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THIS WEEK'S SPECIALS

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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 2/ 5lb 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.	Deli Chicken Wings \$1.69 /100g
			Faith Farms Cheese \$6.49 Ea.			Navel Oranges 99¢ /lb

Just for Fun

You Know You're From Canada If...

- Someone in a Home Depot offers you assistance... and they don't work there
- Pike is a type of fish, not some part of a highway
- You have switched from "heat" to "A/C" in the same day and back again
- You install security lights on your house and garage, but leave both unlocked
- You design your kid's Halloween costume to fit over a snowsuit
- You have worn shorts and a parka at the same time
- You attend a formal event in your best clothes, your finest jewellery and your Keens.
- You understand the sentence, "Could you please pass me a serviette, I just spilt my poutine."
- You stepped on someone's foot. You apologize, then apologize for making them apologize.
- You wonder why there isn't a 5 dollar coin yet.
- You know that Mounties "don't always look like that."
- You dismiss all beers under 6% as "for children and the elderly."
- You know that the Friendly Giant isn't a vegetable product line
- You never miss "Coach's Corner".
- Back bacon and Kraft Dinner are two of your favourite food groups.

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.

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For your convenience, letters & articles can be emailed to
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Publisher/Editor: Andrew Hutton

Staff Photographer: Gordon Hutton

Awesome Delivery People

Gordon Hutton, Murray Freeman & John Mys

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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

To the Editor,

Thank you Nina Westaway for your well written letter to the editor on May 9th entitled 'Health Care Hand At The Wheel'. It was very informative. I've heard people say recently they are thinking of voting NDP and your article supports reasons why this should happen. I appreciate your comments and the time it took to educate people, particularly in regards to Mayor Acton.

We are seniors here in the Pine Avenue Villas, with health issues, in our 55 plus strata complex and what has been implemented for our benefit as residents of Lumby? We don't get the same benefits as other citizens of Lumby regarding snow removal and street cleaning, yet are taxed just the same. I wrote a letter to the Village of Lumby Counsel a couple years back to no effect. When Judy Farago was the treasurer for PAV she also tried to get basic services for our senior community with no luck. The reason she was told, I recall, is because someone in the Villas here complained about snow removal once, with the result that the snow plow operator and/or the Village of Lumby

refused to snow plow here. The Village of Lumby Council then came back with the excuse of too high of insurance for the Village to afford. The simple and fair solution would be for The Pine Avenue Villas to pay the amount for snow plow operation insurance. I asked in my letter to Lumby Council "What do we get for our taxes? The ability to shop in Lumby stores, and that's it??"

We are citizens of Lumby and should get the same services as other Lumby citizens.

Yes, OK, it's commendable a 20 unit seniors home is being erected in our town, but -

What about the 87 people living in this Seniors [55 plus] area on Pine Avenue, Lumby BC. ?

Are we not worthy of the benefits the other citizens of Lumby receive? This situation is so unfair. It feels like inequality. It undervalues us older citizens of Lumby.

The past refusal of Lumby Council to provide snow removal for our 58 units feels like a slap in the face. Changes need to be made to rectify this situation.

Pam Burton-Wilson, Lumby, BC

Are you grieving the death of a child?



The Compassionate Friends of Lumby meets at 6:00pm on the 1st Wednesday of each month at The Lumby Museum 1875 Glencaird St., Lumby

The Compassionate Friends is a support group for bereaved parents to be with other parents who have experienced the death of their child. This can be at any age and from any cause.

What will you expect?

- To feel safe in a space where you can feel supported with your grief
- To know, that whatever is shared will be kept in confidence
- To listen to others who are also on a grief journey after the death of their child ~ some very recent, others many years ago
- To share your thoughts and feelings (if you wish) with others who understand the depth of your loss
- To talk about your child; your memories, share photos and honour their lives

For further information

please contact: lumby@tcfcanada.net





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.

What's The Best Shakespeare Play To See In Summer? A Midsummer's Ice Cream!

Caring For Your Hanging Baskets

I hope everyone had a wonderful Canada Long Weekend. Although we did have a few heavy downpours and mostly cloudy weather I know many people enjoyed their camping trip. The weather is about to change and by the end of this week we will be experiencing 30 degree temperature and very little chance of rain and by the following week we will be in the mid to high 30's and the evening temperatures will remain fairly high. This will create some challenges to keeping everything watered and especially your hanging baskets.

Petunia hanging baskets are one of the most popular hanging basket of all types of hanging baskets although they require a fair amount of grooming and lots of care.

