The Westbank Express....







Larry Jensen and his dog Brandy stop momentarily in their 1948 Dodge.

Unless you are attending the Peachland Annual World of Wheels show, it's not often that one sees a 1948 Dodge Businessman Coupe rolling down Main St. in Westbank. But Larry Jensen, owner of Jensen's Automotive, has spent many hours restoring his '48 Dodge and regularly drives the relic around town. The original inline 6 engine along with all other vehicle mechanisms have been fully restored with new parts. It drives comfortably at 100 kms. on the highway and can always do the posted speed. Born in Saskatoon, Larry lived there until he completed university and then moved to Kelowna where he stayed for one year prior to making his permanent home in Westbank. Larry was a teacher for 23 years instructing at Dr. Knox, Mount Boucherie, George Pringle and

Kelowna Secondary
School and taught subjects from woodworking
to Chemistry 12. In
1972, Larry started up
Jensens Shop and he is
still enjoying his 37 year
endeavour of auto mechanics and will continue to serve the community for all automotive needs. The shop is
located at 3245 Elliott
Road, Westbank; Telephone 250-768-2733.



Grape Leaves for dessert or....

Rabbits enjoy munching on grapes leaves and chewing up grape vines as much as the next herbivore especially at this time of year when



greenery becomes sparse. But grape leaves and their vines have many uses besides fuelling rabbits and aiding the grape to fruition. Some potters use leaf imprints on clay pieces that eventually metamorphose into kitchen counter doors; vines make ideal supports for Christmas wreaths or lawn furniture. And while rabbits may relish grape leaves for dessert, their human counterparts will almost always prefer

....ice wine with dessert.

Ice wine, also know as Eiswein in German, is made from frozen grapes which are picked and processed before they are thawed out. Consistent cold weather is necessary for a successful ice wine crop. Its rumoured that ice wine was first produced as a result of an accident in the 1700s: a German vineyard owner left his grapes unattended while out of town and they froze, but he still processed the hardened fruit and it resulted into what they then called 'winter wine.' Ice wines are available at most wineries in the Okanagan. And there are even Ice Wine Festivals, one slated for Jan. 14 - 30, 2011 called the Niagra Ice Wine Festival which will include live entertainment, wine tours, wine and food pairings. For more info. go to www.icewinefestival.com.

Westbank First Nation

Administrative Office: 250-769-4999 Recreation Department: 250-768-7337

District of West Kelowna - Meetings

Nov. 9 - Council Meeting 1:30 pm

Nov. 9 - Notice of Public Hearing 1:30 pm

Nov. 16 - Committee of the Whole 1:30 pm

Nov. 17 - Advisory Planning Comm. 9:00 am

Nov. 23 - Council Meeting 6:00 pm

Nov. 25 - Introduction of new Secondary Suites Bylaws -

6:00 pm

From the Kitchen Nook - sylvia's coleslaw



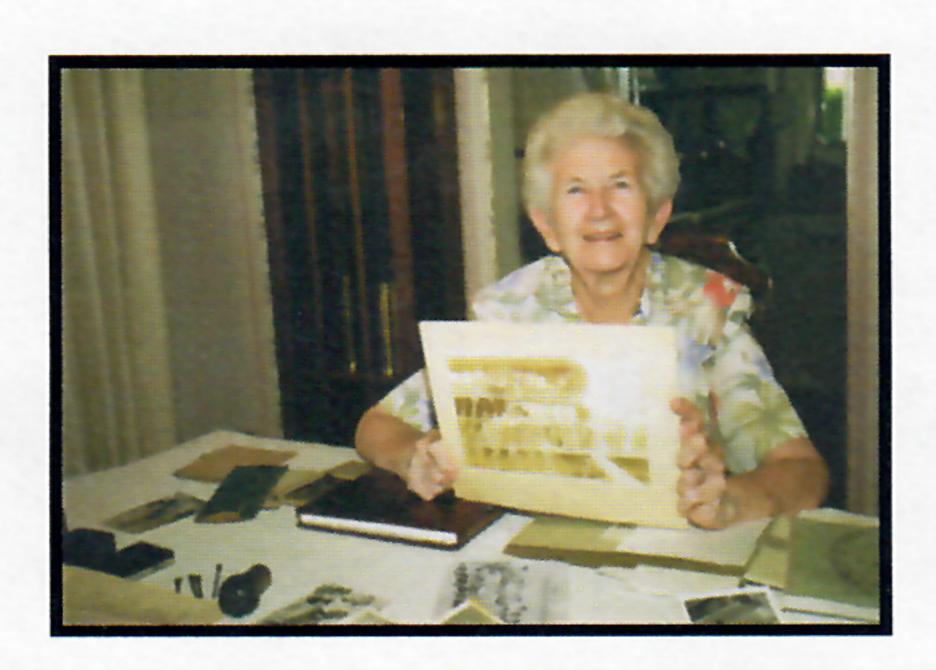
Coleslaws vary from a simple cabbage and carrot combination with vinegar to ingredients that include everything but the kitchen sink. Sylvia's coleslaw, which has Waldorf-like characteristics, takes a swift 15 minutes to prepare. Combine 2 cups shredded cabbage, 3 medium carrots shredded, 4 chopped green onions, 1/4 cup chopped green pepper, 1/4 cup chopped red pepper, handful of green grapes and chopped walnuts. To taste add sea salt, pepper, cinnamon, brown sugar and 3/4 cup mayonnaise. Serve with lasagna and garlic bread.

