



WINNING NUMBERS!

IF YOU BOUGHT A LUMBY DAYS PIN, THE WINNING NUMBERS ARE:

\$1000: #1446
\$500: #0574
\$250: #2175

ANOTHER GREAT LUMBY DAYS!



**DO YOU
NEED
HELP?**



Check Out our
**BUSINESS
DIRECTORY**



and
**HIRE
LOCAL!**



250-938-1464
andrew@lumbyvalleytimes.ca

CHECK OUT LUMBYVALLEYTIMES.CA FOR MORE PHOTOS OF LUMBY DAYS!

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.	French Bread \$1.99 Ea.
Large White Eggs \$3.99 /Dozen	Russet Potatoes 5lb Bag \$2.80	BBQ Ribs \$1.19 /100g	Deli Wraps \$4.49	No Name Dog Food 8 kg \$9.99 Ea.	Garlic Bread \$3.49 Ea.	Deli Chicken Wings \$1.69 /100g
			Faith Farms Cheese \$6.49 Ea.			Navel Oranges 99¢ /lb

Just for Fun

You Know You're In Heck When...

The Devil opens up "Heck", a lighter version of Hell, here's what you may find.

- You have to eternally wear socks while walking on a wet floor.
- No matter how many times you flip it, the USB won't go into your computer.
- There's only one radio station and it plays strictly polka music.
- You are condemned to eternity working retail during Black Fridays at bed bath & beyond involving thousands of coupons.
- Everyone is a close talker And they all have bad breath.
- You have a never healing mosquito bite
- You can't ever find the starting edge if tape
- No matter how many times you put new batteries in the remote never works.
- You have a theme song every time you move. It's Tiptoe Through the Tulips by Tiny Tim.
- Your underwear is never comfortable.
- Mother in law pops in at random.
- You have to walk barefoot across a room full of Lego blocks in the dark for eternity.
- The plastic wrap on all the things is made with a tensile strength to withstand a tornado in a hurricane in a sandstorm.

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

Awesome Delivery People

Gordon Hutton, Murray Freeman & John Mys

Copyright subsists in all display advertising and editorial content appearing in this edition of the Lumby Valley Times. Permission to reproduce in any form must be obtained in writing and in advance from the publisher. 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



LETTERS TO THE EDITOR

What are your thoughts and opinions?

If you have any thoughts, opinions or just something you wanted to express to the people of our community, *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.

The views and opinions expressed in the Letters to the Editor may not reflect the views and opinions of this publication, it's advertisers or contributors.

Submit your letters to editor@lumbyvalleytimes.ca

Thank You Lumby!

To the Editor,

We would like to thank the Lumby and other fire departments, police and paramedics (especially Michelle) who attended during our house fire on June 3rd. Thank you to the Doctors and Nurses, on the 6th

floor of the VGH, who provided great care. Also to our friends and neighbours who have helped us during the time of our loss of our son, house and pets. We are truly thankful for everyone. Lumby is good village.

Verne and Rhea Abney,
Lumby, BC

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**

In May 1951, W.E. "Little Bill" Schunter saved his 4-year old son Ron from drowning in Creighton Creek. Ron was playing with his wagon near the creek when he fell into the water and was swept away. Little Bill dove into the rushing waters and pulled Ron to safety. Little Ron was not harmed as the current was running so swiftly he stayed on the surface. Happy Father's Day in heaven to Little Bill

Schunter.

In 1939 Bill launched his career in the logging business at the tender age of 14. In 1963, with his brother Bob as a full partner, W&R Schunter Logging was formed. Little Bill married Hazel Smith and together they raised three sons: Ron, Doug and Richard. Little Bill eventually settled into ranching, raising cattle on his Creighton Valley ranch.



Harry Riemer, Harry Smith, W.E. Schunter and Bill Schunter (1955)



William Ernest 'Little Bill' Schunter

W.E. 'Little Bill' Schunter

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. The Best Way To Garden Is To Put On A Wide Brimmed Hat And With A Hoe In One Hand A Cold Drink In The Other Tell Somebody Else Where To Dig!

Edible Flowers

This last weekend was Lumby Days and a hectic one it was. The weather was typical for Lumby Days cloudy with more than a chance of rain. Unlike last year with the deluge of rain that left me in a lake the rain was less in magnitude but my heavens it was cold. This has been one of the coldest springs I have experienced and there has been many people who complained of a poor start in the plants and seeds they have put in their gardens.

It's hard to believe but true that it snowed on Silver Star let alone the major mountain passes. The weather by the weekend is supposed to be warm but then will drop again. At least my cucumbers did not have to be put back inside the truck as they are very cold sensitive.

Do not despair as when the heat does come it will make a big difference and we will be glad for this respite. Already places in the states are under a heat dome. It was wonderful to see so many friends that I haven't seen in ages out and about enjoying this event and the provincial news coverage was excellent.

One customer came to my booth looking for edible flowers of which I have a few and know of a few more. Doing some research I now have a fair list and of course some interesting facts.

The use of flowers in salads, soups, jams, teas, desserts and cocktails has been around since the Roman

times and is used widely in Chinese, Middle East and Indian cultures. However not all flowers are edible and one should make sure that the flower they are choosing is in the edible category as some flowers are poisonous and the pollen from some can cause allergic reactions. Flavours vary from spicy to peppery like the nasturtium to a cucumber like flavour to some like the squash flower that can be sautéed in butter and tastes like artichoke.

All flowers that are edible should be picked early in the day when their water content is the highest, gently washed and placed on paper towel then refrigerated soon after until you intend to use them.

Be sure to ingest flowers that have not been exposed to pesticides. Besides the above mentioned plants there is also flowers from the Fuchsias, Apple, Tulip, Dianthus, Chrysanthemum, Yucca, Roses, Peas, Honey Suckle, Begonia, Marigold, Pansy, Clover and the good old Dandelion which also the leaves are tasty in soups or salads. Herb flowers such as Chives, Borage, Cilantro, Sage and Chamomile are also all edible. I also learned that Portulaca is also edible.

