

The Westbank Express....



Your
Monthly
Newsletter!



Fern Jean(right) and Peggy Mooney of the Gellatly Nut Farm have a selection of nuts for sale at last year's Outdoor Market.

The Westbank Outdoor Market is entering its third season on June 30th! This first market coincides with the Westside Daze parade, so plan to visit the Market before or after the parade! The Market is held in the parking lot of the Westbank Lions Hall, 2466 Main Street. Hours for the June 30th Market will be 8:00 am to 2:00 pm. Enjoy a delicious pancake breakfast for only \$5.00 available from 7:30 am to 11:00 am. More than 40 vendors are gearing up for this year's opening market and look forward to the lively and friendly atmosphere. Join in the fun and shop for some beautiful gifts—everything from jewellery to stained glass creations, wind-chimes, photography, hair decorations and much more! Also featured will be home-made preserves, breads and, of course, fresh locally-grown produce!

After the June 30th Market, The Westbank Outdoor Market will run every Saturday from July 7th through to September 15th. Hours will be 8:00 am to 1:00 pm and the pancake breakfast will continue to be served at every Market. Free live entertainment will also be featured at every Market, with a special Kids' Day on July 28th. Come on down to the most friendly market in the Valley! Meet your neighbours and support your local growers and crafters! For more information, please contact the Market at 250-768-7109 or email bhersey@shaw.ca.

- Betty Hersey, Market Organizer

Skibereen Farmers Market



is just one of many outdoor meeting places around the world where locals sell their wares from fruits and vegetables like new potatoes and ripe strawberries to art work, salad dressings, olive oils, cheeses, breads, fish, shellfish, eggs and honey, woodworking and nuts.

Some local and not-so-local Outdoor Markets

- Hedley-Heritage Park-9:00 - 1:00 pm(Sun)
- Kelowna-Dilworth&Springfield-8:00-1:00-S&W
- Oliver-Herb Gardner Park-9:00-2:00(Sat)
- Peachland-Beach Ave-10:00-2:00(Sun)
- Penticton-100 Blk. Main St.-8:30-Noon(Sat)
- Summerland-Memorial Park-9:00-1:00(Tues)
- Skibereen-Downtown Prkg Lot-9:30-1:30(Sat)
- Val-David-rue de l'Academie-9:00-1:00(Sat)
- Vernon-3445-43rd Ave-8:00-Noon(Mon & Thr)
- Wichita-2nd & Mosley-7:00-Noon(Sat)
- Winthrop-Town Office Prkg.-9:00-1:00(Sat)

LOCAL GOVERNMENT

Westbank First Nation

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

District of West Kelowna - 778-797-1000

- June 7 - Agricultural Ad. Committee - 5:00 pm
- June 12 - Regular Council Meeting - 1:30 pm
- June 19 - Committee of the Whole - 1:30 pm
- June 20 - Advisory Planning Commission - 9:30 am
- June 26 - Regular Council Meeting - 6:00 pm

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

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



From the Kitchen Nook: Vegy Burgers by Rita Pedersen

INGREDIENTS: * 2/3 cup (150 mL) quick cooking rolled oats, (not instant), * 3 tbsp (45 mL) vegetable oil, * 1 onion, diced, * 2 cloves garlic, chopped, * 1 tsp (5 mL) dried thyme, * 1/4 tsp (1 mL) salt, * 1/4 tsp (1 mL) pepper, * 2 eggs, * 2 tsp (18 mL) Dijon mustard, * 1 - 2 cups cooked chickpeas-mashed, *1/4 cup ground walnuts.

PREPARATION: In large skillet, toast oats over medium-high heat, stirring, until golden, about 3 minutes. Transfer to food processor or coffee grinder; pulse until coarsely powdered. In same skillet, heat 1 tbsp (15 mL) of the oil; cook onion, garlic, thyme, salt and pepper, stirring occasionally, until light golden, about 4 minutes; add to food processor. Add eggs and mustard; pulse until combined. Transfer to bowl; stir in mashed chickpeas and ground walnuts; shape into patties. In skillet, heat remaining oil over medium heat; cook patties, turning once, until crisp and golden, 8 to 10 minutes. Experiment with greens from your spring garden: serve vegy burger on a bun with a choice of freshly-picked lettuce, dill, cilantro, arugula, or beet leaves. Also add tomato, swiss cheese, sliced onions, lime mayonnaise, relish, hummus or Dijon mustard.

