

# Senior Connector

"The Seniors' Own Newspaper"

Happy  
St. Patrick's  
Day

Visit us online at [www.seniorconnector.com](http://www.seniorconnector.com)

## Thinking Out Loud

BY SHIRLEY J. MARK

*God moves in a mysterious way  
His wonders to perform;  
He plants his footsteps in the sea  
And rides upon the storm.*

IBID. LIGHT SHINING OUT OF DARKNESS  
—WILLIAM COWPER [1731-1800]

**Y**ES! God moves in a mysterious way His wonders to perform. IF Dian Manahan hadn't been working at Chelsea's on Saturday February 8; IF Henry Van Capelle of Lillooet hadn't come to Kamloops to attend that evening's performance of the Kamloops Symphony; IF I hadn't arrived at Chelsea's about the same time and joined them for coffee with a *Senior Connector* tucked under my arm, this story may not have had a happy ending. Fortunately we came together quite by chance about mid-morning and had a visit over coffee. Henry told us of his impending trip to Holland to visit a sister and be there for his brother's 65 birthday. During the ensuing conversation Henry asked if the *Connector* was available in Lillooet and I told him that we don't generally send papers there. Dian said she often mails one to her 83-year-old mother who also lives in Lillooet, or takes one over when she goes to see her, or her mother and sisters pick up one when they come to Kamloops to shop and visit. Suddenly Dian said, "Henry, would you mind dropping off the *Connector* for my mother when you return to Lillooet?" He said he would be pleased to do that, and if I could give him a few more, he would take them to their senior centre. I responded, "Good, I'll get a few more from my car." Henry told us he wouldn't be returning to Lillooet until late Sunday as he always stays overnight with his daughter in Westsyde when he is in town for the symphony. He said he would deliver the papers the first of the week.

Mid-week Dian called to tell me her sister, Geraldine, who lives in Kamloops had just called to inform her that their mother was in hospital on intravenous and antibiotics. Geraldine continued, "Some

PLEASE SEE THINKING, PAGE 9

## Desert Gardens banquets and memberships show increase

BY PEGGIE WARD

I have made mention many times the value and quality of our Banquets and evening meals. Now I would like to tell you how lucky we are to have Vicki Ritchie as our "day cook." Vicki prepares great noon lunches and her soups are excellent. I know that I really enjoy the noon menus. She also makes great scones (they're really nice when you're lucky enough to be there when they come out of the oven.) Thanks Vicki we really enjoy your smiling face and that tasty food.

The Centre is gaining business very nicely. I have noticed an increase in the flow of people. Have also noticed that there are more inquiries (over the phone) about our facilities and that's certainly positive.

Well the ladies are at it again! On Monday Feb. 24 they started to make another batch of Turkey Pot Pies. They will not be baking them this time. We will give you directions on how to bake them when you are ready to use them. I believe that they are pre-selling some and then will sell them at the next flea market (March 29).

The turn out for our Valentines Tea was disappointing — but nonetheless successful. The sandwich and fruit plates were pleasing to the eye as well

**NOTICE:** The North Shore Community Centre and Kamloops Catering, located at Cottonwood Manor, 730 Cottonwood Ave., are open for business as usual. There has been some confusion lately because the Cottonwood Community Centre at 750 Cottonwood Ave. is closing on March 31. These are two separate entities, but as of April 1, there will be only one community centre on Cottonwood Ave.



PHOTO BY BEN MARK

Bill Bedwell celebrated his 90th birthday with Lola and daughters Sherry (Kamloops) and Heather (White Horse). Son Paul lives in Fort Simpson.

as the taste buds. Thank you to those who did attend and congratulations to those who won door prizes. Thank also go to Extra Foods, Uptown AG Foods, and Desert Gardens for their donations.

Please keep May 16 open, for on that day the ladies will hold their Strawberry Tea and Fashion Show.

