity-is-costly-and-exercise-means-big-savings--860416484.html>

Now add a healthy diet and other alternative holistic therapies to that and numbers get even better. Also, a very important factor to recognize, is that our mental health improves greatly with all these things in place. According to the Center for addiction and mental health, 1 in 5 Canadians experience a mental

illness in any given year and even increases over a lifetime. <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>.

The reason this number seems to be so high is that we can all experience a form of a mental health issue. Examples include: anxiety and mood disorders that cover many issues as, panic attacks, social anxiety, specific phobias, excessive worry, fear, apprehension, sadness/depression, mood swings and hopelessness. Then there are more specific mental health disorders as: ADHD (attention deficit/hyperactivity disorder), OCD (obsessive compulsive disorder), Schizophrenia, Personality, Eating, Substance use, Dissociative and PTSD (post traumatic stress disorder). It is important to note that all disorders can get more severe from not recognizing the disorder to ignoring, refusing and or denying the disorder. Also, no matter what the mental health issues, a healthy lifestyle will always have a positive impact.

There are so many ways to take steps to a healthier lifestyle, as already noted and it doesn't have to be that hard or overwhelming, start small. Eat balanced, eat whole foods - not processed, and drink plenty of water. Take a time out, have a bath, read a book, or meditate. Exercise in a way that you don't think you are, dancing to a few favourite tunes, marching on the spot while folding laundry or doing dishes, to walking your dog. In fact, just having a dog or pet can have so many healthy influences on our lives from reducing stress, anxiety, depression to easing loneliness and encouraging exercise. <https://www.heart.org/en/healthy-living/healthy-bond-for-life-pets/pets-as-coworkers/pets-and-mental-health>.

These are among the many things that we at DEEM (Diet Exercise Education Mindset) Health, help you to incorporate into a healthy lifestyle. Book a free consultation to get your health journey started.

Mikkie Nettles-Pollon,
Certified Personal Trainer/
Holistic & Sports Nutritionist
Follow DEEM Health on Facebook,
www.deemhealth.ca, or contact
info@deemhealth.ca : 672-572-1690



LUMBY COMMUNITY THRIFT STORE SUMMER STOCK SHAKE UP!! NEW ITEMS EVERY DAY!

See our Facebook page for updates and contests!

Regular Hours:

Open Tuesday, Thursday, Saturday 10-3
Donations accepted in the mall hallway
Tuesday & Thursday 11-2, Saturday 12-1
1879 Vernon Street • (778) 473-3003

LUMBY RESIDENTS

The 2022 Annual Report for the Village of Lumby is now available to interested members of the public. This report includes the audited financial statements for 2022, a list of permissive property tax exemptions, a progress report on 2022, goals and objectives for 2023, as well as other administrative reports respecting municipal services and operations for 2022.

In accordance with Section 98 of the *Community Charter*, Council will be receiving submissions and questions from the public on the 2022 Annual Report at its Regular Meeting on Monday, June 19, 2023 at 6:00 p.m.

Copies of the report are available for inspection at the Village Office, 1775 Glencaird Street, Lumby, BC Monday to Friday between the hours of 9:00 a.m. and 4:00 p.m. not including statutory holidays. We are closed daily from noon to 1:00

VILLAGE OF LUMBY

Did this ad catch your eye?

Then imagine the **MONSTROUS** number of other readers that noticed it too!

Advertise your products and services in our newspaper and get noticed!

CONTACT US TODAY! • andrew@lumbyvalleytimes.ca

Lumby Valley
TIMES

Lack of attainable housing a barrier for hiring and retention, employers say

“Like many industries, the health-care sector is facing a shortage of workers. We know that it can be a chal-

"As a principal, I saw lots of kids graduate from high school and move away for university or other post-secondary training and get a job. Eventually, they would want to move back to Vernon to raise a family," says Reid. "What they're finding is they're challenged to do

To learn more about the Regional District's housing strategy and the benefits of more housing and a diverse housing supply, visit the Regional District of North Okanagan online at www.rdno.ca/housing.