Westside Warriors November, 2010 Schedule - www.westsidewarriors.ca

DATE	TIME	AWAY	HOME	LOCATION
Fri, Nov. 5	7:00 pm	Coquitlam	Westside	Royal LePage Place
Sat, Nov. 6	7:30 pm	Westside	Merritt	Nicola Valley Arena
Thu, Nov. 11	7:00 pm	Westside	Prince George	Prince George Coliseum
Fri, Nov. 12	7:30 pm	Westside	Quesnel	Quesnel Twin Arenas
Fri, Nov. 19	7:00 pm	Prince George	Westside	Royal LePage Place
Sat, Nov. 20	7:00 pm	Westside	Salmon Arm	Sunwave Centre
Tues, Nov. 23	7:00 pm	Langley	Westside	Royal LePage Place
Thu, Nov. 25	7:00 pm	Prince George	Westside	Royal LePage Place
Fri, Nov. 26	7:00 pm	Penticton	Westside	Royal LePage Place
Tue, Nov. 30	7:00 pm	Victoria	Westside	Royal LePage Place

Girls camp out by Powers Creek by Gordon H. Ficke

Agnes Humphrey, the grand daughter of the ship's carpenter John Davidson who named our town Westbank be-



fore 1900, recalled her early days when she camped by Okanagan Lake. "When we got to be bigger teenagers, a group of us girls, that included my sister Betty, Norma and Jean Fenton, Lily and Myrtle Hewlett, and Dorothy Basham would camp down by the lake on a flat area just north of Powers Creek." The big old canvas tent that belonged to the parents of Lily and Myrtle Hewlett (the latter had a pet magpie that went with her wherever she went) was transported along with the food supplied from each girl's family down to the campsite by truck. They had their own bonfires, swam and loafed around for the week they were there. The girls did their own cooking consisting mostly of beans. "We didn't experience high living!" Agnes admitted laughingly. "Although we were on our own most of the time," Agnes continued. "We weren't worried because there weren't that many other people

around in those days." Their parents would come down and check on them periodically to make sure that they were still alive. The only incident that occurred while they were there was when, what they guessed was a porcupine, came into the camp and stole a loaf of bread. "Of course," Humphrey revealed, "we always had to go skinny dipping at least once during our camp-out. That was very daring in those days!"

TIPS: Dip autumn leaves in melted beeswax to preserve; use old shower hooks as key chains; a nut cracker will loosen bottle tops and jar lids; clothspins act as clips for open bags like potatoe chips or nuts.

REMINDER: Paynter's Fruit Market will close its doors for this season **November 7th.** Be sure to visit and catch the last minute year-end sales!! Apples, pears, syrups, jams, dressings.



WHAT'S HAPPENINGIN NOVEMBER?

WESTBANK

Westbank United Church **Christmas Bazaar**

November 6, 2010 10:00 am - 2:00 pm

Craft Tables, baking, gift baskets, silent auction, knitting and much more. Luncheon for \$5.00 includes soup, sandwich, dessert and coffee or tea. Westbank Lions Community Hall, 2466 Main St.