We have been able to get away with less frequent watering due to our cooler and overcast weather but with the temperatures soaring you may need to water daily and even more often if your baskets are smaller in size. Lift the basket up and the weight should tell you if it needs watering, be sure to water thoroughly enough for the water to be flowing out the bottom.

Water during the coolest part of the day unless you see the plant wilting then it should be watered immediately. This is a huge stress on the plant and will cause it to go into heavy seed production. This can be remedied with considerable amounts of pruning and is best avoided at all costs.

Petunias are heavy feeders and should be fertilized once a week and a bi weekly treatment with Epsom salts will make them even happier. Use 1 tsp per gallon of water. This supplies the plants with magnesium which petunias are very fond of. Turn your baskets at least once a month to ensure even exposure and growth.

Pruning Petunias is important, most people just pull off the dead blooms however you should cut the entire bloom off where it grows from the main stem. The plants will spend less time producing seed and more time producing the blooms that you want. Petunias require at least 6 or more hours of sunshine daily to be their best so if they are not getting that you may need to move them to a hotter and sunnier spot. They seem to be getting leggy cut them back a few inches. This will cause them to become fuller and healthier. Your garden will also have to be watered more often and more thoroughly.

Water deep and consider adding some mulch or compost to keep it from evaporating. This heat should help with the lack of vigour we have seen in plants like our Tomatoes. Remember to stay hydrated yourself!



Happy Gardening!

Samantha Nason

BS Ranch & Greenhouses

250 547 6567

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**The man who stops advertising to save money
is like the man who stops the clock to save time.**

- Thomas Jefferson

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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.

Facts About Canada

As most of us know, July 1st is Canada day, but did you know that it was originally called Dominion Day? July 1st, 1867 Dominion Day marked the day that Nova Scotia, New Brunswick, Ontario, and Quebec came together to form Canada's Constitution Act. In

1897 it officially became a statutory holiday. Dominion Day was changed in 1982 to become what we know it today as Canada Day. **Here are some fun and interesting Facts about Canada:**

- Canada has two national sports. Lacrosse and hockey.
- The Trans-Canada Highway is the longest (7476 km's) national road in the world.
- National animal is the beaver.
- There is over 200,000km of coastline, making it the longest coastline in the world.
- The coldest ever temperature is recorded at -63 degrees Celsius in Snag, Yukon.
- Canada has more lakes than the rest of the world's lakes combined.
- There are more doughnut shops per capita in Canada than anywhere else in the world and Canadians eat more doughnuts than anyone else.
- The World's smallest desert is the Carcross Desert located in Carcross Yukon, spanning only one



square mile.

- Canada is the birthplace of snowmobiles and basketball.

Living in this country, surrounded by its vast landscapes, cultural richness, and hidden marvels, makes Canada one of the most amazing countries to live in.

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

As our cool, wet spring has carried over into our summer, it gives us time to do some planning. There is not a lot happening at the hall event wise other than some private rentals and a few standard functions. I would like to point out a Yin Yoga Class which started June 24th and runs Monday and Thursdays from 5:30-6:30 pm and you can get more information by calling 438-979-5363. There are no age limits or experience required and might be just what you are looking for.

It's never too soon to start thinking about our Board Elections in November. This year we are introducing a nomination ballot where members can put names forward for the election. We have many talented, capable and willing people in our community that may be open to letting their name stand. We will be electing several positions and by forethought we can have a balanced and productive team that will work well together bringing many

different programs to our members. Positions of several Directors, Secretary and President are up for election this year. Ideally, we would have a balance of hard-working experienced board members with new enthusiastic board members. We have so many gifted and experienced people in Lumby and volunteering in a worthwhile and fun environment, where you can give back to this great community in leadership while serving others. Knowledge of our Bylaws and mandates as well as our soon to be introduced Policies and Procedures would ensure we are on track and reflecting our members wishes. So, keep this in mind and start recruiting new members to fill our hall.

Contact Pamela 250-308-2665 with any information that may be of interest to our members as well as any that may need a card or a call. Call Cindy at 250-306-6381 or Lauren 250-540-5186 for hall rentals.

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

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

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Lumby Valley
TIMES



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

MIKKIE'S CORNER *Health & Nutrition*

Summer Exercise: Calorie Burn

Last week's corner discussed the health benefits and precautions of summer exercise. This week, the focus is on how many calories you could burn from these exercises in a one-hour period. Depending on the duration of your activity and the temperature, these numbers could double.