SENIORS' CORNER

A weekly feature for Lumby, Cherryville, and area seniors. For more information about any of the following please contact Colleen or Jenny at (250) 547-8866 Whitevalley Community Resource Centre Office (250) 547-8866. Funding support provided by the Province of British Columbia (Community Gaming), Interior Health and United Way North Okanagan Columbia Shuswap.

Father's Day Is Right Around The Corner

OBITUARIES

Steve Basil
SOLLOWS

A close-up portrait of a man with a friendly smile. He is wearing a dark baseball cap, glasses, and a blue and white plaid shirt. The background is dark and out of focus.

***Steve's Celebrations of life will be held on
June 17th at 5pm at the ANAF VETS Unit #5
2500 46th Ave. Vernon.***

1924 President Calvin Coolidge got the government of the state to recognize Father's Day.



It is estimated that approximately about 1 billion dollars every year is spent on Father's Day, approximately 35.7 billion every year is spent on Mother's Day.

Direct to Smelter – Precious Metals Recycling Roadshow coming to Lumby

Ursa Major Gold, Silver & Coin will be in Lumby on Saturday June 17th. You can bring your gold, silver, coin, and banknotes to the O.A.P. Hall between 10am and 4pm. No appointment is required.

Barry Dick is a precious metals buyer and President of Ursa Major Gold, Silver & Coin.



"Ursa Major has the unique advantage of dealing direct with a smelter" said Dick. "That allows us to cut out one or even two middlemen. Ursa Major purchases gold and silver from other gold buyers, pawn shops, dentists, jewellers and jewellery makers as well as the general public." In terms of the US dollar, gold and silver prices appear low but the weak Canadian dollar means prices are strong.

Ursa Major analyzes your gold, silver, coins and paper money while you watch, with the process explained to you in detail. Coins with numismatic value are graded and set aside from those with a 'melt' value. Silver items such as jewellery and flatware are analyzed for hallmark identification. Items thought to contain gold will also be analyzed for hallmarks, and then confirmed using precise testing that is done while you watch. Then a cash offer is made and you decide to sell or not.

"If you decide to sell after hearing the quote, great, but it is also about information" says Dick. "A lot of times people just need to know a ballpark of what things are worth; we don't pressure anyone into selling". Dick took out his first gold claim when he turned 16 in the 1970's and has been involved with precious metals ever since. An ardent gold panner, he was a regular at the world championship gold panning competition with a personal best of 3rd place in 1984.

"Over half of the world's annual gold harvest comes from recycled gold. Energy costs are about \$500 to mine a new ounce of gold

1 Day Only!



Executors,
Estate Sales
and

Coin Collections
Welcome!

Cash in your old & broken
**GOLD, SILVER
& COINS**

NO obligation
NO pressure
FREE analysis & quote

We purchase

- Bank Notes
- Platinum
- Earrings
- Bracelets
- Rings
- Gold Charms
- Dental Gold
- Broken Chains
- Gold Nuggets
- Sterling Silver
- Sterling Flatware
- **COINS COINS COINS**



Come see us in...

LUMBY
at the
O.A.P. Hall
1737 Glencaird Street
**Saturday
June 17th**

10 AM to 4 PM

Valid Government Photo ID Required

Home Consultations available, 250 878.4444 or UrsaMajorGSC@shaw.ca

where recycled gold is about \$10 per ounce. That prevents a lot of diesel from being burned." Gold and silver purchased at the show and later melted goes back into the market without incurring that environmental cost.

Ursa Major also assess and purchase

collectable Paper Money. They have extensive experience working with estates, executors, widows and widowers in a respectful and caring manner. No appointment necessary. Home consultations are available if you have a larger amount of coin or jewelry. Call 250 878.4444 to see if you qualify.