PLEASE SEE DESERT GARDENS, PAGE 2

## From dairy to sheep farming and back again; Art & June share 60 years

BY ART BLACKWELL

*Editors note: This story shares some of the highlights of a toast given by Art Blackwell to his parents, Art and June Blackwell, on the occasion of their 60th wedding anniversary celebrated at the Barnhart Vale hall on February 23. The Blackwell family has been an integral part of the Kamloops farming community since Milton and Agnes Blackwell purchased the farm property in 1913.*

Dad (Art Blackwell) was born in Kamloops in 1918. His father had moved from Ontario to Vancouver and then settled with his wife and children in Barnhart Vale.

PLEASE SEE BLACKWELL, PAGE 8

Art and June Blackwell on their wedding day, February 27, 1943.

PHOTO SUBMITTED



Do Digital Hearing Aids Suit Your Lifestyle?

Call now for a free Consultation  
**Kamloops HEARING AID CENTRE** 372-3090  
1-877-718-2211

1168 Battle Street, Kamloops Next to the Lampost

Digital, Programmable and Analogue Hearing Aids  
20 years of experience at Testing, Service and Repairs



DVA Taps Cards Accepted

Alan Hodgson, Owner  
BC Licensed Hearing  
Instrument Specialist



# Desert Oasis Cafe

540 SEYMOUR ST. 372-5110

**You don't have to be a member to enjoy a nutritious meal with us!**

## Hot Lunches

Monday through Friday 11:30 a.m. to 1:30 p.m.  
Select from 2 entrees including dessert  
\$5.50 Including Taxes

Soup \$1.50 Soup and a Bun \$2.00  
Sandwiches \$2.50  
Fresh Fruit Cup (In season) \$2.00  
Salads (Garden, Pasta, or Cole Slaw) \$2.00  
Coffee or Tea .75 Refills .25  
Pop \$1.00 Juices \$1.00 Milk \$1.00

**Tues & Thurs Night Buffet Dinners**  
5:30pm-6:30 pm \$7.50 per person  
**Look for our Sunday Buffet Dinners twice monthly**

## Pancake Breakfast

Saturdays 8:30 a.m. to 11:30 a.m.  
2 Pancakes, 2 sausages, \$3.00  
Other menu items available

Oasis Cafe is open 8:00 a.m. to 4 p.m.  
Monday through Friday.  
Breakfast is served each day.  
Drop in any time for a coffee and goodies.

# Desert Gardens

continued from page 1

I understand that the Kamloops Singles Social Club's Valentine Dance was well attended. (The music was very good!) We hope that groups such as this will become return customers.

Many of us attended the Rotary Dinner on Feb 15. The Rotarians served over 300 of us dinner — in 15 minutes! Well done fellas, and thanks for the fun evening.

Kelly tells me that the following dates are ones to remember.

March 1 — Kamloops Wildlife Banquet-This is always an event that is well attended. Especially by these who like wild game.

March 5 — Seniors Outreach have asked the R.C.M.P. to come and talk about Senior House and Home Safety. This will start at 11am. For further information you may phone the S.O.S. office at

828-0600.

March 8 — Will see the first Breakfast Buffet and meeting of the Christian Men's outreach. The guest speaker will be Neil Steinke (Principal of the Christian school). These gentlemen plan to meet here every month and will have a guest speaker each time.

March 14 — Cornerstone will have their annual St. Patrick's Party in the afternoon. Donna always makes this a fun occasion.

March 14 — "Wearin' the Green" fund-raiser Dinner and Dance. Music provided by Wally & Johnny. Please wear something green. Everyone Welcome.

March 16 — The first Whist Tournament was such a success that another is planned. Please bring a partner and join the fun.

March 19 — Our Annual General Meeting at 10am. All members are

asked to attend. We need everyone's input and support. Let's make certain that this place achieves its goals. Elections will be held at this meeting.

I spent this morning (at least some of it) calling to register for the new PharmaCare Plan. To make it easier for you folks here is what you need to have handy when you make your call:

Phone: 1-800-387-4977  
Care card number  
SIN number  
Birth Date  
and Line 236 (the amount) from your 2001 Income Tax Return.

Hope this will be of some help.

Happy Birthday to all who have birthdays in March and Hello to all the Shut-ins.

