

The Westbank Express....

Winter Hot Chocolate - mix together and heat 1 tblsp. cocoa powder, 1/2 cup heavy cream, 1/2 cup milk, 1 tblsp. sweetener (maple syrup, honey, brown sugar). Top with a dollop of whipped cream and sprinkle with cinnamon!



Your Informative Newsletter

SKI CRYSTAL MOUNTAIN



this winter and enjoy the myriad cross country ski trails, snowshoe trails and down-hill adventure slopes. Watch for guided tours, lessons, and special events. As well, **Cherry Pit on the Mountain Cafe** will be serving home-made breakfasts and lunches during the ski season. Phone 250-768-5189 or go to www.crystalresort.com.

AROUND TOWN

The Westbank Country Opry
Sundays, Jan. 26th & Feb. 23rd, 2014



The Westbank Country Opry will continue their monthly concerts at the Emmanuel Assembly Church (next to the Holiday Inn), 2600 Hebert Rd. Doors open @ 1:30 pm and show starts at 3:00 pm. \$8.00/person or \$15.00/couple. Intermission: refreshments and snacks available for sale from the Emmanuel Church Youth Group. www.westbankcountryopry.com.

LOCAL GOVERNMENT

Westbank First Nation

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

District of West Kelowna - 778-797-1000

- Jan. 9 - Agricultural Advisory Committee - 5:00 pm
- Jan. 14 - Regular Council Meeting - 1:30 pm
- Jan. 21 - Special Council Meeting - 1:30 pm
- Jan. 28 - Regular Council Meeting - 6:00 pm
- Feb. 11 - Regular Council Meeting - 1:30 pm
- Feb. 25 - Regular Council Meeting - 6:00 pm

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

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

Mille Fleurs keep their distance!



The old saying, "birds of a feather flock together" couldn't be more true when it comes to the mille fleurs pictured above at a small Westbank farm. The flecked-feathered banties (petite-sized chickens), rarely seen apart, keep to themselves and enjoy company from afar; hence, the advantage of a telephoto lens! Generally, mille fleurs are not prolific egg-layers; in fact, they are not even on occasion egg-layers, but every six months or so, a mille fleur egg will appear in the laying nest. Eggs, pictured on the right, belong to a mille fleur, a silkie (pictured bottom left) and two brown laying hens (pictured bottom right). Which chicken laid which egg? And what to do with these eggs? Fry, soft-boil, hard-boil, poach, scramble, prepare an omelette or whip up a batch of—often a favourite at pot-luck dinners—deviled delights by combining and mashing together 12 hard-boiled egg yolks, 1 1/2 tblsp. dijon mustard, 1 1/2 tblsps. mayonnaise, 1/2 tsp. worcestershire sauce and a pinch of salt and black pepper. Fill cooked egg-white halves with mixture and sprinkle with a choice of paprika, cayenne or powdered garlic and top with either a herb sprig (dill, tarragon, salad burnet), or a halved green or black olive. For a supply of these laying, deviled egg carriers, visit **Buckerfields Farm and Garden**. They offer a variety of chicks in the spring and knowledgeable staff will share chicken facts and folklore with you including diet, housing requirements, grooming, broodiness, laying habits and more. Call 250-768-8870.