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

Norm Berkner on right with father Frank in 1947 in their Westbank orchard.



As a boy I tagged along with my dad and frequently we would drop by the 'egg man' Norman Berkner on Fourth Avenue North (Elliott Road). We picked up several 2 1/2 dozen flats of eggs for our prize bull to keep his coat shiny and cracked eggs for our family that would supply us for about a week. Our family ran a tab on a piece of sticky tape that was attached to a low ceiling and was paid whenever we got around to it.

"In January 1946, Saskatoon, Saskatchewan was experiencing a record breaking winter," Norm declared. "We had several days when the thermometer dipped to minus 62 degrees Fahrenheit." Frank, his father, had a severe heart problem and could not stand the cold and phoned his cousin Jack Seltnerich Sr., who lived on 6th Avenue North in Westbank. Seltnerich had just come inside from working in his orchard. "My dad, who was a chef by trade, said he had enough of the cold weather." Norm, an only child, was sixteen at the time. His dad and Kathleen, his mother, sold their house and bought a worn out 1942 Chevrolet pickup truck that was formerly owned by the B/A Oil Company, for a thousand dollars, \$200.00 more than one would pay for a new vehicle. New vehicle production was curtailed during the World War II years, and for two years afterwards, because all manufacturing was dedicated to the war effort. Therefore, anyone wanting to buy a new vehicle had to have a high priority to determine why he or she needed it and the request had to be approved by the federal government. Unfortunately, the Berkners were one of those families who did not qualify for a new truck.

Everything the family owned was loaded into the box of the pickup and they headed west. "Our family had never been to the Okanagan Valley," Berkner admitted. "We knew it was out west somewhere!" The first day on the road two tires blew, but they got as far as Medicine Hat, Alberta. They bought two high-grade tires and got as far as Trail, B.C. the next day. From there they dipped into the U.S. and up into the Okanagan Valley on a Sunday, where they experienced their first heat wave. They met the Seltnerich family and decided to make Westbank their home. "After looking for land in Peachland and Kelowna, Dad found a four-acre lot with an old house, on Fourth Avenue, and purchased it by the following Sunday. On week number two they gathered some lumber and built a small chicken coop. Frank was experienced with raising chickens in Saskatoon and he and his son scoured the back alleys in Kelowna looking for chickens they could purchase. "We knocked on doors and got ten chickens here, fifteen there, and eventually acquired around 200 of them," Norm ascertained. Later, when egg production began they again knocked on doors to try and get customers to buy their eggs. The Berkners found that Penticton was their best market. Supermarkets such as Safeway and IGA, and restaurants, were their best customers. The business grew and Frank and Norman built another building, double the size to accommodate 400 chickens. They maintained 400 chickens for several years and then explored a new avenue of breeding leg-horn chickens. Anstey's Electric Hatchery in Kelowna bought their hatching eggs for a few years. They also bought an incubator and hatched chicks from their own eggs as well. In the early 1950s genetics improved dramatically, particularly through research at the University of California and a new chicken, called the Heinzdorf Nielson (named after the key geneticists) was developed. Through a rigid program of inbreeding and out breeding over multiple generations these new birds produced better quality eggs in a shorter production time. That ended Norm's breeding program, as he couldn't begin to compete with the quality and quantity of eggs this new brand of chicken produced. **Story to be continued July/12 Issue.**

WHAT'S HAPPENING IN JUNE?

WESTBANK

Friends of the Westbank Library Book Sale

June 1st, 2nd, & 3rd, 2012

9:00 am - 3:00 pm at #305 - 3021 Louie Drive in the Staples Plaza. Speciality books, hard and soft cover, romance, mystery, educational, non-fiction, also a large selection of children's books, all at reasonable prices. Please note the location of the sale is not at the Westbank Library--visit the Staples Plaza, #305 - 3021 Louie Drive.

Laughter is brightest where food is best - Irish proverb.

Westbank Museum

The Westbank Museum is expecting its first miniature sawmill to arrive at the Museum for display sometime in early June.

Orion's Fish Bus(Beside The Cherry Pit-2565 Main St.)