Talk to you next month,  
Peggie

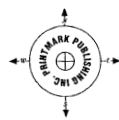
**Are you looking for fun?**

Join us for  
**Fun Bridge!**

Each  
**Tuesday**  
at 1pm

Desert Gardens  
Seniors Community Centre  
Yvonne 374-7696

# Senior Connector



SUITE 107, 540 SEYMOUR STREET  
KAMLOOPS, B.C. V2C 2G9  
TELEPHONE: (250) 374-8883  
FAX: (250) 374-8802

Please address all correspondence to:

SENIOR CONNECTOR  
P.O. Box 729

KAMLOOPS, B.C. V2C 5M4

[www.seniorconnector.com](http://www.seniorconnector.com)

E-mail: [seniorconnector@hotmail.com](mailto:seniorconnector@hotmail.com)



Publisher  
BENJAMIN G. MARK

Managing Editor  
SHIRLEY J. MARK

*Senior Connector* is a monthly newspaper dedicated to inform, serve and entertain seniors 50 and over. Deadline for advertising and editorial copy is the 20th of the month for publication on or about the 1st of the month

It is published by locally owned PrintMark Publishing Inc.

Letters to the Editor must be signed and have a phone number (your phone number will not be printed unless so requested). Other submissions are gratefully received but *Senior Connector* reserves the right to edit all material and to refuse any material deemed unsuitable for this publication. Articles will run in the newspaper as time and space permit.

No portion of this publication may be reproduced without written permission from the publisher.

The opinions expressed in this publication are not necessarily those of the publisher, *Senior Connector*, PrintMark Publishing Inc., or the staff thereof.

Subscriptions are \$24 per year in Canada.

Any error which appears in an advertisement will be adjusted as to only the amount of space in which the error occurred. The content of each advertisement is the responsibility of the advertiser. *Senior Connector* recommends prudent consumer discretion.

*Senior Connector* is a member of the Kamloops Chamber of Commerce



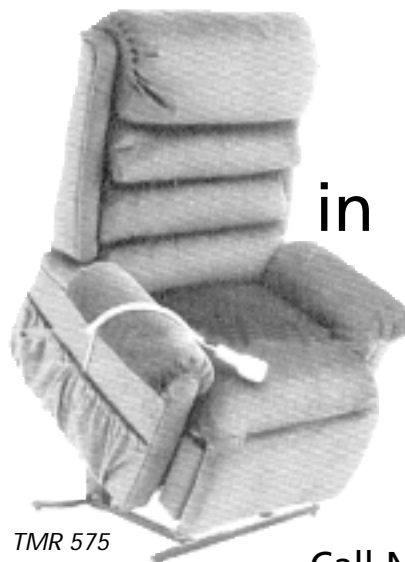
## Mountain Medical Supplies + Equipment Inc.

Sales • Service • Rentals 1118 VICTORIA STREET, KAMLOOPS 828-6682 1-800-811-9192

# Come Visit Our Expanded Lift Chair Display

Tall Boy Sizes

Super Petite Sizes



TMR 575

- \* No Tax.
- \* Free Delivery
- \* Many colors to choose from.



TMR 348

Call Now for more information

**1118 Victoria St.**  
(Beside Century Glass In The Old Legion Building)

# DESERT GARDENS COMMUNITY CENTRE

MARCH CALENDAR E-mail: desertgardens@telus.net Senior Connector®

**CENTRE HOURS**  
 Weekdays: 8:00 am-4:00 pm  
 Saturday: 8:30 am-11 am  
 Sunday: Closed

**DESERT GARDENS**  
 540 Seymour Street, Kamloops, B.C. V2C 2G9  
 Telephone: 372-5110 Fax: 372-3429  
 To book your event, call Kelly Porter