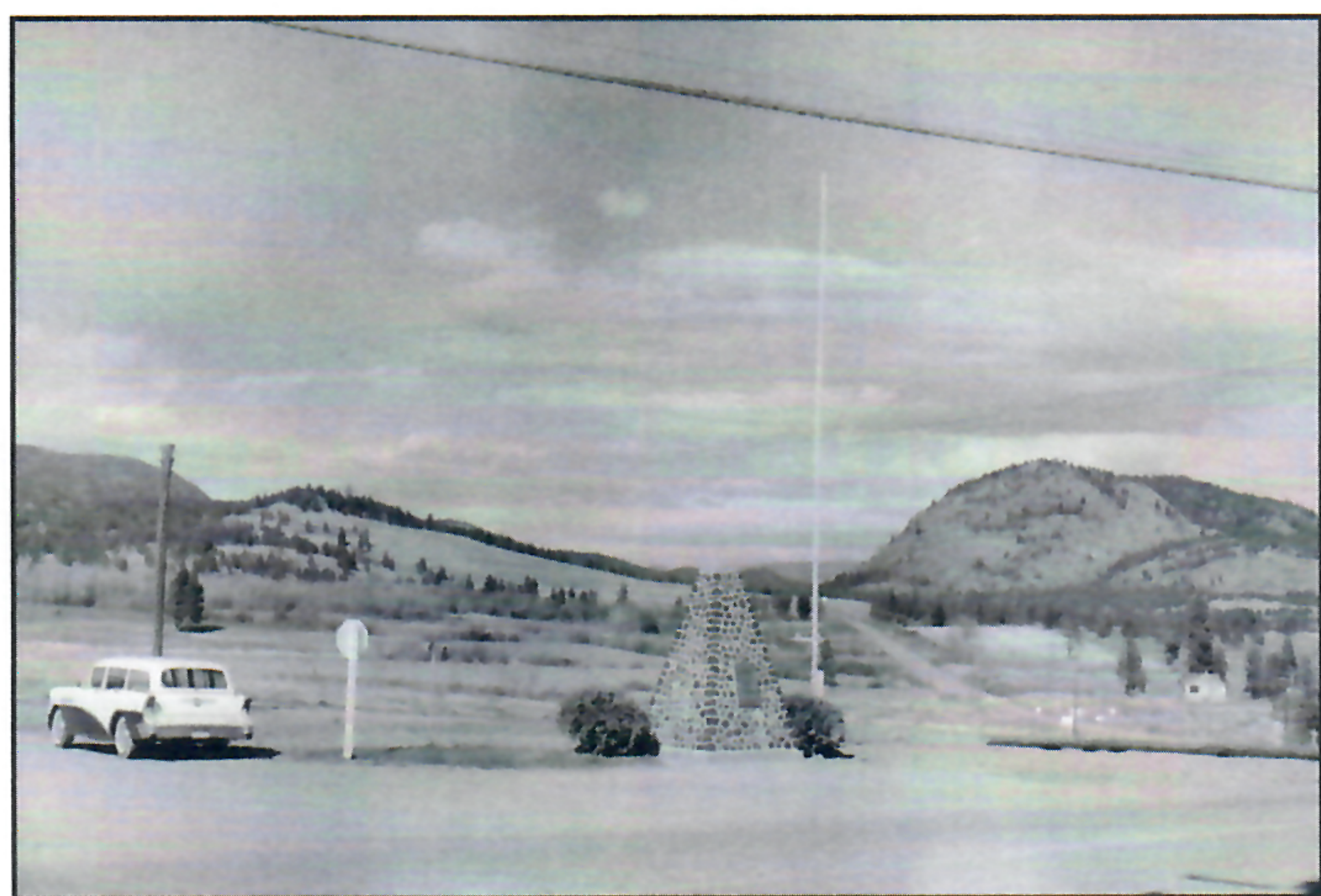




From the Kitchen Nook: Oven-roasted Squash, Apples & Onions by Rita Pedersen

Ingredients: 1 acorn squash, 1/4 cup fig balsamic dressing, 2 tblsp. brown sugar, 1/2 tsp. dried rosemary leaves, 2 apples, cut into 8 wedges each, 1 red onion, cut into 8 wedges. Preparation: HEAT oven to 400°F. PIERCE squash with sharp knife; place on microwaveable plate. Microwave on high 2 min.; cool 2 minutes. Meanwhile, mix dressing, sugar and rosemary until blended. CUT squash length-wise in half; remove and discard seeds. Cut each half into 4 wedges; place in large bowl. Add apples and onions; mix lightly. Add dressing mixture; toss to evenly coat. Spread onto foil-covered rimmed baking sheet. BAKE 30 minutes or until squash is tender, turning after 15 minutes. For added colour, flavour and texture, prepare using a combination of red and green apples, such as McIntosh and Granny Smith. Keeping it Safe—for best results, use a large sturdy sharp knife to pierce and cut the squash as directed.

Westbank First Nation Celebrates 50 Years! by Gordon H. Ficke



Pictured left, the Okanagan Fur Brigade Trail Monument in Westbank at the corner of 1st Ave N.(now Old Okanagan Hwy.) and Main St. (Hwy. 97). Photo taken in the early 1960s, courtesy of the Kelowna Museum.

In 1876, before colonization and the implementation of the federal Indian Act, the Okanagan natives or Syilx were an independent, self-sufficient and self-governing people. The various communities in the Okanagan Valley thrived on hunting, fishing, gathering wild berries, medicinal plants, etc. and traded. The Okanagan economy was productive and organized with regulated resource management practices in place. Each area of the valley had an appointed chief. Charlie Sookinchute was the first chief for Westbank. When the federal Indian Act was enacted, the traditional model of government began to disintegrate, as well as the previously accepted ways of the Syilx.

The federal government set aside, through joint federal and provincial commissions, reserves during the late 1800s and early 1900s. Commissioners travelled the length and breadth of Canada, establishing reserve

lands for Indians. When they came through the central Okanagan, the commissioners decided that there should be one reserve established at Mission Creek and two others on the west side of Okanagan Lake. Unfortunately, the local natives had no say in the matter. In the ensuing years reserve commissions would reduce the size of these lands. Barbara Coble the Self-government Implementation Coordinator for Westbank First Nation (WFN) has a long history in Westbank. Her grandmother and mother were from here. Her father was American and her and a sister were born in California, while her brother and another sister were born in Canada. The family travelled frequently back and forth across the Canada/U.S.A. border.

