



The Westbank Express....



Francis Bessette of La Conception, Quebec takes time out from Okanagan peach thinning to explore one of Westbank's many hiking trails around, what is known as, Yamada's Pool.

When Francis takes a break from thinning peaches and nectarines, he spends time touring around the Okanagan enjoying outdoor activities like hiking through the forest at Rose Valley, rock climbing at Skaha or swimming at Pebble Beach. Now in his 5th year of working summer shifts in Westbank orchards, Francis has become familiar with some local trails but would like to investigate further, especially at Mount Boucherie, Smith Creek, Goat's Peak, Hayman Lake, Pincushion and Hardy Falls in Peachland, Ellison Park in Vernon, The Boulder Fields in Kelowna and Giants Head in Summerland. An industrious undertaking indeed and Francis may have to put some excursions on hold until next summer because orchard work only intensifies after thinning is completed. Harvest is right around the corner starting in early July lasting until late October.

Harvest times vary from year to year depending on the variety of the crop and weather conditions. This year is a prime example of harvest delay as our spring and summer has morphed into an Irish Fall. But harvest times have also been extended over the years with the addition of more resilient varieties and later varieties. Generally, harvest times for the fruits listed are: Cherries, early July - early August; Apricots, late July - mid- August; Nectarines & Peaches, late July - late August; Apples, September - late October; Grapes, mid-August - freeze-up; Pears, mid-August - late September; Plums, August; Prunes, September and Quince, September. Perhaps a late harvest will encourage Francis to stay long enough to experience fall's neighbour, winter, adding to his outdoor activity list cross country at Crystal Mountain, ice fishing on Duck Lake, downhill at Silver Star, hot chocolate at Apex, skating at...

Parc des Chutes-de-la-Chaudière, Quebec



Waterfalls invigorate. They inspire, crash, foam. They lather, churn, spray, mesmerize, even lure. Some are captured on canvass. Others are immobilized by the lens. The cascading Chutes-de-la Chaudière, pictured above, is only minutes from downtown Quebec City. It rises 115 ft. high in the Chaudière-Appalaches region. Picnic areas, 5 km of hiking trails, 2 km of biking trails, a summer restaurant, fishing, numerous vistas, a children's playground and a suspension bridge running 370 ft. across and 75 ft. above the River Chaudière embellish the park. In the early 20th century, the Chutes-de-la-Chaudière was used for its hydroelectric potential. Today, the current dam which was rebuilt in 1999 on the remains of the old facility, supplies a small 24 MW power station. The Park is open from May 1st - November 1st. Celebrate waterfalls on World Water Day March 22, 2013.

LOCAL GOVERNMENT

Westbank First Nation

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

District of West Kelowna - 778-797-1000

July 5 - Agricultural Ad. Committee - 5:00 pm
July 10 - Regular Council Meeting - 1:30 pm
July 17 - Committee of the Whole - 1:30 pm
July 18 - Advisory Planning Commission - 9:30 am
July 24 - Regular Council Meeting - 6:00 pm

For questions or further information about the newsletter, please email westbankepress@gmail.com

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From the Kitchen Nook: Potato Salad by Rita Pedersen

INGREDIENTS: 3 lbs. new potatoes (about 8), cut into 1-inch cubes; 1 cup thin red onion sliced; 1/2 cup cherry tomatoes, halved; 1/4 cup chopped fresh basil; 1/4 cup balsamic vinaigrette dressing; 1/4 cup mayonnaise; 2 tsp. Dijon mustard.

PREPARATION: Cook potatoes in boiling water 10 to 12 min. or until tender; drain. Place in large bowl. Add onions, tomatoes and basil; mix lightly. Mix remaining ingredients. Add to potato mixture; toss to coat. Refrigerate several hours or until chilled. Garnish with nasturtium and a sprig of dill.

Norm Berkner, The Egg Man - Part II by Gordon Ficke

Pictured below, final gathering of eggs with Case tractor, in 1964.

Norm purchased his male R.O.P. (record of performance) roosters as chicks from the Doreen Poultry Farm in Sardis, B.C. to breed with his own hens and production increased. In the spring of 1950, after only making a grand total of \$78.00 from their 1949 apple, pear, prune and cherry crops, the trees were pulled up by their trusty old Case tractor.