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Memorial Tea 1:30 pm	3 Ladies Aux. (Pie Making) 9 am <b>Low Income Tax Return 9:30-Noon</b> Media Presentation 10:30 am Line Dancing 10:45 am Cont. Tai Chi 1 pm Whist 1 pm Hymn Sing 1:30 pm Weight Watchers 5:30 pm Taoist Tai Chi 6 pm H.E.U. 7 pm	4 Mental Health 9:30 am Ladies Auxiliary Crafts 10 am Fitness Fun 10:45 am Weight Watchers 11:15 am Kiwanis (Lunch) Noon Bridge 1 pm Seniors' Public Speaking 1:30 pm Info Cinema 7 pm <b>Buffet Dinner \$7.50 5:30-6:30 pm Everyone Welcome</b>	5 Srs. Tai Chi 9:30 am Kamloops Caregivers Support Group 10 am SOS (RCMP "Home Invasions") 11 am Caregivers Lunch Noon BINGO 12:30 pm SOS 1 pm Mental Health 1:30 pm Can. Hearing Care 2:30 pm Kam. Brain Injury 3 pm Sheridan Realty 7 pm NeoTech 7pm	6 Friendship Centre 8:30 am Day Care 8:30 am Cornerstone Workshop 9 am Fitness Fun 10:45 am Euchre 1 pm Kam. Brain Injury 3 pm Kiwanis (D) 6 pm Valley View Lions (D) 6:30 pm Schlaraffia 7 pm <b>Buffet Dinner 5:30 pm - 6:30 pm \$7.50 pp</b>	7 Kam. Brain Injury 10 am Carpet Bowling 10 am Cribbage 1 pm	1/8 <b>Pancake Breakfast</b> 8:00 am - 11:00 am \$3.00 special Christian Men's Outreach 8 am Sheridan Realty 10 am Old Time Fiddlers Dance 8 pm
9 <b>DANCE</b> \$5.00 1 PM - 5 PM WITH THE EVERGREEN DRIFTERS <b>Sunday Dinner</b> \$7.50 pp 5 pm to 6:30 pm	10 Ladies Aux. (Pie Making) 9 am <b>Low Income Tax Return 9:30-Noon</b> Line Dancing 10:45 am Memoirs Noon Cont. Tai Chi 1 pm Whist 1 pm Weight Watchers 5:30 pm Taoist Tai Chi 6 pm	11 Ladies Auxiliary Crafts 10 am Fitness Fun 10:45 am Weight Watchers 11:15 am Superannuates Luncheon 11:30 am Kiwanis (Lunch) Noon Bridge 1 pm Seniors' Public Speaking 1:30 pm High Country Health 3:15 pm D.S.M. 5 pm United Way Allocation Interview 6 pm Info Cinema 7 pm <b>Buffet Dinner \$7.50 5:30-6:30 pm Everyone Welcome</b>	12 Srs. Tai Chi 9:30 am Interior Savings 9:30 am Seniors' Society Board Mtg. 10 am Kamloops Caregivers Support Group 10 am Caregivers Lunch Noon BINGO 12:30 pm SOS 1 pm Mental Health 1:30 pm Kam. Brain Injury 3 pm United Way 3:30 pm United Way Allocation Interview 6 pm H.E.U. 6 pm Riverside Lions (D) 6 pm	13 Cornerstone Workshop 9 am Fitness Fun 10:45 am Euchre 1 pm High Country Health 2:30 pm Kam. Brain Injury 3 pm United Way 5 pm Golden Serenaders (D) 5:30 pm Kiwanis (D) 6 pm <b>Buffet Dinner 5:30 pm - 6:30 pm \$7.50 pp</b>	14 Kam. Brain Injury 10 am Carpet Bowling 10 am Kam Brain Injury 12:30 pm Cribbage 1 pm <b>Desert Gardens Fundraiser Dinner/Dance</b> "Wear The Green" Wally and the Wallbangers Dinner 6:30/Dance 8 pm \$15.00 pp	15 <b>Pancake Breakfast</b> 8:30 am - 11:00 am \$3.00 special Schlaraffia 4:30 pm (Dinner 6 pm)