Thank your for your support and patronage over the early growing season it made packing up to leave Lumby Days a piece of cake that and of course



the assistance of Norma. I don't know what I would do without her! I will be at the Lumby and District Public Market this coming weekend and will be holding a sale you don't want to miss so please join us and our fine weather!

Happy Gardening!
Samantha Nason
BS Ranch & Greenhouses
250 547 6567
sam1nason@gmail.com

Notes From the Lumby Public Market



This past weekend the Lumby and District Public market was closed due to the Lumby Days event. But, don't worry the market will be back at the Oval Park next Saturday June 22 2024.

There will be plants, flowers, vegetables, homemade bread, homemade jams, home cookies both for people and dogs, wood creations, resin work, photography, bannack, Monashee Arts, and so much more.

See you all on Saturday rain or shine.

 **HearingLife**
Formerly NEXGEN HEARING

Get to know your local hearing professional.



Watch the video below with renowned TV Broadcaster **Tony Parsons** as he interviews local Owner Operator and Hearing Professional Carlee Johnson.



Carolyn Megli
Audiometric Technician

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

June 17 - By appointment only:

Lumby Museum

1785 Glencaird Street **250-547-9524**

Or schedule an appointment at our Vernon Location

**Vernon 201-5100 Anderson Way
778-475-4007**

book online at: HearingLife.ca/Vernon

*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.



SENIORS' CORNER

A weekly feature for Lumby, Cherryville, and area seniors. For more information about any of the following please contact Sarah or Gail 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.

You Can Tell A Lot About A Mountain From Its Colour

When we think about mountains we might think about them being constant, permanent features of our landscapes. However, through geology, we know this isn't the case. The surface of our planet is forever changing and evolving, due to the movements of tectonic plates that make up our rocky crust. Mountains grow in the collision zones between plates over millions of years, but their presence is only transient as they are slowly eroded away again.

The more you travel through the Canadian Rockies, the more you'll notice subtle gradients in colour from peak to peak. That's no trick of the light. In fact, you

can actually learn a lot about the mineral content of the rock itself simply by reading its hue.

A mountain with a reddish-orange tint likely has significant iron content, for instance. As you might expect, given the colour of tarnished copper, a mountain containing that metal often appears greenish. A yellow mountain, on the other hand, suggests a high concentration of sulphur. On occasion, as in the striking Painted Bluffs near Kamloops, British Columbia, you can see many of these mineral deposits across the same multi-coloured rock face.

When you look at the local mountains around



Lumby, what kind of minerals do you think are there?

What have you noticed about the mountains here over time? Have they changed slightly or stayed the same?

Something to look out and wonder about.



LIFESTYLES

Lighting Options To Brighten Your Yard!

There are endless options when it comes to outdoor lighting. Halogen or LED? Electric or solar? Here are a few ideas to help you make the right choice.

Bulbs

Each type of bulb has its advantages. LED bulbs are renowned for their durability. Plus, you'll end up saving on replacement costs. They also consume up to 75 per cent less

electricity than halogen bulbs. However, halogen bulbs give off more heat, which can melt the snow around your trees in winter and save you some time and effort shovelling.

Power

One big question remains: is it better to opt for lights that run on electricity or solar energy? Here's a quick comparison:

- Electric lights are affordable and reliable. However, they require more equipment, and it can be hard to hide the cables.

- Solar lights are practical, removable and low maintenance. However, the light's intensity is weak and limited to the amount of sunlight the fixture receives during the day.

You'll also need to consider the characteristics of your yard, the slope and the visual effect you want to achieve. Not sure which product to choose? Talk to a landscaping professional for enlightenment.

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

Congratulations to Murray Freeman on being voted Citizen of The Year! Murray is always helpful, ever so kind and ready with a smile and a friend to everyone. You teach us what cheerful volunteering looks like and it is humbling. Way to go!!

Congratulations to student Riley Hoosey for winning the \$500 OAP Bursary to furthering his education. Good luck on your future plans.

We wrapped up with our last meeting before summer break on June 13th. With a good turnout we really appreciated our guest speakers, lawyers Joe Dueling and Nicole Hunder from Woolley & Co, Lumby office. They covered the basics on Estate and Incapacity Planning. Noting that each members circumstances would be unique but pointing out the need for preplanning is paramount with Joe's sage and droll presentation and Nicole's articulate explain-

ations and examples. We are so thankful to have their services so accessible.

We served up our traditional pancake breakfast both Saturday and Sunday on Lumby Days and appreciated all the volunteers that helped make it possible. It just shows a little rain doesn't slow us down!!

We'll be back September 12th for our General Meeting and preparing for our British Columbia Old Age Pensioners Organization Annual Provincial meeting held here September 24th and 25th with a "Country" Theme. Lunches will start back up again September 19th.

Call Cindy 250-306-6381 or Lauren 250-540-5186 for Hall Rentals, or Connie for volunteering on the lunches committee. Contact Pamela 250-308-2665 with news for our members or if one of our members needs a card or a call.

LUMBY COMMUNITY THRIFT STORE

\$10 GARBAGE BAG DAY!

SATURDAY, JUNE 22

CLOSED JUNE 29 FOR CANADA DAY LONG WEEKEND

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



UP COMING HEALTH EVENTS – Lumby Health Centre

2135 Norris Avenue • www.lumbyhealthcentre.org • Email: lumbyhealthsociety@shaw.ca • 250-547-9741

Public Health Nursing & Information Services

Monday–Friday 9:00am to 4:00pm

X-Ray Services

By Appointment Only

All Doctor requisitions accepted.