NEWS FROM THE O.A.P.O. / MONASHEE 50+ CLUB

Can you believe it's June already! Summer will officially arrive in 20 days and we are almost half way through 2023! Before you know it we will be decorating our homes and preparing for Christmas! Next Tuesday, will be our last luncheon until September. We are calling it our Summer Luncheon! It's on Tuesday June 6th at the OAPO Monashee 50+ Hall with doors opening at 11:00 am and lunch being served at 11:30 am. Our menu includes homemade barbecued hamburgers with Marcel Charest in charge of the barbecuing, potato salad, Caesar Salad and for dessert we will have a cake to celebrate our 51 years of inception. Take outs can be ordered at 250-547-6417 until 11:00 am, and can be picked up at noon, or we can deliver them to you sometime after 12 noon. Price of the meal is \$10.00. A few door prizes will be drawn which always is nice! We hope you will be able to join us! Actually, June is a very busy month for our club as Lumby Days officially begins on Thursday June 9th and the OAPO Monashee 50+ members are



quite involved. We will be hosting a Pancake Breakfast from 7:00 am – 10:00 am Saturday and Sunday! The proceeds of this event will go to pay for the ongoing building maintenance expenses and introducing new Senior Programs. We also will be opened for Bingo both days from 1:00 pm – 4:00 pm! Any member wishing to help for either of these events, which would be wonderful, can contact Cindy at 250-306-6381!

Looking forward to seeing you Tuesday June 6th! We would like to thank all of you who have attended our luncheons over the last few months! It's so nice to see so many familiar faces and also new faces attending! We certainly have appreciated your support!

Love where you live: SHOP LOCAL!



LEGION NEWS

Well it looks like there isn't going to be a flood; so far anyway. However we are going into a dry spell so we'll have to be careful with open fires.

Last Friday we had our first live music event in the hall, Red Dog was the only band to play as the other band didn't show, but everyone had a good time. It was a very successful night, the cash bar did well. Thanks also go to Kathryn, Meg, Chanze and Ben for helping out. There will be another live music night soon, but we're not sure, when so stay tuned.

Since it's getting warm you should come down to the meat raffle in the lounge where it's nice and cool, and enjoy Saturday afternoon. There is no special event this week but we still use



the funds to support the community in other ways, so come on down to the meat raffle.

Lumby Day's is this weekend so get out and enjoy yourselves. Also we can still use volunteers to help out.

Those who want to use the Gardem Lake cabin please call the Legion to book a time.

Remember the next General Meeting is on June 21st at 7:00 pm. So again get out and enjoy Lumby Day's.



Notes From the Lumby Public Market

Got to love all that Sunshine!

The market this past Saturday was beaming with all the sun. It felt very nice, I had my jacket off by 10:00 am. The market was a little slow with some of the vendors off in Vernon at Creative Chaos, but it still was fun.

We had a lot of vendors selling plants, the plants were very healthy, and the customers were very happy with their purchases.

Beside the plants there was Jams, Jewelry, Resin Work, Monashee Arts, Watkins, Photography, Tupperware, Popcorn, Epicure, Ban-nack, Woodworking, Homemade Cards, Rehoming Treasures, and so much more.

In the next couple of weeks we will have a couple of new vendors, come and check them out.

Lumby Days will be on next Sat-



urday June 10, so there will not be a regular market, but there will be a lot of different types of vendors there.

If you would like to be a vendor at the Lumby and District Public Market on Saturdays at the Oval Park email us at lumbymarket@gmail.com

Please note: that if the weather is 35 degrees celsius, or higher, and or if there is a lot of smoke or other conditions beyond our control if we cannot find a place to go inside, the Lumby and District Public Market will be closed for the day. We are sorry for any inconvenience this could cause.

When's The Meeting?

Please inform us if your group's meeting dates or times have changed.

Monashee Toastmasters Club in Lumby has now switched to Hybrid meetings - both in-person and on zoom. The club meets every second and fourth Tuesday of the month from 7:00-8:30pm. As a Toastmaster your confidence in public speaking will dramatically increase; but just as important - members also acquire advanced leadership and listening skills. Members support each other and we have fun. Attend as a guest and see for yourself! Guests and members have the option of attending in-person at the Lumby Museum meeting

room or on Zoom. For more information contact Marena at 250-938-7288 or Mike at 250-547-9335. If interested check out our club link: <http://1348085.toastmastersclubs.org/>.