As a reference, 3,500 calories equal approximately 1 pound, which can be a rough measure for those aiming to gain or lose weight. Although this is just one measure to use when looking to manage your weight—calories in versus calories out—there are many more factors that can influence this. Nonetheless, it serves as a simple point of reference if you are tracking your food intake and activity level to adjust for caloric load.

It's important to note how much you're sweating, as significant weight loss immediately after exercise is typically water weight, not true weight. To accurately track weight changes, weigh yourself first thing in the morning, before eating or drinking anything, and after using the bathroom.

The number of calories burned during an hour of activity varies based on the specific activity, your weight, intensity, and fitness level. Here are some estimates for common summer activities for a person weighing around 175 pounds (79 kg):

1. Swimming (general): ~560 calories per hour
2. Running (6 mph): ~800 calories per hour
3. Cycling (12-14 mph): ~600 calories per hour
4. Hiking: ~500 calories per hour
5. Beach Volleyball: ~560 calories per hour
6. Tennis: ~600 calories per hour
7. Kayaking: ~400 calories per hour
8. Paddleboarding: ~480 calories per hour
9. Surfing: ~300 calories per hour

10. Gardening: ~350 calories per hour
11. Skimboarding: ~375 calories per hour
12. Mowing the Lawn: ~400 calories per hour (using a push mower)
13. Pickleball: ~480 calories per hour
14. Walking (3.5 mph): ~320 calories per hour
15. Riding an Electric Bike: ~320 calories per hour
 - Riding an electric bike generally burns fewer calories than a traditional bike due to the motor assistance, but the actual calorie burn can vary depending on how much you pedal and the level of motor assistance you use.

Remember as well from last corner the summer heat can also influence more calories to be burned. Firstly, the body's metabolic rate typically rises as it works harder to regulate its temperature in the heat. This increased metabolic activity translates into burning more calories during physical activity. Additionally, higher temperatures often elevate heart rate levels as the cardiovascular system works to manage heat stress, further contributing to increased calorie consumption.

Moreover, the body's natural cooling mechanism, sweating, becomes more pronounced in hot weather. As sweat evaporates from the skin, it dissipates heat, but the process also demands energy expenditure, thereby enhancing calorie burn.

However, the precise increase in calorie burn can vary widely based on individual factors such as fitness level, acclimatization to heat, and the specific nature of the exercise being performed.

Again, always take precautions when exercising in hot temperatures. It's crucial to stay adequately hydrated and mindful of signs of overheating or dehydration to ensure safety and optimize performance.



*Mikkie Pollon (Nettles),
Certified Personal Trainer/
Holistic & Sports Nutritionist*
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and contact info@deemhealth.ca • 250-541-0411



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LEGION NEWS

Upcoming Events:

Lots of fun nights coming up in July, the first being our second Musical Bingo night, tonight 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:

The next Legion meeting will be Wednesday July 17th at 6:00pm.

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 rcl167bc@shaw.ca for more information and prices. Office hours are Monday through Wednesday from 9am to noon.



LUMBY RESIDENTS

The 2023 Annual Report for the Village of Lumby is now available to interested members of the public. This report includes the audited financial statements for 2023, a list of permissive property tax exemptions, a progress report on 2023, goals and objectives for 2024, as well as other administrative reports respecting municipal services and operations for 2023.

In accordance with Section 98 of the *Community Charter*, Council will be receiving submissions and questions from the public on the 2023 Annual Report at its Regular Meeting on Monday July 15, 2024 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 p.m. for lunch.

PROVINCIAL NEWS

Boosted BC Family Benefit Cheques On The Way To Thousands More Families

Increased BC Family Benefit payments arriving in bank accounts this summer will help families with rising expenses due to inflation.

"With global inflation and high interest rates driving up daily costs, we know families are being hit hard right now," said Premier David Eby. We're increasing support to low- and middle-income British Columbians through an expanded BC Family Benefit. Getting a little extra money to families for the basics is one of the ways we're helping people who are feeling squeezed right now."

Families will receive on average \$445 more than last year with a one-year bonus added to BC Family Benefit payments.

About 340,000 families with children, which is 66,000 more than last year, will receive the benefit



could receive as much as \$2,688.