Heart Health

By Appointment Only

1st Wednesday of every month

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

Options for Sexual Health Clinic (By Appointment)

Every Wednesday 5:30pm – 8:30pm

Lab Services: (By Appointment Only)

Tuesdays 7:30 – 11:30 am

www.valleymedicallaboratories.com

Foot Care Services: (By Appointment)

Monthly Clinics every 3rd Tuesday & Wednesday

Blue Bottle Program (To track Prescription Drugs)

Available at Lumby Health Centre

Lumby Days - Sugar Hangover

Lumby Days have come and gone, but you may still be feeling the effects of it, especially if you visited the food trucks or vendors with all their delights. Sugar hangover, food coma, food fatigue are all familiar terms you may know or heard of. You may have experienced this phenomenon over this past weekend or at other times of the year like at Christmas or Halloween. With so many treats to try, no wonder we end up feeling a bit off, luckily, it's only over a day or two. Eating sugar-heavy snacks or processed food items digest quickly into simple sugars — namely glucose, which is then rapidly absorbed into your bloodstream, causing a spike in blood sugar. This spike is what causes that dreaded sugar hangover. Our bodies are excellent at regulating blood sugar levels, so blood sugar spikes are typically brief. But, if you eat a large amount of these type of foods, there can be a short period of time where you become hypoglycemic — meaning blood sugar reaches high enough levels to cause unpleasant side effects.

Usually for most people, this rapid increase in blood sugar doesn't last long, and its related symptoms aren't cause for any immediate concern. This particular type of hyperglycemia is called postprandial hyperglycemia — after-meal hyperglycemia. It can take up to about two hours to develop, and symptoms of hyperglycemia include:

- Fatigue
- Feeling foggy

- Blurred vision
- Increased thirst
- Headaches

In addition, as your body attempts to handle a blood sugar spike, it may over-correct — resulting in a brief state of low blood sugar, called reactive hypoglycemia that is more immediate. This, in turn, can cause symptoms of light-headedness, shakiness, irritability, sweating, anxiety and palpitations.

Ways to Avoid the Sugar Hangover

It's hard to choose a piece of fruit over a handful of cookies for dessert, just as it's hard to order the drip coffee instead of a Vanilla latte most days of the week.

But there are things you can do:

1. Don't overdo it

It goes without saying, once in awhile we will indulge but on a regular basis we want to avoid foods that are the most likely to cause a blood sugar spike — namely, added sugars and simple carbs like white bread or white rice. Go to more complex carbohydrates like whole grains, legumes and veggies.

2. Balance your meal

Slow the digestion to avoid spikes by adding in fibre, protein and or healthy fats.

3. Stay hydrated

Hyperglycemia in the case of high blood sugar — results in too much sugar dissolved in your blood, with less fluid in your blood to help dilute the extra



glucose. This means that staying hydrated can increase your chances of keeping your blood sugar levels as low as possible.

Please take note though if some of these symptoms are not typical or happen more often than not, you should always consult with your doctor. If your blood sugar is allowed to fall dangerously low, loss of consciousness and even death can result.

Mikkie Pollon (Nettles),

*Certified Personal Trainer/
Holistic & Sports Nutritionist*

*Follow DEEM Health on Facebook or Instagram,
and contact info@deemhealth.ca 250-541-0411*

Public Presentation On The Future Of The Former Whitevale Elementary School

What: School District staff presentation on the future of the former Whitevale Elementary School

Where: The former Whitevale Elementary School gym, 423 Whitevale Road, Lumby

When: 6pm, Wednesday June 26th

Who's invited: Everybody!

Thank you to all those who completed the recent survey on the potential sale of the site of the former Whitevale Elementary School. It received over 500 responses!

We received a wide spectrum of opinions. The majority of those responding from Vernon and Coldstream were in favour of selling the site. However, a majority of those responding from Lumby and surrounding area were not — and that's where the site is.

We will hold a public presentation at the gym at the former Whitevale Elementary to provide in-



formation on:

- A brief history of the site;
- The survey results and the School District's educational mandate; and
- Potential next steps.

There will be an opportunity to ask questions and to provide feedback.

For context, the Board cannot sell the property without consent from the Minister of Education and Child Care. Getting that consent will take about four months. If the Minister consents, the Board does not have to sell — this consent simply allows that option. To keep all options open, the Board of Education has authorized staff to seek consent from the Minister to sell the property.



Piano's Plus
Moving
AB / BC

- Monthly Runs
- Storage
- Okanagan to Calgary
- Blanket Wraps

For an Estimate
pianosplusing.ca Glen 780 718 5505

Medication AWARENESS WORKSHOP

June 24, 2024
10:00 AM - 12:00 PM

What everyone needs to
know about Medication
awareness

Please R.S.V.P. to the
Lumby Health Centre

Saddle Mountain Place
1751 Glencaird Street, Lumby, BC V0E 2G0

More information at:
www.seniorshelpingseniors.ca
Contact us at: lumbyhelathcentre@shaw.ca or
(250) 547-9741

COLLEEN'S CORNER

By Colleen Fielding

Welcome to Colleen's Corner. This is a column meant for fun and some information About myself: I am a Freelance Photographer you often see me on the side of the road or in various places taking photos of different things animals, birds, places, people etc. I have lived in Lumby just over 8 years, you have seen my photos in the newspaper (Lumby Valley Times) and once in awhile in the Vernon Morning Star, and the Lumby Art Gallery. Photography is my passion. Disclaimer: The information on some of my photos that I write about a lot of times come from the Internet or books I research them, hopefully the facts are as close to the truth as I can come.

Did You Make It To Lumby Days This Year?



Age Well At Home

Services such as transportation and light house cleaning for low-income individuals age 55+ to continue living independently at home in Lumby, Coldstream, Vernon or Armstrong for as long as possible.

Learn more at www.NexusBC.ca/programs



250.545.0585

Funded in part by the Government of Canada's Age Well at Home Initiative | Canada

What a great crowd there was even though it rained on and off for the weekend, everyone had a smiling face, and looked like they were having a good time. Did you get a chance to shake hands and congratulate the new "Citizen of the Year" Murray Freeman. It went to a well deserved person I must say. He is a wonderful person, always willing to help anyone he can, he is so cheerful you can't help but smile at him. I am so proud of him for getting an award he really deserves.

Lumby Days are now over until next year, our quiet little village will go back to normal without the hustle and bustle

of a larger town, it won't seem so busy now it won't take as long to get food and drinks at our restaurants and bars, or have longer waits at checkouts, but remember that although the crowds have left; our local businesses still need your support.