"While we had the arable land there," Norm said, "we decided to grow cucumbers. That worked very nicely." At that time Sun-Rype was processing cucumbers for pickles. F.R. Stewart Wholesale Distributors in Penticton also took as many cucumbers as they could produce. They also grew beans for Aylmer's Cannery. The cucumber operation continued for approximately three or four years. The land was then turned to pasture for livestock.

Around this time the Old Kelowna Sawmill (where the Sails are located on Bernard Avenue in Kelowna) that was built in the 1890s was torn down and Berkner bought the lumber and built a two-storey building. The feed was stored upstairs in one quarter of the building and the remaining 3/4 of the upstairs had chickens and the entire main floor had chickens.

In 1956 to '57 Frank and Norman built a 45' x 330' barn divided into two sections. Half of the building was used to house chicks from day-old until laying stage. The other half was used for the laying hens. In 1960 they built their first cage house with a scraper cleaning system consisting of scrapers that collected the excrement and carried it to the front of the barn where it was put into a tank to be spread as fertilizer in the fields or orchards. In 1972 a deep pit house was added to the farm, where the excrement was now stored in a pit for up to a year before it needed to be emptied using a tractor with a bucket.

"Because of over-production and increasing federal and provincial regulations, by 1967 we were getting 27 cents a dozen!" Berkner revealed. As a result, approximately 90% of the poultry farms went bankrupt. Consequently, that adversely affected the feed companies and equipment suppliers. That signalled the establishment of the egg marketing board. Four or five local farmers, including Norm, marketed their eggs locally. The movement took some time but eventually spread over B.C. and then eventually across Canada. The marketing board actually regulates production. Each farmer is issued a quota for production for x number of birds. Only if there is more demand, is the farmer allowed to have more chickens.

Frank Berkner died in 1967 at the age of 72, leaving Norm to operate the business with his mother. In 1966 Alma and her daughter, Shelley, from a previous marriage, came from Edmonton to Westbank to look after her grandmother, Mary-Ann Norquay. After Alma's grandmother passed away in 1967 she was looking for a house to rent and noticed that Norman Berkner had a vacant house on his property and asked if she could rent it. Norm said okay. However, because no rent was charged, Alma agreed to work collecting eggs, grading them, etc. She then worked at Gorman Brothers Lumber as a bookkeeper until 1969. In October 1969 Norman announced to Alma that there was a poultry conference in Abbotsford in a couple of weeks. Alma asked if he was going. Norm replied, "We could make it a honeymoon!" That was Berkner's proposal for marriage. Before going to the conference the couple were married in Peachland. Norm was 40 and Alma was 44. By 1968 Berkner had 13,000 layer chickens producing various sized eggs. Norm had a bold policy to secure a new customer. "I will supply you with eggs for three months and if your business hasn't doubled at the end of that period, your eggs are free!" Berkner never had to give away any of his eggs. They continued with the chicken farm until retiring in 1992 and sold their quota to Brookwood farms on Vancouver Island. The proceeds from that became their retirement nest egg. Norm and Alma continue to live out their retirement in the farmhouse that the two of them built in 1979.

WHAT'S HAPPENING IN JULY?

WESTBANK

Westbank Library Summer Reading Club 2012

For children ages 6 - 12.

Free and drop-in. 10:15 - 11:15 am.
 Tues. July 3 - Snakes&Lizards with Stuart Brown.
 Friday, July 6th - Monsters with Adam McGirr.
 Tuesday, July 10th - Magic with Leif David.
 Tuesday, July 17th - Drawing with Jenna & Jen.
 Tuesday, July 24th - Music with Sandy Donahue.
 Weekly contests will be held throughout July and August. For more information call 250-768-4369.

Tell me and I will forget. Show me and I will remember. Involve me and I will understand. - confucius

Westbank Museum - Miniature Sawmill - July 1st, 2012

The Westbank Museum will be featuring the newly-arrived miniature sawmill. Demonstrations will run from Noon - 12:30 pm and 2:00 - 2:30 pm. Call 250-768-0110 for more information.

Westside Seniors Centre, 3661 Old Okanagan Highway

Snooker - Mondays at 1200 Noon.
Duplicate Bridge - Mondays at 1:00 pm
Cribbage - Tuesdays at 7:00 pm.
Pool 8 Ball - Wednesdays at 12:00 Noon.
Carpet Bowling - Thursdays at 12:45 pm.
Pool-Snooker - Saturdays at 1:00 am. For further information contact Valerie at 250-707-3494 or email vsolomon@shaw.ca.