Lumby OAP/Monashee 50+ Club, Branch #117: Our regular meeting are the 2nd Friday of each month. Bingo is every Tuesday - doors open at 5:30pm and games start at 6:30pm. Cards are every Friday at 6:30 pm and games at 7:00pm. The Club will be closed during July and August.

Lumby Wednesday Night AA: Open Meeting 7:00pm-8:00pm at 1962 Maple street. Wheelchair accessible.

What is T.O.P.S? Take off pounds sensibly. Group for casual, friendly support with your commitment with the scale. Meeting at 3:00pm weekly on Wednesday at the meeting room in the Lumby Museum, 1785 Glencaird St. Everyone welcome. Please call Delma (250-308-9819) or Diana (250-547-6240).

The Secrets to Gorgeous Hanging Baskets

Here are some easy tips designed to give you the most gorgeous blooms! Caring for baskets and planters is a little bit of work but it can be quite therapeutic. By using these simple tips to care for your baskets and planters, you will keep them full and thriving all season.

Hang your sun baskets in a sunny location. Sun baskets need at least 6 hours of direct sunlight during the day. The more sun, the brighter and more abundant the plants will flower. Hang your shade baskets in the shade provided by a tree or overhang.

Watering is key. On cool days, your hanging baskets may not need water every day. However, on hot summer days, they will need water once or twice a day. Smaller, younger plants will need less water, and larger, mature plants, will need water.

To determine if it needs water, lift it up the basket from underneath with one hand. If it feels lighter, then it likely needs water, try feeling the weight just before and again after you water it to get an idea about weight. One can also feel the soil to see if it is wet or dry. 13" baskets need about 3 to 4 litres of water each time. Use a water wand, or even better an automatic drip system.

If kept from wilting, spent flowers will fall off naturally. Keep in mind that a little bit of wilting will not harm petunias, and they will come back if you forget to water them. If a basket completely dries out, plants may wilt, and spent flowers will stick onto the plants. If this occurs, the growing media is dry and hydrophobic. When watered the water will likely pour out of the bottom of the basket. The solution is watering a little, then wait 10 minutes and water again. This will slowly saturate the growing media allowing it absorb moisture again.

We use slow-release fertilizer in the growing media for our flower baskets. However, at some point the leaves will start to turn slightly yellow, and this is your cue to start fertilizing your plants. It is best to start fertilizing in early June. Plants, especially petunias, need food to stay healthy, produce lots of flowers and good growth. There are many kinds of fertilizer prod-

ucts including water-soluble and slow-release products (organic and synthetic). Follow label instructions for using fertilizers. Use liquid fertilizers at least twice a week.

Our baskets are small to start with which ensures they will still be nice into August, and September with little maintenance on your part. If they do become leggy in August, prune back plants. A light pruning will help them to grow bushier, spread out, rejuvenate, and flower more.

We do not spray with harmful pesticides, so aphids may become a concern on our plants. Use a horticultural soap to manage aphids. Follow label instructions for application directions. You will have to treat more than once. Soap needs to contact the aphids to kill them, and one application only kills 50% of the aphids. This means applying the product to all plant surfaces, applying to drip, and reapplying often.

Our herb bowls can be place them outside when temperatures reach 10 to 15°C, and all danger of frost is past. Keep bowls on the porch or deck to allow for easy use. Fertilize once per week. Water thoroughly when top of the soil is dry to the touch. Snip off the leaves and/or stems to use in your favourite dishes. Snipping off stems will also promote more growth. Our herb bowls contain six different herbs, basil, thyme, oregano, sage, chives, and parsley. Oregano, sage, and thyme are perennials and will come back next season if you plant them in your garden in the fall.

For more questions send us an email or check out our website.