I would like to say a big thank you to all of our local businesses being run off their feet during Lumby Days. Also to all the volunteers, and staff members that worked during Lumby Days and to the Lumby Days Board of Directors for once again putting on an awesome weekend. I can't wait to see what they do for next year.

WorkBC Centre

CONGRATULATIONS GRADUATE CLASS OF 2024!!

NOW THAT YOU HAVE GRADUATED, WHATS NEXT?

Scan the code and find out how WorkBC Vernon can help you today!

Canada | BRITISH COLUMBIA

This program is funded by the Government of Canada and the Province of British Columbia.

Love where you live:

SHOP LOCAL!

CHARLES BLOOM

Talent Showcase

JUNE 20, 7PM

With special appearance from Steel Wound & community guests

Charles Bloom Theatre
Reserve your seat now!
<https://forms.gle/UHbcxz9nruz7PiFu5>



ARTBEAT

Arts & Culture from the Edge

What a Wonderful Lumby Days

What an exciting Lumby Days despite the bit of rain the Arts were alive at the Whitevalley community hall with some exquisite Raku coming out of the kiln, Dem-



Enjoying the Sound of Rain by Karen Neufeld

onstrations from our local Art groups with the Monashee Spinners and Weavers, The Monashee Quilters and the Vernon Carvers showing their amazing works. The Photography Contest and Art Show was filled with so much talent and

we are excited to announce our winners!

2024 People's Choice Winners

People's Choice Art

- 1st place - Enjoying the Sound of Rain by Karen Neufeld
- 2nd place – Rawlings Lake by Natasha Dwan

People's Choice Photography

- Highland Chill by Hayley Bouzek

2024 Photography Winners

Open Category

- 1st place - Curious Siblings by Eric Nenzen
- 2nd - Sun's Coming Up by Barbara Crebo

- 3rd – Lumby Herd by Charli Bouthillier

Rock and Roll Category

- Tool by Jen Laventune

Thank you to everyone who came out to celebrate Lumby and the arts in Lumby! Thanks also to our sponsors for the photo contest; London Drugs, Jeanette Wilding, Nancy Vince, Kodiak Custom Engraving, Dollar Dollar, Rad Janz, Earth Elements, Fuzzy Peach, Co-Op, Jitterbeans, Okanagan Outpost, Just for Her, FreshMart, Tutor Tech and the Rusty Spur.

We can't think of anything more fun and fulfilling than this past Lumby Days has been! Thanks To all of you!

More photos from Lumby Days available at lumbyvalleytimes.ca

Call for Artists - Flower Power

"Let a hundred flowers bloom (, let a hundred schools of thought contend?)" – Mao Tse-Tung

'Flower Power' has been the slogan of the anti-war movement in the USA. While the poem by Canadian Lieutenant-Colonel John McCrae "In Flanders fields the poppies

blow" commemorates those who have fallen, and every year reminds us of the terrible sacrifices made during the war. The crimson red flowers are now offered by grieving people at funerals or the sites of tragedies.

The Cempasuchil (marigolds) decorate the statues on Dia de los Muertos in Mexico. Flowers are symbols of resistance and solidarity in Chile and in Hong Kong; and of religious belief in India.

The images and use of flowers are a powerful expression of human longing for renewal, a transient beauty immortalized, expressing powerful emotions about our own human condition.

The Art Show at the Village Gallery this July is all about 'Flower Power'. We want your inspiration and interpretation of the topic of the power of a flower.

More photos available at lumbyvalleytimes.ca

HELP WANTED

LAVINGTON DIVISION COLDSTREAM, BC

GROW HERE



PRODUCTION EMPLOYEE

NOW HIRING

\$34.70/HOUR PERMANENT FULL TIME POSITIONS

When you grow here at Tolko, you will further develop your skills and pursue diverse opportunities. The Lavington Division is looking to hire multiple permanent Production Employees.

Tolko.com/careers – Learn more and apply today!

TOLKO

Watering your lawn only once a week saves as much as 37,600 litres a month.*



One small change. One big difference. And it's even greater when we do it together.

Learn more at gov.bc.ca/drought

*vs 2x per week; using 2.35L/sqft on 4000 sqft lawn.



LOCAL & REGIONAL NEWS

Drought Monitoring Helps Protect Salmon In The Shuswap River Watershed

FWCP's Coastal Region board approves \$1.7 million for 27 projects

The Fish & Wildlife Compensation Program (FWCP) is funding streamflow monitoring for critical salmon habitat in Bessette Creek, a tributary to the Shuswap River. Drought conditions can impact spawning salmon in the creek and until recently, low streamflows could not be detected quickly.

Led by Okanagan Nation Alliance, this project will maintain and monitor hydrometric stations in key spawning areas and provide real-time alerts. The alerts are critical to guide urgent water conservation actions to avoid impacts to fish.

"The work of the Okanagan Nation Alliance is helping protect spawning salmon in the Shuswap River Watershed during drought conditions," says FWCP's Coastal Region Manager, Julie Fournier. Since 2016, the FWCP has funded nearly \$1 million for projects in the Shuswap River Watershed.

The FWCP approved more than \$44,000 for the

Bessette Creek Streamflow Monitoring project, and it's one of 27 FWCP-funded projects in the FWCP's Coastal Region in 2024-2025, for a total value of approximately \$1.7 million.

All projects approved by our Coastal Region board align with our regional action plans, which identify local priorities and projects eligible for FWCP funding.

Across our Coastal, Columbia, and Peace regions, our FWCP boards approved approximately \$8.7 million for 81 projects. To learn more about FWCP projects, results, and how you can apply for a grant, visit fwcp.ca, view our project lists, and subscribe to the FWCP's e-letter at fwcp.ca/subscribe.

The FWCP is a partnership between BC Hydro, the Province of B.C., Fisheries and Oceans Canada, First Nations, and community members to conserve



and enhance fish and wildlife in watersheds impacted by BC Hydro dams with annual funding from BC Hydro. BC Hydro has water licence obligations in the Columbia and Peace regions and has made voluntary commitments to address the impacts of dams in the Coastal Region. BC Hydro fulfils the applicable obligations through the work of the FWCP.