Lest We Forget

Remembrance Day Service Royal Canadian Legion Branch No. 288

November 11, 2010 11:00 am

Royal LePage Place, 2760 Cameron Road. Sandwiches, hot dogs, and beverages will be served after the Service.

I. When is Discovery Day in Puerto Rico?

Westbank Lions Annual Roast Beef Dinner

Nov. 13 & 14 - Doors open 5:00 pm; serving begins at 6:00 pm.

Tickets \$15.00 each. Available at Westbank Lions Hall from 9:00 am -Noon, Monday to Friday; Westbank Home Hardware on Dobbin, HyMart on Old Okanagan Hwy, Shannon Lake Convenience Store or from any Lions Club member. Dinner served at the Lions Hall, 2466 Main St.

Pine Acres Garage Sale

November 20, 2010 9:00 am - 1:00 pm

Baked goods, crafts, Christmas gifts. Table rentals available for \$15.00. Call Peggy at 250-768-7676, Ext. 108. Pine Acres Home, 1902 Pheasant Lane.

Christmas Shopping Trade Show

November 26/10 5:00 pm - 10:00 pm

Showcasing local businesses in the community. Featuring many different Christmas gifts to choose from. Free admission. Westbank Lions Hall, 2466 Main St.

PEACHLAND

Kinda Kenny(Rogers) & Friends - Christmas in Peachland

Nov. 21/10 Kenny's friends include Patsy Cline by Pam Ferens, Johnny Cash by Lavern Prozny, Roy Orbison by Larry Branson and more. Tickets \$25.00. Doors open 6:15 pm. Show 7:00 For further info. contact larryedsullivan@shaw.ca 1-888-811-2288.

17th Annual Christmas **Craft Fair**

November 27/10 - 9:00 am - 3:00 pm

Unique Christmas gifts & decorations. Up to 80 crafters will be selling their Includes waltzes, polkas, two-steps, foxwares. Concession stand with baking, coffee and tea. Peachland Community Centre. Tables now on sale. Contact cwiebe@peachland.ca

2. When is Wright Brothers Day?

SUMMERLAND

23rd Annual Christmas **Festival of Lights**

November 26/10 - 4:00 pm - 9:00 pm

Downtown Summerland. Pre-Christmas Winter Street Festival. Outdoor entertainment, shopping, fun activities, varied food selections and fireworks display.

3. When is Will Rogers Day in Oklahoma?

PENTICTON

Christmas Craft Gifts Galore

November 20/10 10:00 am - 2:00 pm **Seniors Drop-In Centre**

goods, handmade crafts, Christmas gifts. Coffee, tea, and baking. 250-493-2111 Call e-mail psdics@hotmail.com.

RUTLAND

Calvin Vollrath - Fiddler

November 14, 2010 2:00 pm

Composed over 400 tunes and produced 50 CDs. Calvin has composed five of the fiddle tunes for the 2010 Winter Olympics. Also performing Fiddler Mark Sullivan and Guitarist Keith Hill. Tickets \$15.00 or in advance call 250-764-7064. Rutland Seniors Activity Centre, 765 Dodd Road.

Hard Times Dance -**Time Fiddlers Dance**

November 19/10 - 8:00 pm - 10:00 pm

trots and pattern dances. Prizes for best costumes. Donations will be accepted for the Food Bank. \$5.00 includes Lunch. Rutland Seniors Activity Centre, 765 Dodd Road.

> LOOKING AHEAD!