Visit us at the Lumby and Cherryville Farmer's Markets in May and June.

Our flower baskets are pre-ordered in February and March.

Sonja Peters

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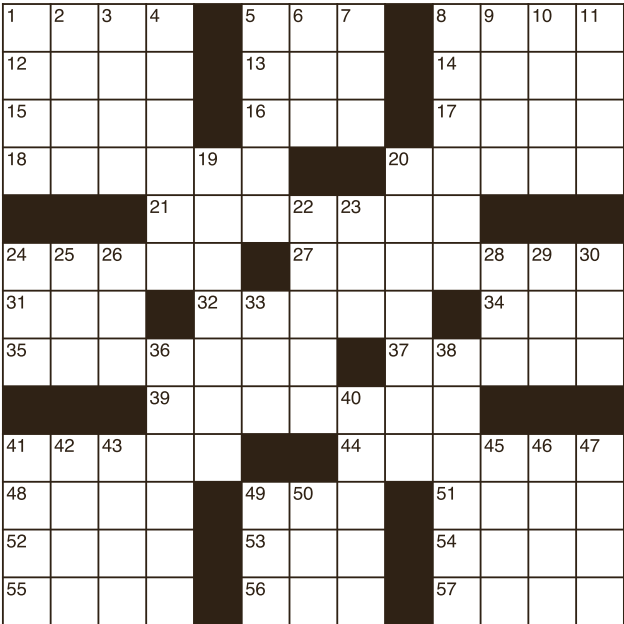
www.lumbyhealthcentre.org



Pictured: Volunteers Flora Yerxa, Diane Borden, Melody Bosk and Robert Wilkinson.

The Lumby Food Bank recently received a \$10,000.00 grant from Food Banks Canada to purchase much needed food for our Lumby Food Bank. Through Food Banks Canada's generous grant, the Lumby Food Bank is able to buy in bulk, stretching every dollar to an estimated \$5.00 worth of food.

CROSSWORD



PUZZLE NO. 189

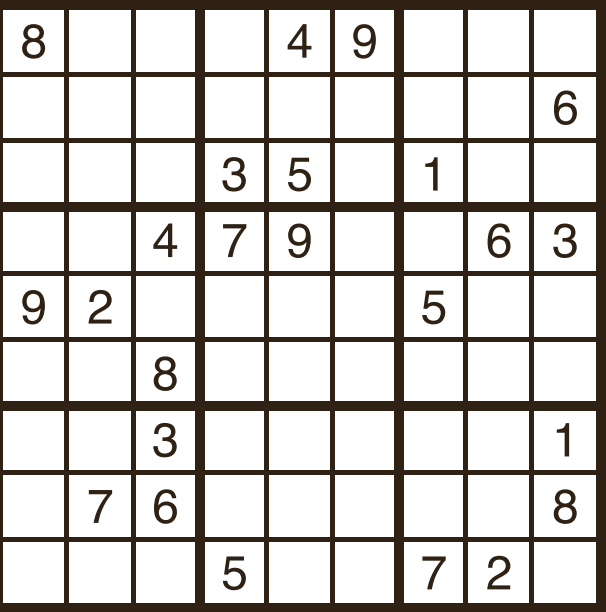
ACROSS

- 1. Steel _____
- 5. Graduate's head-gear
- 8. Curved structure
- 12. Soften
- 13. Mine yield
- 14. Store news

- 15. Tied, as a score
- 16. Big boys
- 17. Night twinkler
- 18. "_____ Street"
- 20. Slender traces
- 21. Mail-order list
- 24. Document
- 27. Cyclone
- 31. High card
- 32. Honks
- 34. Bread for a Reuben
- 35. Wrigley Field, e.g.
- 37. Babe Ruth specialty
- 39. Military vessel
- 41. Lox's companion
- 44. Horrify
- 48. Given by mouth
- 49. Not offs
- 51. Acceptable

