



The Westbank Express....



Jennay Oliver and Paynters Fruit Market staff Steevy Blower, Dalana Graves and Kristi Simonson display only a few sample fruit boxes of what will be available at the Westbank Rotary 16th Annual Taste of Westbank.

Once again, a Taste of Westbank will be held at the Westbank Community Hall Saturday, September 29, 2012 from 5:30 pm - 11:00 pm. An evening of entertainment includes food tasting, drinks, silent and live auction and 50/50 draws. There will also be raffle tickets for sale for a beautiful ladies' ring donated by J. K. Schmidt Jewellers and handcrafted by Stephanie Schmidt. A varied slate of vendors will be at the event to entice the palate. Vendors confirmed to date are: La Cucina Ristorante, Crumbs of Comfort Catering, Kelly O'Bryans, Bonfire Grill at the Cove, Matterhorn Bakery, Paynters Fruit Market, Edo Japan, Papa John's Pizza, Swiss Chalet, Kekuli, Westwood Retirement Resort, and Okanagan Edibles. Also on hand will be Okanapur Water, Dragons Lair Teas and the Wellness Centre. Fall decorations provided by Dogwood Nursery will liven up the hall atmosphere as well as the well-known Celtic rock group, the Marlarkey's from Kelowna, who will perform throughout the evening. All proceeds from the event are injected back into the community through family events and special projects over the next year. Tickets on sale at the UPS store, Westbank Towne Centre, #22 - 2475 Dobbin Road. For more information call 250-768-4093.

1. What is September's birthstone? 2. What fruit is a Winesap? 3. How many years has the Peachland Fall Fair been running including this year? 4. What is a mille fleur? 5. What is also known as the fuzzy pear?

Heaviest Pumpkin!



With myriad Fall Fairs taking place throughout B.C. this September farmers and gardeners will be carefully inspecting their crops for possible winning entries including, for some, the heaviest pumpkin or squash. From Rock Creek Fall Fair activities of Lawn Mower races and Loggers' sports to Summerland and Peachland Fall Fair displays of Honey comb, homemade wine and braided garlic, the events cater to family fun and entertainment while boasting local produce, handicrafts, baking and Junior entries. Fall Fair Schedule:

- IPE Armstrong(Aug. 29 - Sept. 2)
- Princeton & District Fall Fair(Sept. 1 & 2)
- Salmon Arm Fall Fair(Sept. 7 - 9)
- Grand Forks Fall Fair(Sept. 7-9)
- Peachland Fall Fair(Sept. 8 & 9)
- Summerland Fall Fair(Sept. 8 & 9)
- Rock Creek Fall Fair(Sept. 15 & 16)
- Rutland September Days(Sept. 21 - 23)
- Gellatly Nut Farm Harvest Fair(Sept. 22)

AROUND TOWN

Westbank Farmers Market - Only three markets left this season. Every Saturday until September 15th from 8:00 am - 1:00 pm. The Market includes a pancake breakfast served by the Lions club from 8:00 am - 11:00 am. 2466 Main Street.

LOCAL GOVERNMENT

Westbank First Nation

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

District of West Kelowna - 778-797-1000

- Sept. 4 - Regular Council Meeting - 1:30 pm
- Sept. 5 - Advisory Planning Commission - 9:30 am
- Sept. 11 - Committee of the Whole - 1:30 pm
- Sept. 18 - Regular Council Meeting - 6:00 pm

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

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

From the Kitchen Nook: Cherry Tomato Pasta by Rita Pedersen



Preparation time: 15 minutes

This pasta has only a few ingredients, cooks quickly and makes use of those summer homegrown cherry tomatoes. Works well as a main dish and makes a tasty meal for six to eight people. Bread crumbs and pasta water help make the delicious light sauce.

Ingredients: * 1 1/2 cups spaghetti * 2 tbsp olive oil * 2 cups cherry tomatoes, halved * 2 tbsp dried bread crumbs * 1/2 tsp salt * 3 cloves garlic, sliced * 1 pinch crushed hot pepper flakes or cayenne * 1/3 cup grated parmesan cheese * 1/4 cup chopped fresh basil.