Barbara researched the history regarding the formation of Westbank First Nation for their 50th anniversary this year. "The reserves at Westbank and Kelowna were part of the Okanagan Indian Band, located near Vernon, B.C. In the early 1960s there were approximately 170 band members living on the Westbank. The chief and council were from the Vernon area. The band members here were not happy with the representation they were getting from Vernon and their interests and concerns were not being addressed," Coble stated. "Back then very few members had cars and none of them had telephones, so there was very little interaction between the two communities." The distance between the two communities of Westbank and Vernon in those days was an obstacle. As well, the two communities were quite different. "The Westbank band members were kind of left on their own, even though they were part of the Okanagan Indian Band," Barbara declared. "They were looking at some economic development opportunities as well, but nothing could be done because of the lack of representation." A small group of Westbank members said, "We should do something about this." The idea of forming their own band came up. Consequently, a committee was struck of Westbank members that included Norman Lindley, Ted Derrickson, Margaret Derrickson, Mary Anne Eli, Francis Swite and Bert Wilson. They began the process of separation from the Okanagan Indian Band. On October 18th, 1963, the division became official and the Westbank Indian Band was formed. "During my research, I could not find anything recorded that there was a special ceremony to commemorate this historic event," Coble revealed. "The reason was that they were a very poor community, so public celebrations weren't a big thing." Interestingly, the vote to form a new band actually failed, by a few votes. However, the Indian agent at the time thought it best to allow the Westbank band, in their best interests, to separate. Because there were so few members here and quite a few members in Vernon, the Vernon members did not care one way or another if the Westbank members decided to separate and therefore only a few of them turned out to vote. Westbank lands were designated Tsinstikeptum Indian Reserve numbers 9 and 10, and Mission Creek Indian Reserve number 8. Norman Lindley was the first elected chief for Westbank, along with councillors Margaret and Harry Derrickson.

"For the 50th anniversary public celebration this year we set aside the afternoon on Saturday, September 21st at our outdoor pavilion," Coble enthused. "We had a pig roast, games, music and showed a video that depicts our history. It was a really fun day, celebrating our accomplishments in our community!" Around 300 people attended. On October 18th, Westbank First Nation had a banquet style community dinner that was held indoors to acknowledge that this was the official day WFN was established 50 years ago! Today there are almost 800 Westbank band members.

WHAT'S HAPPENING IN JANUARY/FEBRUARY?

WESTBANK

Westbank Museum

Saturday Science

January 18 - March 8, 2014

High Touch High Tech programs stimulate the imagination and curiosity for science and nature in a totally hands-on, totally participatory and totally FUN manner.

Session One - 10:30 am - 11:30 am
Session Two - 11:30 am - 12:30 pm. LIMITED SPACE.
Call 250-769-1446 to register. Cost is \$60.00 plus GST per full session. \$10.00 plus GST for drop-in.

Heritage Week

February 16 - 22, 2014

Check for events. Westbank Museum, 2376 Dobbin Road, Phone 250-768-0110, website: www.westbankmuseum.com.

Okanagan Regional Library

Westbank Branch

10 Healthy Habits of Financial Management - Jan 18th 11:00 am - 12:00 pm

Volunteer Chartered Accountant Laurie Yoon will share tips on improving financial decision-making skills and will be available for questions. A Chartered Professional Accountants of Canada Community Connect Program.

Babytime for ages 0 - 18 months

Starting Jan. 7th - Tuesdays 10:15 - 10:45 am. Enjoy a special time with other little ones while encouraging early literacy through songs, rhymes and stories.

Storytime for ages 18 mths and up

Starting Jan. 9th - Thursdays 10:00 - 10:30 am. Join David for stories, songs and action rhymes.

Westbank Legion - RCL Branch

288, 2525 Dobbin Road

January 5 - Ladies Aux. Pancake Breakfast 9-11 am
January 13 - General Branch Meeting 7:00 pm
January 20 - Ladies Auxiliary Meeting 7:00 pm
January 24 - Robby Burns Dinner. Dancers at 6:00 pm. Dinner to follow.

January 26 - Crib tournament(doubles). Total payout. 9:00 am. Registration at 9:30 am.

February 2 - Superbowl party, door prizes and food.

February 10 - Branch Meeting 7:00 pm.

Feb. 15 - Valley Dart Shoot at Green Bay Bible Camp.

February 17 - Ladies Auxiliary Meeting 7:00 pm.

Tuesdays & Thursdays - Dart Pub League, 7:30 pm.

