

The Westbank Express...



*Your
Monthly
Newsletter!*



Wwoofing in Westbank!

Pictured above, Anne Jourd'Hui of Millau, France, carefully maneuvers grape vines in between wire supports in a local Westbank vineyard. As part of the international wwoofer program, Anne is exchanging labour for room and board with David and Laurie Paynter. For the next few weeks, Anne will be concentrating on weeding and training grape vines as well as snapping off low-growth suckers from the grape plant. The wwoofer program is an international network of organic farms and gardens where people can visit and receive food, accommodation and training in exchange for help and participation. It's for people of all ages and experience around 70 countries in the world with over 600 locations in Canada. A wwoofer membership is between \$40.00 and \$50.00 per year. For more information about wwoofers go to www.wwoof.ca or GoodWorkCanada.ca. When Anne isn't working in the vineyards, she's enjoying the Okanagan with her wwoofer family houseboating, hiking, attending St-Jean Baptiste celebrations and contemplating swimming. Asked how else she passes the time Anne said: "I like the cafes and the cinema." Prior to arriving in Westbank, Anne visited Montreal, Vancouver, and Williams Lake where she worked on a ranch. In September Anne will return to Millau where she will work as an Environmental Educator. Her village, located at a bend on the River Tarn with a population of approximately 22,000, has many quaint cafes, restaurants, shops and as Anne made note, lots of cherry trees. But the Village of Millau has also become known for it's famous bridge, Le Viaduc de Millau which crosses the River Tarn in the Massif Central Mountains. Opened in December of 2004, it is the highest road bridge in the world at 984 ft with the central pillar reaching 1,125 ft. If you see Anne in the vineyards this summer, be sure to ask her about the bridge, and the original WWOOF(Working Weekends On Organic Farms).

Blossom Grapes & Garlic Scapes



It's that time of year when these relatively obscure sweet-scented grape blossoms and stir-fry garlic delicacies are once again overlooked. Both have a very short window of time to be appreciated. Although barely



discernible, grape blossoms' tiny, delicate, short-lived white flowers belie their pack-a-punch fragrance. And garlic scapes—well—they'll liven up any steamed or stir-fry dish producing a combination of mild garlic flavour and tender asparagus texture.

LOCAL GOVERNMENT

Westbank First Nation

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

District of West Kelowna - Council Mtgs.

July 12 - 1:30 pm Council Meeting
July 19 - 1:30 pm Comm. of the Whole
July 26 - 6:00 pm Council Meeting

email westbankexpress@gmail.com

Editor: Barbara Heaney; Contributing Writers: Gordon Ficke, Rita Pedersen.



From the Kitchen Nook: Strawberry Pudding by Rita Pedersen

Two cups fresh strawberries cut in two; 1/2 cup brown sugar; 1/2 cup water. Batter: 2 tblsp. butter; 1/2 cup sugar; 1 beaten egg; 1 cup flour; 1 1/2 tsp. baking powder; 1/4 tsp salt; 1/3 cup milk. Place strawberries in an 8"x8" pan; mix brown sugar and water and pour over top of strawberries. Set aside. Cream butter and sugar. Add beaten egg and mix well. Mix flour, salt and baking powder. Alternately add milk and dry ingredients to mixture. Spoon mixture onto top of strawberries and bake at 350 F for 30 to 60 minutes.

The Old Bunkhouse by Gordon H. Ficke



People stop to snap photographs of this dilapidated shed (pictured left) on the corner of our property on south Gates Road, or on occasion, an artist will sit in front of it and sketch it. And as seen below right, Trish Ficke is decorating for last year's Christmas season.