Preparation: In large pot of boiling lightly salted water, cook pasta according to package directions. Drain, reserving 1/2 cup of the pasta water. Meanwhile, in large skillet, heat 1 tbsp of the oil over medium-high heat; sauté tomatoes until lightly seared, about 1 minute.

Sprinkle with bread crumbs and salt; toss to coat. Remove from pan and set aside. Add remaining oil to pan; cook garlic and hot pepper flakes over medium heat until fragrant and softened, about 2 minutes. Add tomato mixture, pasta and reserved pasta water, stirring to combine. Toss with Parmesan cheese and basil.

Dora Hitchner Visits her Roots - Part 1 by Gordon H. Ficke



Picture left - Hitchner house and Glenrosa School, taken around 1912-1915.

Lewis D. Hitchner and his brother Curtis left Hollywood, California where they were painting small wood framed houses. The two decided to seek new adventure and leave to take a boat to Seattle and then a train to Vernon, British Columbia. They arrived in Vernon in April 1903. On May 3rd, Lewis and Curtis traveled to Westbank where they pre-empted land in the Glenrosa area. They immediately began logging the area and transported the logs to Okanagan Lake with teams of horses pulling the wagons piled with huge logs. The two were paid \$6.00 per thousand board feet. Within a short period of time they established their own sawmill on the flat land near where the Glenrosa Firehall is situated today.

Hitchner Brothers specialized in sawing long dimensional pine and fir lumber, purchased for bridge and wharf construction. They sold their lumber for the wholesale price of \$10.00 to \$13.00 per thousand board feet. They operated the mill for a few years, hiring migrant loggers and workers to operate the mill.

Lewis, Curtis and another brother Bert, built homes in the area. Curtis built the house with the horseshoe shaped veranda and sweeping stairway, located on Gates Road, in 1905. After he and his wife Alice moved to Alberta to farm, Lewis and Honor, his wife, moved into Curt's house. The couple had two children, Victor and Dora.

In 1913 the Hitchner brothers sold the mill and within a short time started a small cattle ranch with about a hundred head. Men were hired during the summer months during haying season. The loose hay was stacked into large piles on several fields to feed the cattle over the winter. A large barn was built around 1925. Some of the hay was kept in the loft. Areas to store feed, saddles, milking stalls and a couple of pens were on the ground floor. For many years the old barn, located on Gates and Glenrosa Roads, served as a landmark for the many traveling up Glenrosa Road to then, Last Mountain Ski Resort. Finally, in the winter of 1986, the structure collapsed under the heavy weight of snow, signifying the end of an era, when ranching and farming was the primary occupation for families living in the region.

Curtis continued to operate the ranch until 1946 when he sold the property to Mr. F.H. Ficke from Vancouver, B.C. Mrs. Ficke and her daughter Rose live in this house to this day....

To be continued in the October, 2012 issue.

WHAT'S HAPPENING IN SEPTEMBER?

WESTBANK

Gellatly Nut Farm Harvest Fair

Sept. 22nd - 10:00 am - 3:00 pm

Join in the fun at the heritage Gellatly nut farm where local farmers and artists will display their produce and wares. Refreshments and entertainment. If interested in being a vendor reserve space by Sept. 19th. Phone 250-469-6232 or e-mail alison.urness@cord.bc.ca. Farm located at 2375 Whitworth Road.

Have room to board horses in Westbank! Call 250-768-1267.

Okanagan Regional Library - Westbank Branch

Wednesday, Sept. 5/12 10:00 am

The newly renovated and expanded library is due to open Saturday, September 5th at 10:00 am. For more information call 250-768-4369.

Westbank Legion - RCL Branch 288, 2525 Dobbin Road

GRAND OPENING

Sept 28th - Grand Opening activities

Sept. 29th - Stew Cook-off contest

Sept. 30th - Cribbage Tournament

Fall programs include: Tuesday and Thursday Darts; Wednesday and Saturday Meat Draws from 3:00 - 5:00 pm. and Sunday Jam sessions from 2:00 - 4:00 pm.