LEGION NEWS

Upcoming Events:

Karaoke is coming up this Friday, June 21st from 8-11pm. There are lots of great events coming up at the legion next month! We are hosting our second Musical Bingo night Friday July 5th from 6-10pm, there will be appetizers available to purchase. The legion is also hosting an open jam/wing night on Friday July 19th from 6-10pm. Karaoke in July will be on Friday the 26th from 8-11pm. Thursdays are open jam from 3-5pm, anyone is welcome, followed by darts at 7pm and goes until 9pm. Meat-draws are

every Saturday from 3-5pm. Free pool is available during open hours. You do not need to be a member to come to the Legion, but if you are you get a discount on drinks! The Legion is a 19+ venue. Regular lounge hours from 2-6pm Thursday to Saturday.

Legion Updates:

A big shout out to all the volunteers that participated in the Lumby days festivities! Your hard work is greatly appreciated, without you, Lumby Days wouldn't be possible. A big thank-you to Whitney

for doing an awesome job selling our "I Love Lumby Legion" beer koozies, we completely sold out! The next members meeting will be held this Wednesday, June 19th. The Legion still has dates available to rent the cabin at Gardom Lake for all Legion members. The Legion hall upstairs is also available to rent for special events and activities. There are also tables and chairs available to rent. Contact Lori at the Legion at (250) 547-2338 or by email rl167bc@shaw.ca for more information and prices. Office hours are Monday through Wednesday from 9am to noon.



When's The Meeting?

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

Monashee Toastmasters Club meets every second and fourth Tuesday of the month at the Lumby Museum (1785 Glencaird St.) or on Zoom. Toastmasters is a win-win for those who want to get over the fear of public speaking with a supportive and fun group of members who learn from each other during our 1 1/2 hour meetings. We are very welcoming of guests! If interested please call Mike- 250-547-9335 (mftakahashi@shaw.ca) or Louise-250-547-6480 (cl.wilcox@hotmail.com). Or just turn up in person!!

For more information about Monashee Toastmasters: <https://1348085.toastmastersclubs.org/> or about Toastmasters in general: <https://www.toastmasters.org/about/contact-us>

Lumby OAP/Monashee 50+ Club, Branch #117 are now holding their regular (General) meetings on the second THURSDAY of each month at 10:00 am. Bingo is every Tuesday – doors open at 5:30pm and games start at 6:30pm. 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).



SPORTS

Local Pilots Win Week-Long Air Races

The Lumby Air Races had twenty-five paragliding and hang gliding pilots enter the competition this year which involved completing tasks set out each morning of the week-long event based on the wind and weather. Along with the locations for the winners listed below, competing pilots came from Ottawa, Cochrane, Canmore, Vancouver, Victoria, Quadra Island, Armstrong, Revelstoke, Enderby, Fernie, Coquitlam, Kelowna, Salmon Arm, Coldstream, and five from Lumby! Unfortunately, Saturday and Sunday of Lumby Days were not flyable due to wet conditions. Thermals are needed to keep the wings in the air over long distances.

Winners had to fly a minimum 10-kilometre triangle above Lumby. This feat sometimes meant pilots were in the air for between one and four hours.



Paraglider pilot Michel Laurin launches above Lumby during the annual Air Races.

Some pilots without triangles earned points for completing other tasks such as distance, laps over Saddle Mountain (Friday evening) and personal best. Flights are tracked using GPS and uploaded to official international scoring websites.



2024 Air Races Winners

Left to Right: Ike Burkhart - Lumby; Kevin Ault - Cultus Lake, Bill Soderquist - California, Jesse Scrimbit - Sicamous, Bill Goglin - Williams Lake, Randy Rauck - Lumby, Norm Lawlor - Harrison Hot Springs, Michel Laurin - Courtenay, Rick Hines, Spallumcheen

The Lumby Air Force thanks its event sponsors, Lumby Days and Regional District of North Okanagan Area D for contributing the prize money. Nine awards totaling \$1500 were given out on Saturday evening. Pilots received a locally made trophy along with their cash prize which helps with travel expenses for the flyers.

The 2024 Lumby Air Races Winners were:

- **Paragliding Sport:** 1st Place & Personal Best - Ike Burkhart, Lumby
- **Paragliding Sport:** 2nd Place - Michel Laurin, Courtenay
- **Paragliding Open:** 1st Place - Bill Goglin, Williams Lake
- **Paragliding Open:** 2nd Place - Kevin Ault, Cultus Lake

- **Paragliding Open:** 3rd Place - Norm Lawlor, Harrison Hot Springs
- **Hang Gliding Sport:** 1st Place - Randy Rauck, Lumby (2 triangles)
- **Hang Gliding Sport:** 2nd Place - Bill Soderquist, California
- **Hang Gliding Sport:** 3rd Place - Rick Hines, Spallumcheen (points)
- **Hang Gliding Topless:** 1st Place - Jesse Scrimbit, Sicamous (points)

Sport class pilots fly recreational wings while the topless and open categories are the more high performance wings.

Adding to the sport, many other pilots also flew during the week but did not enter the competition. They were from Switzerland, PEI, Calgary, Leduc County, Squamish, Half Moon Bay, Peachland, Castlegar, and Vernon.



Lumby Air Races competing pilot Linda Verhoeven flies her hang glider off of Coopers Launch on June 13.

The Lumby Air Races are put on annually by the Lumby Air Force, a non-profit society founded in the mid-1970s. Anyone interested in learning to fly foot launch gliders can contact the Freedom Flight School or stop in at the Chamber for an information brochure.



LOCAL & REGIONAL NEWS

RDNO Lumby, Cherryville and Kingfisher Facilities Getting New Cardboard Bins

The Regional District of North Okanagan (RDNO) is working to improve cardboard recycling at the Lumby Diversion & Disposal Facility (DDF), and Cherryville (CTS) and Kingfisher (KTS) Transfer Stations.