Delving into the history of this small, seemingly insignificant structure, reveals that it has a multifaceted past. The building was constructed about the same time the Hitchner house was built across the street from it in around 1905. Lewis Hitchner arrived in Glenrosa in 1903 and began logging behind Peachland. When his brother Curtis arrived in 1904 they built a sawmill near where the Glenrosa Fire Hall stands today. Hitchner Brothers Sawmill hired men from Glenrosa and Westbank to work in the mill. The bunkhouse was built to house some of the men who worked in the sawmill. It was constructed with lumber that was processed in the mill and finished in the same butter yellow paint with red trim as the Hitchner house.

After the sawmill burned to the ground around 1910 the Hitchners turned to farming to make a living. The bunkhouse provided short-term accommodation for those men who helped bring in the hay crops from the surrounding fields. Two of those men were Ab Shetler and Fred Beeton. Ab was on his way back home to Manitoba and stopped in Westbank to see his good friend Tom Reece. He met Fred Beeton who mentioned that Mr. Hitchner was looking for workers to help with the haying. The two of them moved into the bunkhouse. George Fenton, a child at that time in 1936 was attending the Glenrosa School just across the street from the bunkhouse. He recalled that Ab and Fred would come out and play games with the children during recess and lunch hour.

In 1946 Frank Ficke from Vancouver bought the Hitchner farm. For a couple of summers my dad hired a worker, Nick, to help stack the loose hay. Nick was a homeless fellow that lived under the old wooden bridge that spanned Powers Creek before Highway 97 was altered in the late 1950s. This farm worker would never accept an invitation to come in to the farmhouse for a meal. His diet consisted of Kellogg's Cornflakes and Mr. Ficke would provide boxes of that for him along with the requisite milk to wash them down. When Nick left the bunkhouse it took on a new role as the farm workshop. A workbench with a large metal drawer was affixed under the window across the south end of the interior of the building and a vise was secured to the bench. Repairs to the numerous pieces of farm equipment and vehicles over the next fifteen years or so took place there. Frank junior built a forge that was stationed outside of the bunkhouse to heat and straighten metal parts. Frank always kept a bucket of water beside the forge to cool the red hot metal once the repair was done.

I recall one potentially devastating incident that could have resulted in the demise of the old bunkhouse. My brother Frank had been cleaning up the inside of the building by burning old paper in the tin stove. He left the stove unattended and returned to the house to get ready to go out. As he was shaving he peered out the front door window and noticed flames on the wooden shingled roof adjacent to the chimney, caused by the lit paper going up the chimney and landing on the wooden shingles. He dropped his razor and bounded outside, grabbed the bucket of water beside the forge and with one fluid motion the water landed kersplash precisely on the fire. The flames were extinguished immediately and completely. What fortune!

Once Frank Ficke senior acquired the old school house in the early 1960s the larger building became the new workshop and the bunkhouse was abandoned. It was relegated for the storage of bicycles, broken items and old furnaces. When our family moved onto the property in 1994 the building had been completely filled up, rendering it impassable. Everything that we didn't want to keep was gotten rid of and to this day the building has been left to languish.

Over the last ten years or so the southwest corner of the bunkhouse has been sinking, adding a unique character and ambience to the structure. Trish Ficke has added window baskets to add colour and you will find the bunkhouse decorated on special occasions like Halloween and Christmas.



WHAT'S
HAPPENING IN
JULY!

WESTBANK

Westbank Outdoor Market

Saturday, July 9th 8:00 am-1:00 pm

Running every Saturday morning until Sept. 17th, the Westbank Outdoor Market gets underway again this year with fresh in-season fruits and vegetables, craft items and other wares. Also look forward to weekly entertainment with local singers and musicians and the Lions' chefs will be cooking up Saturday-morning pancakes at 8:00 am sharp! Westbank Lions Community Hall parking lot, 2466 Main St.

Beauty
without grace is like a violet
without smell. - Hebrew
proverb

Westside Jam

The 1st & 3rd FRIDAY of every month.

6:30 - 9:30 p.m. Bring your instrument and join in, or come listen. Open-mike jam. C & W, Blue Grass, Old-time, etc. Meets in the Westside Seniors Hall on Old Okanagan Hwy. next to the fire-hall. For more info. contact Carl at 250-707-1030 or Norm at 250-768-9358.