Sept. 14th - Friday Night Dinner hosted by the Ladies Auxillary. The Legion is open at Noon every day including weekends. Please join us. For more information call 250-768-4330.

Westbank Bumper Stickers available at Lil' Sprouts #24-2475 Dobbin Rd. Phone 778-754-5594.

Westside Seniors Centre, 3661 Old Okanagan Highway

Snooker - Mondays at 12:00 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. "New

members are welcome to attend any of these activities." For further information contact Valerie at 250-707-3494 or email visolomon@shaw.ca.

SUMMERLAND

Endless Summer Show & Shine Car Show - Saturday, Sept. 8th.

Hosted by the Apple Valley Cruisers Car Club. Registration 7:30 am. Show ends 3:30 pm. Main Street. \$15.00 per vehicle. For more information go to www.applevalleycruisers.com.

6. When was the Westbank 16th Annual Fall Fair and Handicraft Display?

Annual Fall Plant Sale

Summerland Ornamental Gardens

Saturday, Sept. 15 8:00 am - 4:00 pm

There will be an extensive selection of hardy perennials, trees, shrubs and grasses as well as deer-resistant and low-water bulbs. For more information call 250-494-6385. 4200 Hwy. 97 South. 9 km North of Penticton.

PENTICTON

16th Annual Pentastic Jazz Festival - Sept. 7 - 9, 2012

Penticton hosts three days of world class jazz. Bands entertaining include The Terrier Brothers from New Orleans, Gator Beat of Sonoma, Calif., Dixie Talks from Sweden as well as local talent Aged to Perfection and Offramp Jazz Sextet. Bands will play at venues throughout Penticton. For more info. go to www.pentasticjazz.com.

OLIVER

Garnet Rogers at Medici's Gelateria - Sat. Sept. 15th 7:30 pm

Getting his start in the mid-70s, Folk Musician Garnet Rogers has played a variety of instruments over the years including violin, flute, and a collection of guitars. Appetizers, coffee, gelato and drinks for sale. Show tickets \$25.00 per person. 522 Fairview Road. Call 250-498-2228.

PEACHLAND

Annual Kokanee Salmon Run

Visit Hardy Falls Regional Park in Peachland during September and early October to take in the Kokanee Salmon Run. Located off of Highway 97 at Hardy Street.

"Comedy Train Wreck"

Saturday, Sept. 22nd - 8:00 pm

Direct from Kelowna, the Peachland Lions Club presents "Comedy Train Wreck" crashing at the Peachland Community Centre, 4450 - 6th Street. Tickets(19+) \$20.00 per person. Available at the Peachland Visitor Centre, Johnston Meier Insurance or call Gary at 250-767-5258. No Host Bar.

OSOYOOS

O! Osoyoos Celebrates-Sept. 14-16

Attend The Red Carpet Soiree at the NK'MIP Conference Centre; Lobster on the Beach in the tented gala on Gyro Beach; and, Sparkling Sabre Brunch on the rooftop of Spirit Ridge Vineyard Resort & Spa. Call 250-495-5070 or visit www.osoyooscelebrates.ca.

OKANAGAN FALLS

Okanagan Nation Salmon Feast and Celebration - Honouring the Sacredness of the River(Sept. 14 - 16/12)

Okanagan Falls is known as a culturally significant site for the Syilx(Okanagan) People. Many events to enjoy throughout the weekend including dinner on Friday night; Pancake Breakfast, Canoe Journey and Salmon Run/Walk on Saturday, and Children's Activity Tents, Hand Drumming and Salmon Feast on Sunday. Also Arts and Crafts vendors. Visit www.okanagannation.com.

KEREMEOS

11th Annual Similkameen Sizzle Pepperfest - Saturday, Sept. 15th

Featuring bands the Blackbirds and Mat Duffus. Best Hot Sauce Contest, Retired Firemen's Pancake Breakfast, Chili Cook-off, Children's Games, Hot Pepper eating contest and more. Located at Memorial Park. Call 250-495-5070 or visit www.gotpeppers.info.

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. Expires September 30, 2012.



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1. Sapphire; 2. Apple; 3. 93; 4. Bantam chicken; 5. Quince; 6. Sept. 2, 1955