"With rising costs of food, clothes, childcare and housing, parents are struggling to get by," said Katie Bartel, a parent from Chilliwack. "Families are looking for support from their schools, communities and the government. The BC Family Benefit bonus plays a vital role in reducing child poverty, supporting healthy child development and fostering economic stability within communities. By investing in the well-being of children, the B.C. government can help alleviate parent with one child

Continued on page 8

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Arts & Culture
from the Edge

Happening Next - 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.

Applications are available online or at the Village Gallery 1975 Vernon st Lumby



Call For Artists - Those Fabulous Fibres!

Our textile needs have been served for thousands of years using natural fibres.

The importance of textiles has been met with an array of fibres from plant, animal and mineral, this started with the use of animal hides, reeds, flax, linen and cotton. The use of yarn has been known to exist since before the Stone Age. The first attempt at artificial fibres started as early as 1664 and has developed into what we know today.

The Monashee Arts Council invites our Artists to show how our use of textiles has gone from utilitarian to FABULOUS! with your fibre creations in the Fabulous Fibre show starting August 5 to August 30th at the Village Gallery.

The deadline for submissions is August 3.



Age Well At Home
Providing 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
Volunteers needed in Lumby!

 **250.545.0585**
Funded in part by the Government of Canada's Age Well at Home Initiative | 

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Residential packaging and paper collection events

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TIME	DATES
10 a.m. - 2 p.m.	Saturday July 6
	Saturday August 3
	Saturday September 7
	Saturday October 5

LOCATION
LUMBY CURLING CLUB
PARKING LOT
2230 Shields Ave,
Lumby

Learn more at RecycleBC.ca/PopUp

PROVINCIAL NEWS

BC Family Benefits, from page 6

financial burdens and create more opportunities for all families to thrive, ensuring a more equitable and inclusive society."

The BC Family Benefit is a payment from the Government of B.C. delivered to people by direct deposit or cheque as a payment from the Canada Revenue Agency and arrives as a combined payment with the federal Canada Child Benefit.

"We know people are feeling the effects of high prices and stretched budgets," said Katrine Conroy, Minister of Finance. "That's why we're increasing this year's BC Family Benefit payments to help lighten the

burden. I encourage people to file their taxes to ensure they're receiving the supports they're eligible for."

The Province is also making it faster and easier for people to access benefits and to connect to services to help save money with the launch of BC Benefits Connector. Find out more at this one-stop online resource with clear steps on what people need to do to access government benefits and programs: <https://gov.bc.ca/BCBenefitsConnector>

The Province is continuing to take action to help people with cost of living, including:

- a fourth ICBC rebate;
- keeping hydro rates low and providing the BC Electricity Affordability Credit;

- making prescription birth control free;
- making transit for kids free; and
- making one round of in-vitro fertilization (IVF) free.

Many of the benefits and credits are available automatically for eligible people when they file their taxes.

The Province will not contact people by text message. A text message about a tax credit may be fraudulent. If unsure, contact: ITBTaxQuestions@gov.bc.ca

Quick Facts:

- 70% of families in British Columbia will receive the benefit in 2024.
- People who receive the BC Family Benefit also get money back through the Climate Action Tax Credit.
- The BC Family Benefit is issued alongside the Canada Child Benefit payment on or around the 20th of every month.

Learn More:

- To learn more about the BC Family Benefit, visit: <https://www2.gov.bc.ca/gov/content/family-social-supports/affordability/family-benefit>
- To learn more about the new site to help people access benefits and ease the pressures of daily costs, visit: <https://www2.gov.bc.ca/gov/content/home/benefits>

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**

George Major (1927-2010) began working for Henry Sigalet when he was just 16 years old. George would eventually join Bell Pole Company for the next 40 years, retiring in 1987. He was the oldest son of John and Sadie Major and was a brother to Edythe (Haycock), Edwin, Melvin and

Harold. He was the Mascot for the Okanagan Valley League Champions Lumby Flying Frenchmen in 1947. In 1954 he married Jean Robertson and together they raised Gary, Barb (Desjarlais) and Brian. George was a volunteer fireman for 36 years and was well known in our community.



George Major
Flying Frenchmen
Mascot (2nd
row on the right)
(1947)



George
Major



George and
Jean Major

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MONASHEE COMMUNITY FOREST LLP
Harvesting and Road Building Contractors

The Monashee Community Forest is accepting tenders for conventional roadside and steep slope harvesting, and road construction contractors. This cutting permit (CP CC 2024) has an estimated volume of 38,297 m³, approximately 4.1 kms of road to be constructed, and approximately 14.3 kms of permanent road to be upgraded and/or maintained on Putnam and Vance FSR's. The Monashee Community Forest is located Northwest of the Village of Lumby. Information packages are available for pick up at the village of Lumby municipal office located at 1775 Glencaird Street in Lumby between June 25th and July 24th, 2024.