New side loading cardboard bins will be deployed at these sites in June that will accept flattened cardboard and boxboard from customers. The new side loading cardboard bins will require customers to flatten their cardboard before placing it in the bin. The previous top loading bins often contained unflattened card-

board which decreased efficiency, taking up more volume.

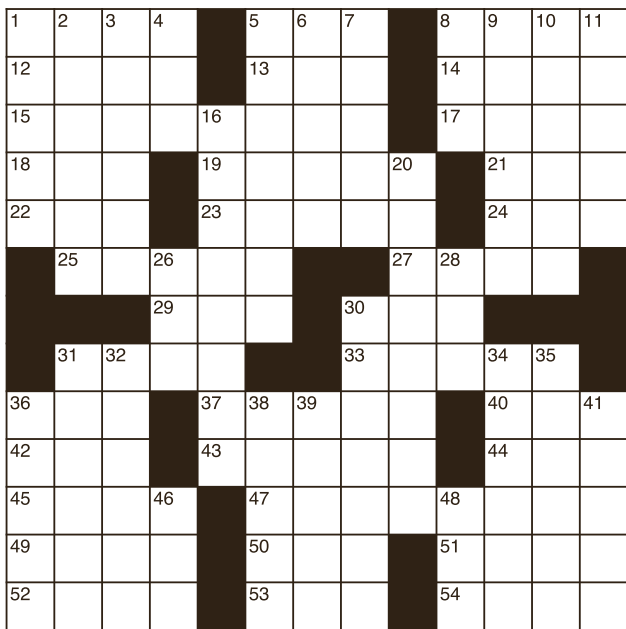
It is expected that the new side loading bins will result in improved service and less frequent bin hauls due to improved bin utilization. Fewer bin hauls will result in lower costs and decreased greenhouse gas emissions. The risk of contamination from other non-cardboard items in the cardboard bins will also decrease, resulting in a higher rate of materials being recycled.

The introduction of side loading cardboard bins

will allow for deployment of a second top loading refuse bin at both Cherryville and Kingfisher locations, which is expected to result in improved service by providing additional refuse handling capacity. Service disruptions due to a full refuse bin prior to the end of the business day should be a thing of the past. Having two bins will allow the bins to be loaded to full capacity prior to transfer for disposal, further reducing hauling costs and greenhouse gas emissions.

Residents can find more information on diversion and disposal options and fees at www.rdno.ca/ddf.

CROSSWORD



PUZZLE NO. 243

ACROSS

- 1. Ebb and _____
- 5. Happy
- 8. Flounder's cousin
- 12. Talk wildly
- 13. _____-man band
- 14. Place
- 15. North Atlantic perils

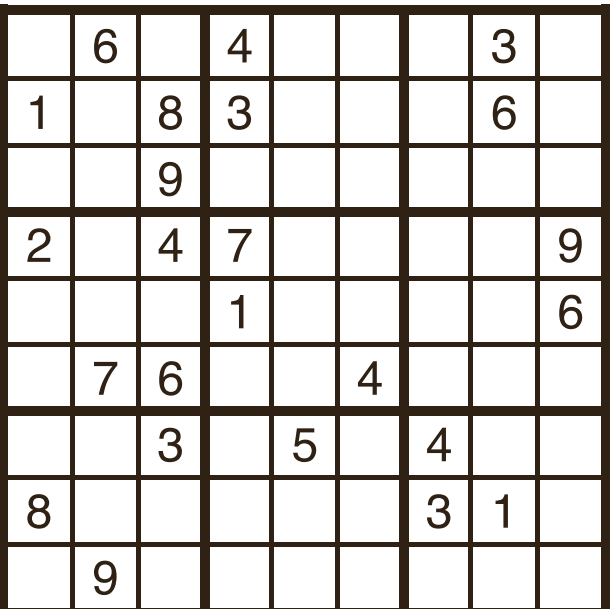
- 17. Tiny fly
- 18. Basketball's contents
- 19. Odometer reading
- 21. Fruit refresher
- 22. Traffic-light color
- 23. Made holy
- 24. Freight weight
- 25. Regal
- 27. Constant
- 29. Historical epoch
- 30. Golfer's peg
- 31. Financial institution
- 33. Unzips
- 36. Chip's companion
- 37. Host
- 40. Likely
- 42. Deadly snake
- 43. College bigwigs
- 44. Bond

- 45. Hone
- 47. Nonprofessionals
- 49. Boat builder
- 50. Aloha gift
- 51. Courage
- 52. Lively
- 53. Costa del _____
- 54. Receives

DOWN

- 1. Monk
- 2. Frillier
- 3. Strain
- 4. Black widow's parlor
- 5. Big ape
- 6. Aspect
- 7. Favorable votes
- 8. Slump
- 9. Elaborate
- 10. Trick: 2 wds.

- 11. Gobbled up
- 16. Began a journey
- 20. Most costly
- 26. Craving
- 28. 22nd letter
- 30. Pedicure subject
- 31. Cathedral head
- 32. Emerge
- 34. Out-of-doors
- 35. Enthusiasm
- 36. Daybreaks
- 38. Lunches
- 39. _____ role
- 41. Trials
- 46. Quaker pronoun
- 48. Omelet necessity



HOW TO PLAY:

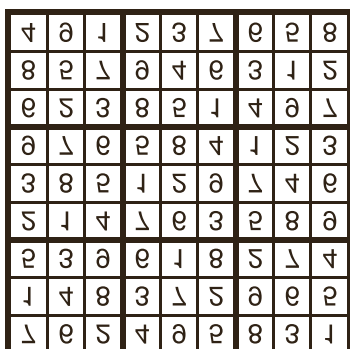
Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

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.



CLASSIFIEDS

WANTING TO BUY

COIN COLLECTOR & GOLD/SILVER BUYER
PURCHASING COIN COLLECTIONS, BULLION,
JEWELRY, NUGGETS, GOLD, SILVER +++
TODD'S COIN'S • 250 864 3521

FOR SALE

Aged Horse Manure for sale \$25/yard delivered, \$12.50/yard if you pick up. Cedar Mulch for sale \$25/yard delivered, \$12.50/yard if you pick up. Phone (250) 547-9733.