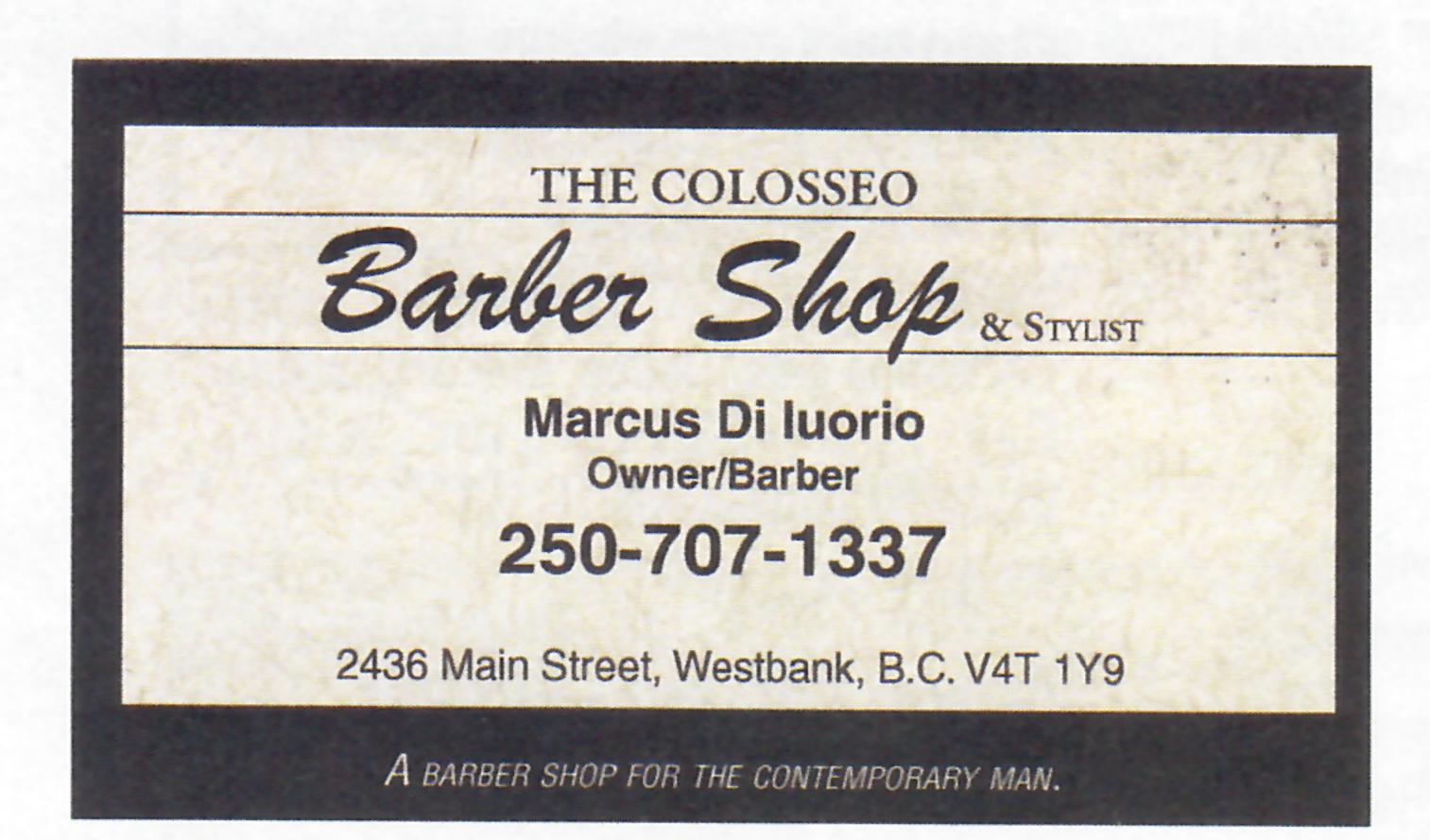
WESTBANK

27th Annual Christmas Open House - Westbank **Pottery Studio**

December 4 & 5, 2010(Saturday and Sunday) 10:00 am - 5:00 pm

Featuring work from new firing. Refreshments and baked goods. Located at Paynter's Market, 2565 Main St. Phone 250-768-3722 for further information.

Business Section



Your Dollar Store With More "Your Party Supply Destination" Westridge Mall, WESTBANK, BC



Mon - Sat: 9-6 Sun: 11-4 Phone: 250-768-5532



- Lessons
- Rentals
- Recordings

- Repairs
- Instruments
- Dance Music
- #3 3393 Webber Rd. Westbank, BC V4T 1G8 panichmusic@shaw.ca

Studio 250.768.1593 Lavern Panich



Pine Acres Home 1902 Pheasant Lane, Westbank, B.C. V4T 2H4



Peggy Toft

Activity Department activities@pineacreshome.com EVERY VOLUNTEER - A HEARTBEAT

(250) 768-7676 Ext. 108

Fax. (250) 768-3234

Sushi O

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1. Nov. 19/10; 2.Dec. 17/10; 3.Nov. 4/10.

The Westbank Express.... westbankexpress@gmail.com_

Page 4