Final tender submissions must be received by noon on Thursday July 24, 2024.

For further information please contact Frank Joe, Forestry Manager at 604-997-9377.



Charles Blooms' Award Winning Students!



As the school year winds down at Charles Bloom, several of the students were awarded for their hard work, dedication and spirit throughout the year.

Athletic Awards

Top Grade 7 Male Athlete
Kasen Fehr & Preston Gutknecht

Top Grade 7 Female Athlete
Abigail Gamache

Grade 7 Male Coaches Award
Tony Kausche

Grade 7 Female Coaches Award
Chloe Brown

Top Grade 8 Male Athlete
Raine Nutter

Top Grade 8 Female Athlete
Zoe Miliken

Grade 8 Male Coaches Award
Isaac Pol

Grade 8 Female Coaches Award
Alivia Barker

Top Junior Male Athlete
Jayden Watson

Top Junior Female Athlete
Gracie Gardner

Junior Male Coaches Award
Jurri Ruffa

Junior Female Coaches Award
Acacia Farr

Top Senior Male Athlete
Riley Beliveau

Top Senior Female Athlete
Taya Romain

Senior Male coaches Award
Jessiah Wadsworth

Senior Female Coaches Award
Lily Fleury

Subject Awards

Junior Math Award (Gr. 9)
Lyla Emerson & Jakob Olsen

Senior Math Award (Gr. 12)
Maddy MacNeill & Kalista Martens

Junior English Award
Lyla Emerson

Senior English Award
Kalista Martens

Junior Science Award
Gordon Hutton

Senior Science Award
Clara Ruffa

Junior Socials Studies Award
Colten Rowe

Senior Socials Studies Award
Autumn Allen

Junior P.E. Award
Gordon Hutton & Jeta Laventure

Senior P.E. Award
Riley Beliveau & Taya Romain

Junior Language Award
Jakob Olsen

Senior Language Award
Maddy MacNeil & Kalista Martens

Senior Art Award
Jacqueline Janek

Junior Home Ec. Award
Louey McLeod

Senior Home Ec. Award
Jessica Short

Metal Award
Meghan Gardner

Mechanics Award
Deegan Peterson

Woodwork Award
Cooper Bzowy, Tassilo Ruffa & Maddy MacNeill

Forestry Award
Jamie Campbell & Carter Everson

Leadership Awards
Ava Hulley & Leila Saunders

Senior Peer Tutor Award
Jacqueline Janek (Gr. 8 Fr.) & Tassilo Ruffa (Sci. 10)

Junior Peer Tutor Award
Gordon Hutton & Kalen Robinson

Kaylee Kolenski Memorial Award

Junior Character Award
Toren Johnson

Senior Character Award
Samara Tumback

Academic Awards

Top Grade 7 Academic
Laynee Geottemoeller

Top Grade 8 Academic
Annabelle Prebushewski

Top Grade 9 Academic
Jakob Olsen & Lyla Emerson

Top Grade 10 Academic
Gordon Hutton

Top Grade 11 Academic
Autumn Allen

Top Grade 12 Academic
Kalista Martens

Governor General's Award
Kalista Martens

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!!

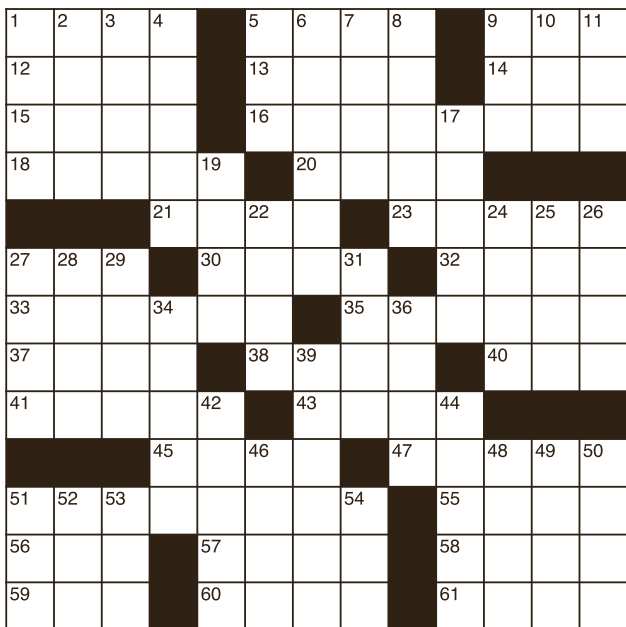
For more information about Monashee Toastmasters: <https://1348085.toastmastersclubs.org/> or about Toastmasters in general: <https://www.toastmasters.org/about/contact-us>

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).