CLASSIFIEDS AD RATES

WORD AD
(No Border or Graphics)

20 Words or Less:
\$10.00+tax/Issue

DISPLAY AD

Please call or email for a quote

250-938-1464

andrew@

lumbyvalleytimes.ca

SERVICES

FIREPLACES, STOVES,
SOLAR & MORE!



info@sunfiresystems.ca
778-473-9008

SERVICES

DOLLAR DOLLAR
LUMBY

• Gifts • Toys
• Party Supplies

and a
WHOLE LOT MORE
Hours: Mon. - Sat. 9 - 5:30
Open Sundays 12 - 4
Now open in the
Arbour Park Mall in Lumby
250-547-9848

CHURCHES

LUMBY UNITED

11 a.m. Sunday
All are welcome!



Rev. Lily Watson
HALL USE by Donation:
Diann: 250.532.2026

CHURCHES

SILVER HILLS
SEVENTH DAY
ADVENTIST CHURCH

Phone: 778-223-0697
2686 Mabel Lake Road

Do have a service you'd like to offer?
Contact the Lumby Valley Times!

FUNERAL SERVICES

Every Detail Remembered™

Dignity
MEMORIAL

Serving Vernon, Lumby, Armstrong and Areas

Available by phone 24 Hours 7 Days a Week
Funeral Pre-Planning Available

Pleasant Valley Funeral Home
250-542-4333

business & service

DIRECTORY

BOBCAT • TRUCKING
WHITEVALE BACKHOE

SNOW PLOWING **POST POUNDING**
 250-547-9729
 Cell: 250-549-0974
LUMBY
EXCAVATING

ELECTRICAL
RWH Electric Ltd.
 Licensed, Bonded & Insured
Renovations, New Installations, Commercial and Service Work
Alex Minor
 Phone: (250) 550-7361
 Email: RWH.Elect@gmail.com
 LEL: #0039111

LAWYERS
Woolley & Co.
 BARRISTERS AND SOLICITORS
Joseph Deuling
Nicole Hunder
Proudly serving Lumby & District
 Tel: 547-8827 Fax: 547-6627

STORAGE
HWY 6 STORAGE
 4 Interior Sizes Available
 Secure Outdoor Compound
 Easy Highway Access
250-547-2090
 5 Minutes West of Lumby

TREE CARE
Wise Wood Tree Care

- Pruning, Removals, Treecycling & Bucket Work
- Locally owned & operated
- ISA Certified, fully insured & free estimates.
- Stump Grinding also available.


Call the professionals at
250-306-8739 

ACCOMMODATIONS
Sugar Lake Lodge
OPEN
Weekly, BiWeekly & Monthly Rates
Self Contained Suites
 250-547-2281 or 250-777-2607
 sugarlakebistroandlodge@gmail.com

ELECTRICAL

SPARKS ON 6
 Licensed Electrical Contractor
 LEL# 0210853
 Specializing in Residential and Commercial Projects
 Authorized Briggs and Stratton Dealer
778-808-5955
sparksonsix@gmail.com

PET & FARM
Your local supplier of quality pet food, supplies, treats & toys for all of your furry friends.

 1863 Shuswap Ave, Lumby, BC
 (250) 547-9506
 www.rustyspur.ca

THRIFT STORE
THE LUMBY COMMUNITY THRIFT STORE
 Tuesday, Thursday & Saturday
 10 am - 3 pm
778-473-3003
Guilt Free Shopping at its best!

WEDDING OFFICIANT
 Wedding Ceremonies
 By All Seasons
 Ceremonies With A Difference
NANCY HOUSE
 Licensed Wedding Officiant
 1-800-545-3681
 www.allseasonsweddings.com

ACCOUNTING
Kimberley K. Hutton
Chartered Professional Accountant
 Accounting, Bookkeeping, Payroll and Tax Preparation
778-473-1355
 1818 Miller St., Lumby, BC
 kim@kkhcpa.ca

ELECTRICAL

Residential • Commercial
Renovations • Service Calls
Custom Homes
Licensed, Bonded & Insured
 #LEL0210923
778-745-0269 • www.threesisterselectric.com

TIMBERS - BEAMS - LUMBER
Willems Forest Products
 Custom cut - Timbers, beams & lumber
Buy Direct & save \$\$\$!


- Fir, cedar, pine, birch
- Rough & planed
- All sizes & lengths
- Fence materials
- Cedar siding

Call for a quote: 250-547-2289
 4289 Hwy 6, Lumby, BC •

WELLS & PUMPS
MONASHEE WELL & PUMP

- Well Pump and pump system installation
- Service • Repair • Upgrades
- Pre-purchase water system inspections
- Deep hole video inspection
- Volume Testing


Ian Hames
250-572-6709

CLUBS/ORGANIZATIONS
LUMBY LEGION #167

JOIN FOR US OUR MEAT DRAW
Every Saturday (Except Holidays)
3:00pm - 5:00pm
250-547-2338 • (No minors)

EXCAVATION

DIRTNER
 EARTHWORKS
Post Pounding • Utility Repairs Farm & Acreage Work
 www.dirtnerdearthworks.com
250-309-7089

POWDER COATING
Galaxie Powder Coating
 We Do Sandblasting & Ceramic Coating
 10'x10'x25' Oven
 Custom to Industrial
 4054 Hwy 6
 547-6779 • Fax: 547-6980

BUSINESS Spotlight
EXCAVATION

DIRTNER
 EARTHWORKS
Post Pounding • Utility Repairs Farm & Acreage Work
www.dirtnerdearthworks.com
250-309-7089

COINS • GOLD • SILVER
We Buy/Sell/Trade all GOLD, SILVER & COIN COLLECTIONS!
 Bullion, jewelry, coins, nuggets, sterling, gold, silver, platinum +++
TODD: (250) 864-3521

HANDYMAN
 Happy-Jacks
Need a HANDYMAN for odd jobs?