Wednesdays and Saturdays - Meat Draws: 3-5 pm

Thursdays - Euchre(the card game) at 1:00 pm.

Sunday Jam Sessions - 2:00 - 4:00 pm

For more information call 250-768-4330.

Westside Seniors Activity Centre, 3661 Old Okanagan Highway

Ballroom Dance Lessons with Don Mueller begin January 4, 2014 at 2:00 pm. Five lessons for \$20.00 or \$5.00 for drop-in. Call Valerie at 250-707-3494.

Tuesday Social Gatherings at 1:30 pm.

Jan. 7th - How was your Christmas?
Jan. 14th - Bryan Feagan Group(Dark Horse).
Jan. 21st - at Noon; Hamburger Day.
Jan. 28th - Birthdays and Anniversaries.

For further information contact Valerie at 250-707-3494 or email vsolomon@shaw.ca. **New members welcome!** Membership fees \$20.00 per year(May 1 - Apr. 30), must be 50 years of age.

Orion's Fish Bus - by the Cherry Pit

February 15th & 16th, 2014

Mix 'n Match Deal: Shrimp, Sockeye, Fillets, Cod Fillets, Panko Shrimp, Coconut Shrimp, Battered Cod. \$20.00 each. Any 2 for \$35.00. Any 3 for \$50.00. Stop by the Fish Truck and join the email list to get tasty seafood recipes and a free bonus every \$100.00. 2565 Main St. by the Cherry Pit. For more information go to tritonsage@yahoo.com.

Native Tacos - Pine Acres Home

Jan. 15th & Feb. 19th, 2014 11:00 - 1:30 pm

Luncheon includes taco, beverage and home-made dessert for \$5.00. Take-out also available. For this community highlight, bring a friend and join the Elders for a delicious hot meal. 1902 Pheasant Lane. For further information, please call 250-768-7676.

World Egg Day, established by the International Egg Commission at their conference in Vienna in 1996 is the 2nd Friday of October each year. In 2014 it will be celebrated Friday, October 14th!

PEACHLAND

Annual Polar Bear Swim

Wednesday, January 1st 1:00 - 1:30 pm

Brave the cool waters of Okanagan Lake to bring in the New Year. FREE event. Preregistration will allow for a special participation certificate. Check-in at 12:30 pm at the Peachland Community Centre, 4450 6th St. For more information call 250-767-2647.

February Freeze Up - Sunday, Feb. 16th

Race start time at 10:00 am, check-in at 9:30 am. Please call for preregistration and race fees. Peachland Community Centre.

HeARTS Festival - February 10 - 16, 2014

A week-long festival featuring Artisans Showcase at 4th Street Place on Saturday, February 15th and Sunday, February 16th. Visit partscouncil.com.

PENTICTON

Snowed in Comedy Tour

Thursday, February 6th, 2014 - 8:30 pm

Join in on the laughs with international comedians Arj Barker, Dan Quinn, Craig Campbell and Pete Johanson. For tickets visit www.snowedincomedytour.com or call 888-222-6608. To be held at The Barking Parrot, Penticton Lakeside Resort, 21 Lakeshore Dr. West.

OSOYOOS

Unforgettable Don Stewart

Thursday, February. 13th at 7:30 pm.

Showcasing Nat King Cole, jazz singer and piano player Don Stewart will perform songs such as "Mon a Lisa," "Route 66," "Too Young," "Paper Moon," and "Unforgettable." Advance tickets \$23.00 at Imperial Office Pro in Osoyoos and Perwinkles in Oliver. \$25.00 at the door. Osoyoos Secondary School Mini Theatre, 5800-115 Street. Phone 250-485-4433.

LOOKING AHEAD

OLIVER

Meadowlark Festival - May 15 - 19/14

Celebrating 17 years and voted "Best Annual Community Event in South Okanagan." One of Oliver's events will be the **Sockeye Salmon and River Restoration - Saturday, May 18 from 2:00 - 5:00 pm.** Walk through the semi-natural section of the channelized Okanagan River with Lee McFadyen. \$15.00 per person. Maximum group 25. Meet at the Oliver Visitor Centre, 6431 Station St., Phone 250-498-6321. For more information about the Meadowlark Festival go to www.meadowlarkfestival.bc.ca.

SUMMERLAND

Volcano Mountain Summerland Hike - Friday, May 17th, 2014 9:00 am - 2:00 pm

Enjoy a moderately strenuous hike to the Volcano Mountain area of Summerland. Cross the highest trestle on the old KVR and take in valley views. Bring water, bagged lunch, snack, sturdy hiking boots, all-weather clothing, sun hat/protection, trekking poles/walking sticks. \$25.00 per person. Level 4 difficulty. Maximum group 20.

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