CROSSWORD



PUZZLE NO. 245

ACROSS

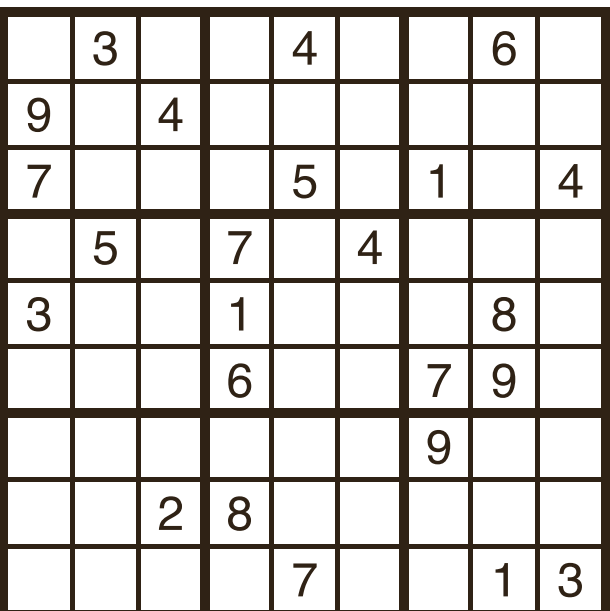
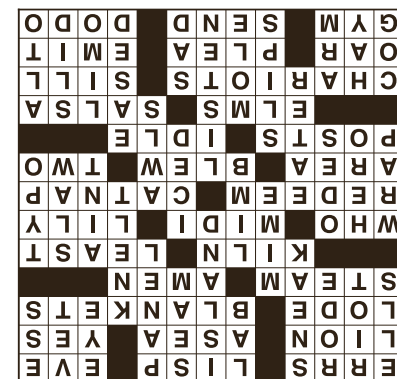
- 1. Bungles
- 5. Mispronounce
- 9. Adam's mate
- 12. Detroit athlete
- 13. Adrift
- 14. You bet!
- 15. Metallic vein

- 16. Afghans
- 18. Iron output
- 20. Hymn finale
- 21. Pottery oven
- 23. Smallest
- 27. The _____ (rock group)
- 30. Average skirt
- 32. Tiger _____
- 33. Cash in
- 35. Forty winks
- 37. Precinct
- 38. Huffed and puffed
- 40. Duet number
- 41. Mails
- 43. Dormant
- 45. Graceful trees
- 47. Mexican sauce
- 51. Roman vehicles
- 55. Ledge
- 56. Rowing tool

- 57. Defendant's answer
 - 58. Give out
 - 59. Fitness spot
 - 60. Cause to go
 - 61. Flightless bird
- DOWN**
- 1. Additions
 - 2. Ruckus
 - 3. Went on horseback
 - 4. Go secretly
 - 5. Scientific workshop
 - 6. Oahu, e.g.
 - 7. Union
 - 8. Wall section
 - 9. Look over
 - 10. Dog's doc
 - 11. Superman's letter
 - 17. Prepared to pray

- 19. Silent actor
- 22. Body part
- 24. "_____ No Sunshine"
- 25. Side dish
- 26. Printed mistake
- 27. Covering
- 28. Leading man
- 29. Some poems
- 31. Cooled
- 34. Diner patron
- 36. Shoemaking tools
- 39. Eavesdrop
- 42. Petticoats
- 44. Relaxed
- 46. Lawn pest
- 48. Prom night wheels
- 49. Glided

- 50. Voice part
- 51. Machine's tooth
- 52. Dried grass
- 53. Provide weapons
- 54. Pathetic



HOW TO PLAY:

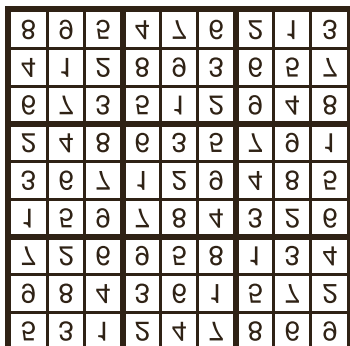
Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

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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