1. When is Bastille Day?

Westside Daze

Friday June 29 - Monday July 2, 2012

A long week-end filled with festive summer events including live entertainment: Marty Edwards "Kinda Kenny" and Pam Ferens, Annual Parade, Westbank Outdoor Market and Lions/Rotary Pancake Breakfast, Kid's Fair, West Coast Amusements, Concessions, Crafters, Evening Concerts, Fireworks, Show & Shine, Westside Warriors Dunk Tank, Giant Canada Day Cake, Youth Talent Show Case, Teepee Village,

Moto-cross demonstraton. For calendar of events go to: www.westsidedaze.com.

2. When is Argentina's Independence Day?

SUMMERLAND

Music with the Darylectones

Friday, July 6, 2012 6:00 - 8:00 pm

Enjoy an evening of post-modern acoustic music. Advertising describes their music as "two jazz guys trying to stuff a blues singer down a well." Tickets \$10.00. Location: Good Omens Coffeehouse, 13616 Kelly Ave. Phone 250-494-3200 or email relax@goodomens.ca.

Great Train Robbery & BBQ

July 8th and 22nd, 2012 4:00 pm

Ride the Kettle Valley Steam Railway as the Garnett Valley Gang robs the train for local charities. The train meanders through lush orchards and vineyards while passenger can view breathtaking lake scenes. Fare includes a tasty barbeque and musical entertainment. Adults/Teens \$52.00; Children(3-12) \$23.00. For reservations call 1-877-494-8424.

PENTICTON

Cuban Fire at The Dream Cafe

Friday, July 20, 2012 - 8:00 pm

The talented trio will perform original music and latin/cuban classics in all genres(son, salsa, bolero, etc.). Known as Cuban Fire Trio, they were originally founded in 1994. Cost. \$20.00. Located at 67 Front St. For more information call 250-490-9012 or go to www.thedreamcafe.ca

OLIVER

Friends of the Library

Annual Book Blast - July 7th 9:00 am

Famous parking lot sale - lots of great book bargains. Donated books can be dropped off during Library open hours. 6239 Station St. Phone 250-498-2242.

Young Organic Farmers Camp - Covert Farms Organic Market

July 16-20/Aug. 20-24 Young Farmers I
 July 23-27/Aug. 13-17 Young Farmers II

A summer camp where kids grow healthy-friendly 'organic' food and have fun. Shelly Covert will help children learn about the Principles, Practices & Procedures required to grow chemical-free food. Transplanting, composting, companion

planting, inter-cropping, working with worms, seeding. Good Bugs vs. Bad Bugs and much more. Contact information: email shelly.covert@covertfarms.ca or call 250-498-2824.

PEACHLAND

Peachland Wellness Centre

Tai Chi for continuing students. Every Tuesday evening from 6:00 - 7:30 pm at the United Church Hall.

Writer's Bloc

Wednesday, July 25th 7:00 - 8:00 pm
 For further information call 250-767-0141 or email WellnessCentre@Shaw.ca

2012 Peachland Triathlon

Sunday, July 22nd 7:00 - 11:00 am
 Cousins Park at Community Centre

Running since 1994, this event has proved very successful with the help of many volunteers. Participants are encouraged to enter early for reduced fee. Pancake breakfast prepared by the Peachland Lions Club is included in entry fee. For more info. call 250-767-2133 or email phaffend@peachland.ca

OSOYOOS

26th Annual Street Dance

July 20 & Aug. 10th - 7:00 - 10:30 pm

Join in the fun at Osoyoos Home Hardware, 8501 Main Street for the annual street dance festivities. Centre stage, contests, prizes, kids activities, local restaurant food. For more information go to info@osoyooshomehardware.ca or phone 250-495-6534

COUPON CORNER



***Ice Cream Cone*
 * 2 for 1***

Purchase one ice cream cone at regular price and receive a second ice cream **free!** At **Paynter's Fruit Market**, 3687 Paynter Road, Westbank 250-768-7313

Present coupon at the Ice-Cream Counter.



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Westbank, BC **Sarah Arnault**
V4T 2E9 **Owner**

sarah@lilSproutz.net **778-754-5594**
<http://www.lilSproutz.net/>

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1. July 14th. 2. July 9th.

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