**Westbank Legion - RCL Branch
288, 2525 Dobbin Road**

**Apple Drop-In Darts every Wednesday
7:30 pm all summer.**

Apple Westside Daze

June 30th - July 3rd

Outdoor barbeque, refreshments and entertainment.

Savour Your Sketches

Tuesday, July 19th 10:00 - 11:00 am

Savour your sketches with animation artists Jenna Cumbers and friends. Learn how to draw with the experts at the Okanagan Regional Library, Westbank Branch, #31, 2484 Main St.

Orion's Fish Bus

July 9th and 10th by The Cherry Pit

70 peeled Tiger Prawns \$20 or 2 for \$35 or 3 for \$50. Sole, Snapper & Basa \$12 each or 3 for \$30. Stop by the Truck and join the email list to get tasty Seafood recipes and a free bonus every \$100.00, 2565 Main St. at Paynters Market.

NARAMATA

36th Annual Naramata Fair

Sunday, July 31st

Parade starts at 10:30 am. Artisans & crafters, tasty foods, beverages and snacks, games & activities, shaded rest areas, licensed beverage garden, LOONIE raffle. Live entertainment stage. Fair activities at Manitou Park.

OLIVER

Oliver Sunshine Festival

Saturday, July 16th, 2011

Parade 10:30 am; Park Events 11:00 am - 7:00 pm. Beverage gardens, children's activities, world food fair vendors. For more info. go to www.sochamber.ca.

SUMMERLAND

Rodeo Grounds Youth Fun Show

Saturday, July 9th; 9:30 am sharp!

English/Western Classes; Ribbons to 5th & prizes; Potluck gathering to follow. Go to www.summerlandrodeogrounds.com.

OYAMA

**Olga Osipova - Open Air
Performance at Oyama
Community Park**

Saturday, July 9th 8:00 - 9:00 pm

Award-winning singer/songwriter/pianist and jazz artist. Sounds of gypsy jazz and cabaret. Free.

Blues & Barbeque

Sunday, July 31st 5:00 - 9:00 pm

Come and enjoy live music at Gatzke Orchards, a 3rd generation family-owned and operated farm since 1929 where they grow over 50 varieties of tree fruit. For

further information go to www.gatzkefarmmarkets.com.

PENTICTON

**Night Market at the S. S.
Sicamous**

**July 5 - Sept. 8, 2011; Tuesday and
Thursday evenings; 5:00 - 9:00 pm.**

Local produce, artisan market. S. S. Sicamous open until 9:00 pm on those days. For further info. contact www.penticton.org.

KELOWNA

16th Annual Cherry Fair

Saturday, July 23rd 10 am - 3 pm.

Sample a wide variety of cherries at the tasting booth; enjoy children's activities, face painting, mini-golf, live entertainment, mini donuts, ice-cream and more. Orchard Industry Museum, 1304 Ellis St. \$2.00 / person or \$5.00/family.

LOOKING
AHEAD!

SALMON ARM

Roots & Blues Festival

August 19 - 21, 2011

Presented by the Salmon Arm Folk Music Society, join the world-class music event including Afenginn from Denmark, Colin Grant Band from Cape Breton, Eekwol from Saskatchewan, Canga Giri from Australia, Luisa Maita from Brazil and many more. Information at info@rootsandblues.ca or telephone 250-833-4096.

WATERVILLE, WA

**The Rustique 2011 Divas
Vintage Market**

Fri- Sat, Aug. 26-27; 10 am - 8 pm

Rustic elegance and old-barn treasures. Local vendors selling antiques & collectibles; refurbished and rusty, along with purses, jewelry & everything in between. Pioneer Park. For further information contact Windy Osborne at 509-679-1026.



Business Section

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July 9 - September 17, 2011

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