- 52. Satisfactory
- 53. Dash's partner
- 54. King's title
- 55. Young miss
- 56. Without moisture
- 57. Stops
- DOWN
- 1. Passing grades
- 2. Babble
- 3. Functions
- 4. Threaten
- 5. Prancer's pal
- 6. "We _____ the World"
- 7. Writing implement
- 8. Designate
- 9. Rodents
- 10. Thunder noise
- 11. That woman's
- 19. _____ arts

- 20. Reverent homage
- 22. Small particles
- 23. Parking place
- 24. Mas' mates
- 25. Perform
- 26. Garden veggie
- 28. Sleeve contents
- 29. Change color
- 30. Above, to a poet
- 33. Your and my
- 36. Lives
- 38. Be against
- 40. Swift
- 41. Cereal dish
- 42. Vicinity
- 43. Guys' dates
- 45. Related
- 46. Cooking fat
- 47. Corrosive liquids
- 49. Offbeat
- 50. Hide _____ hair



HOW TO PLAY:

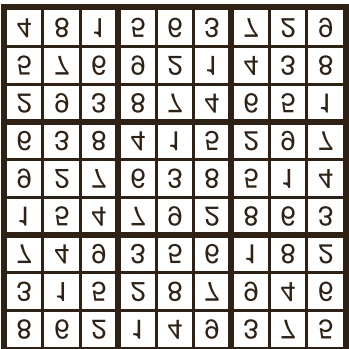
Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line.

You already have a few numbers to get you started.

Remember: you must not repeat the numbers

1 through 9 in the same line, column or 3x3 box.



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Local & REGIONAL News

Campfire Prohibitions To Start In Kamloops Fire Centre

Effective at 12 p.m. (noon) on Thursday, June 8, 2023, Category 1 campfires will be prohibited throughout the Kamloops Fire Centre to help prevent human-caused wildfires and protect public safety. This campfire prohibition will remain in effect until noon on Oct. 13, 2023, or until the orders are rescinded.

A map of the affected area can be found here: <http://ow.ly/wM9650OHLuG>

On June 8, 2023 the below open fires are prohibited in the Kamloops Fire Centre:

- Category 1 campfires as defined in the Wildfire Regulation;
- Category 2 open fire as defined in the Wildfire Regulation; and,
- Category 3 open fire as defined in the Wildfire Regulation.

In addition to open fires being prohibited, the following activities and equipment are also restricted:

- Fireworks;
- Sky Lanterns;
- Burn Barrels or Burn Cages of any size or de-

scription;

- Binary Exploding Targets;
- Air curtain burners;
- Tiki and similar kind of torches; and,
- Chimineas.

This prohibition does not include the use of outdoor stoves. As per the Wildfire Regulation, an outdoor stove is a CSA-rated or ULC-rated device used outdoors for cooking, heat or ambiance that burns charcoal briquettes, liquid fuel or gaseous fuel, and has a flame height that is less than 15 cm tall.

To learn more about the different categories of open burning, visit the Open Burning webpage.

These prohibitions apply to all public and private land within the Kamloops Fire Centre jurisdiction, unless specified otherwise in an enactment (e.g., in a local government bylaw). Always check with local government authorities to see if any other burning restrictions are in effect.

Anyone found in contravention of an open burning prohibition may be issued a ticket for \$1,150,

required to pay an administrative penalty of up to \$10,000 or, if convicted in court, fined up to \$100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

Camping is a long-standing tradition in this province. The B.C. government recognizes that people also enjoy having campfires, so it takes any decision to implement a campfire ban very seriously.

Wildfire prevention is a shared responsibility. Human-caused wildfires are completely preventable and divert critical resources away from lightning-caused wildfires.

The Kamloops Fire Centre would like to thank the public for its continuing help in preventing wildfires. To report a wildfire, or open burning violation, call 1 800 663-5555 toll-free or *5555 on a cell phone. For up-to-date information on current wildfire activity, burning restrictions, road closures and air quality advisories, call 1 888 3-FOREST or visit: www.bcwildfire.ca

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