 Household maintenance/Repairs
 Snowblowing/Logsplitting/Landscaping
 Chimney Sweeps & Repairs
 Dump runs/14' Trailer
 Decks & Fencing
 Plus MUCH More
Call or Text: 250-718-0151

PUMPS
MOORE'S
 WELL & PUMP SERVICE LTD.
SPECIALIZING IN:

- Deep Well Submersibles & Lake Systems
- GRUNDFOS Smart Flo Pumps
- Water Well Flow testing

Mal Johnston
250-545-1045

DRILLING
Trinity Valley Drilling
 Lumby, BC
Domestic & Irrigation Wells Pumps & Pressure Systems
 B.C. Lic. Well Driller & Pump Installer
Well Rehab & Pump Repair
Shane Ramsey: 250-547-9447
Cell: 250-558-8116

Your Business Could Be Here!!

Promote Your Business Here for
ONLY \$10.00/Week
Call 250-938-1464 or email
andrew@lumbyvalleytimes.ca

A Taste Of Summer

Pistachio Ice Cream

(No Ice Cream Maker Needed)

Do you feel like making creamy ice cream but don't have an ice cream maker? No problem! Try this easy-to-make pistachio delight!

Ingredients

Servings: 8 to 12

- 600 millilitres heavy whipping cream
- 1 1/2 cups roasted pistachios (with little or no salt)
- 1 can sweetened condensed milk
- 1 teaspoon vanilla extract
- A pinch of salt
- A few drops of green food colouring (optional)

Directions

1. In a large bowl, use a stand mixer or an electric hand mixer to beat the heavy whipping cream until stiff peaks form. Then, set aside.

2. In a food processor, chop up one cup of pistachios (reserve the remaining pistachios for garnish) until they turn into a ball of dough with a similar texture to peanut butter. Scrape down the sides of the bowl if necessary.
3. Combine the pistachio paste, sweetened condensed milk, vanilla and salt in a large bowl. If using, add the food colouring at this stage. Gently fold the whipped cream into the condensed milk mixture. Pour into a rectangular, 8 x 10-inch dish.
4. Sprinkle the remaining pistachios over the top. Cover with plastic wrap and freeze for at least 4 hours before serving.

Turkey And Bacon Burgers

In the mood for a delicious treat? These gourmet burgers are packed with flavour and sure to please.

Ingredients

Servings: 4

- 4 slices bacon
- 1 tablespoon vegetable oil
- 450 grams ground turkey
- 1 egg, beaten
- 1 small onion, finely chopped
- 1/2 cup breadcrumbs (ideally seasoned)
- 1/3 cup parsley, coarsely chopped
- Salt and pepper to taste
- 4 hamburger buns
- Condiments and toppings of your choice

Directions

1. In a large frying pan, slowly cook the bacon slices in the vegetable oil

until crisp. Place on paper towels, leaving the bacon fat in the pan.

2. While the bacon is cooking, combine the ground turkey, beaten egg, onion, breadcrumbs, parsley, salt and pepper in a large bowl. Use the mixture to form 4 patties. Try to make the patties the same size as the buns.
3. Cook the patties in the bacon fat for 3 or 4 minutes on each side or until the meat is cooked through.
4. Assemble the burgers with the bacon, condiments and toppings, such as tomatoes, lettuce, onions, pickles, mayonnaise and ketchup.



REAL ESTATE



ROYAL LEPAGE
Howard Neufeld
 Sales Representative

o: 250.545.5371
 c: 250.938.3358
 howardneufeld@royallepage.ca

www.royallepagevernon.com

Farm, Ranch, Residential



Pat Duggan
 Real Estate Professional

Bus: (250) 545-5371
 Res: (250) 547-6259
 Cell: (250) 308-0938
 OKLandBuyers.com

5531 Highway 6, Coldstream
 MLS 10310001 • \$469,000

Don't miss your opportunity to build your dream home on this useable flat 0.88 acre serviced lot located just off Highway 6. Coldstream is a highly sought after family friendly community!



591 Whitevale Rd
 MLS 10310840 • \$899,000

SOLD! Stunning acreage in the heart of Whitevale featuring a 3 bedroom 2 bathroom home with an attached garage, private yard and approx 10 acres in fenced fields just awaiting your ideas.





2223 LeBlanc Street
 MLS 10316283 • \$639,000

- 4 bedrooms, 2 full bath
- Fenced back yard
- Carport plus RV parking
- Could be easily Suited!
- Walk to schools & Shopping

250-547-2135
 2143 Shuswap Ave, Lumby, BC

21 CENTURY 21 EXCELLENCE REALTY

YOUR LOCAL "FULL SERVICE" REAL ESTATE OFFICE
 WE ARE ALWAYS AVAILABLE!
 DEFINED BY SERVICE AND EXPERTISE...
 CLICK OR CALL WE'LL DO IT ALL!

CHRYSTA CLEVERLEY
 PERSONAL REAL ESTATE CORPORATION
 CENTURY 21



(250) 309-1296
 chrysta@cleverleyrealestate.com
 3107 29 Ave, Vernon, BC
 Real Estate done Cleverley

Buying? Selling?

Let me get you the best deal.



WOODY KURAOKA
 250-503-6169
 woody.kuraoka@c21.ca

2907 32nd St., Vernon
 250-549-2103

21 CENTURY 21 EXECUTIVES REALTY INC.

250-515-1022
Jessica Steel
 REALTOR®



2162 NORRIS AVE, LUMBY
 OPEN HOUSE this Saturday, June 22 from 11am-1pm.
 A charming 3 bedroom, 2 en suite, 1 half bath, beautifully maintained rancher on 0.12 acres with 5 parking spots. Only had one owner, move in ready, spacious layout and within walking distance to most amenities and attractions.
 MLS# 10316218
\$690,000



Access Real Estate
 www.royallepageaccess.ca

NEW LISTING!

MABEL LAKE RESORT FRONT VIEW CONDO
 Short-term Rentals Allowed.
 Pool, airstrip and golf course on site.




Randy Rauck
 Licensed Realtor
 exp REALTY

1210 sq ft.
 Unit A202
 2 beds • 2 baths
\$549,000
 MLS# 1031649

www.Rauck.ca • 250 307 7553 • Randy@Rauck.ca