June 9 & 10, 2012

70 peeled Tiger Prawns \$20 or 2 for \$35 or 3 for \$50. Stop by the Truck and join the email list to get tasty Seafood recipes and a free bonus every \$100.00. For more information go to tritonsage@yahoo.com.

Westside Seniors Centre, 3661 Old Okanagan Highway

Wednesday Night Bingo - 6:45 pm (sharp) every Wednesday. You do not need to be a member to play, but must be 19 years of age or older.

Friday Night Jam Sessions - The 1st and 3rd Friday of every month. Bring your instrument and join in, or just visit to listen. Open-mike jam. C & W, Blue Grass, Old-time, etc. For more info. contact Norm Dumont at 250-768-9358.

Westbank Bumper Stickers available at Lil' Sprouts, #24-2475 Dobbins Road.

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 demonstrator. For calendar of events go to: www.westsidedaze.com.

1. When is St-Jean Baptiste Day?

SUMMERLAND

The 17th Annual Summerland Bluegrass Festival

June 7 - 10, 2012

Summerland Rodeo Grounds. Workshops and Slow Jams. Saturday evening special feature band 5 On A String. Children's tent and activities. For more information go to www.summerlandbluegrass.com.

PENTICTON

Father's Day Celebration Fundraiser

Sunday, June 17, 2012

Discovery House will be hosting this event with activities for Fathers and their children: play street hockey, experiment with face painting, enjoy the Bouncy Castle, Dunk Tank, Bocce and more. Hot-dogs and Burgers. For more information call 250-490-3076.

OLIVER

Acres of Lions (Tinhorn Creek)

Saturday, June 23, 2012 7:00 pm

Pop-rock band out of Victoria. Selected as one of the top 20 bands in B.C. by Music B.C. Tickets \$25.00 each. Tinhorn Creek Amphitheatre. Children 6 and under free. Student rates also. For more information call 1-888-484-6467.

PEACHLAND

Peachland Wellness Centre

Jerry Dober Breakfast

Sundays, 8:00 am - 11:00 am

Breakfast includes pancakes, French toast, eggs, bacon, sausage, home-made hashbrowns, toast,

coffee and orange juice. \$5.75. Confirm dates by calling 250-767-0141. Peachland Wellness Centre, 4426 5th Street.

OSOYOOS

Historical Walking Tour

June 2 or 16 - 10:00 am-12:00 Noon

Ken Favrholtz will guide participants on a historical venture through Osoyoos learning about its pioneers and local landmarks. Bring comfortable walking shoes, ample drinking water and weather-appropriate clothing. Preregistration required. \$5.00 entry fee. Call 250-495-6562 or email recreation@osoyoos.ca.

VERNON

18th Annual Sunshine Festival

Saturday, June 16 9:00 am - 5:00 pm

One of the Okanagan's largest outdoor sidewalk sales. Downtown Vernon comes alive with blocks of bargains, entertainment, children's activities, outside street cafes, art and cultural performances, food fair, four entertainment stages. Free Downtown Parking during the event.

LOOKING AHEAD!

WORLD EGG DAY - October 12, 2012

RAIN FOREST WORLD MUSIC FESTIVAL - July 13 - 15, 2012, Sarawak Cultural Village, Kuching, Sarawak, Island of Borneo, Malaysia.

PENTICTON

2012 Fibre Arts Festival of BC

Saturday, October 6, 2012 10:00 am - 5:00 pm Demonstrations throughout the day including needle felting, wet felting, carding, spinning, weaving and more. Delicious food and beverages available all day. Free. Located at The Shatford Centre for the Arts, 760 Main Street.

WESTBANK

The 2012 Royal Revival of Rock 'n' Roll -Saturday, Aug. 11, 2012

Doors open 5:00 pm, Show starts 7:00 pm Third annual Fifties Concert and Dance starring LP and the 45s. Only 350 tickets available for \$25.00 each. Partnering with Habitat for Humanity. Hamburgers and Hot dogs for sale for a nominal fee. Cash Bar. Westbank Lions Community Hall, 2466 Main St. Call 250-768-2322 or email westbanklionsclub@yahoo.ca.



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<http://www.lilsproutz.net/>

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1. June 24th.

westbankepress@gmail.com