16 <b>Desert Gardens' Giant Crib</b> Tournament Registration 10am Prov. Bantam Banquet 6 pm	17 Foot Care Clinic 8:30 am <b>Low Income Tax Return 9:30</b> Line Dancing 10:45 am <b>St. Patrick's Day Celebration</b> 1:30 pm Weight Watchers 5:30 pm Taoist Tai Chi 6 pm	18 Ladies Aux. Mtg. 10 am Fitness Fun 10:45 am Weight Watchers 11:15 am Kiwanis (Lunch) Noon Bridge 1 pm Seniors' Public Speaking 1:30 pm Info Cinema 7 pm <b>Buffet Dinner \$7.50 5:30-6:30 pm Everyone Welcome</b>	19 Seniors' Tai Chi 9:30 am <b>Seniors' Community Centre Society AGM 10 am</b> Kamloops Caregivers Support Group 10 am BINGO 12:30 pm Parkinson's 1 pm Kam. Mental Health 1:30 pm Kam. Brain Injury Workshop 3 pm Kam. Fly Fishermen 6 pm	20 Cornerstone Workshop 9 am Fitness Fun 10:45 am Euchre 1 pm Kam. Brain Injury 3 pm Kiwanis (D) 6 pm Valleyview (D) 6 pm Schlaraffia 7 pm <b>Buffet Dinner 5:30 pm - 7:00 pm \$7.50 pp</b>	21 Kam. Brain Injury 10 am Carpet Bowling 10 am Kam Brain Injury 12:30 pm Cribbage 1 pm	22 <b>Pancake Breakfast</b> 8:30 am - 11:00 am \$3.00 special
23 <b>Desert Gardens' Fundraiser Dance</b> with Wally Churchill Dance \$5.00 1-5 pm <b>Roast Turkey with all the trimmings</b> Dinner \$7.50 5-6:30 pm	24 <b>Low Income Tax Return 9:30-Noon</b> Lifeline 10 am Line Dancing 10:45 am Lifeline Lunch Noon Cont. Tai Chi 1 pm Whist 1 pm Weight Watchers 5:30 pm Taoist Tai Chi 6 pm	25 Ladies Aux. Crafts 10 am Fitness Fun 10:45 am Weight Watchers 11:15 am Kiwanis (Lunch) Noon Bridge 1 pm Seniors' Public Speaking 1:30 pm KPMG Tax Preparation 5:30 to 8 pm Info Cinema 7 pm <b>Buffet Dinner \$7.50 5:30-6:30 pm Everyone Welcome</b>	26 Seniors' Tai Chi 9:30 am Kamloops Caregivers Support Group 10 am BINGO 12:30 pm SOS 12:30 pm Kam. Mental Health 1:30 pm Kam. Brain Injury Workshop 3 pm Welcome Wagon 5 pm Riverside Lions (B) 6 pm Green Party 6 pm Sunrider Foods 7 pm	27 Cornerstone Workshop 9 am Fitness Fun 10:45 am Euchre 1 pm Kam. Brain Injury 3 pm Kiwanis (D) 6 pm Valleyview Lions (B) 6:30 pm Schlaraffia 7 pm <b>Buffet Dinner 5:30 pm - 7:00 pm \$7.50 pp</b>	28 Kam. Brain Injury 10 am Carpet Bowling 10 am Kam Brain Injury 12:30 pm Cribbage 1 pm	29 <b>Pancake Breakfast</b> 8:00 am - 11:00 am \$3.00 special <b>Flea Market</b> <b>Turkey Pot Pie Sale</b> 8 am to Noon Everyone Welcome

**Fundraiser Dinner/Dance**  
 \$15.00 pp  
 Tickets at Front Desk  
**March 15, 6:30 pm**

**Low Income Tax Returns**  
 9:30 to 12 Noon  
 Line Dancing 10:45 am  
 B.C. Hydro retirees Luncheon 11:30 am  
 Cont. Tai Chi 1 pm  
 Whist 1 pm  
 Weight Watchers 5:30 pm  
 Taoist Tai Chi 6 pm

**KPMG will be available for Income Tax preparation at Overlander Extended Care March 24 5-7:30 pm**

**Seniors' Community Centre Annual General Meeting**  
 March 19, 10 am



"A store specializing in Health Care"

**Pratt's Pharmacy**  
 "The Little Drug Store with the Big Heart"  
 Specializing in Natural Hormone and Anti-Arthritis Creams  
**Free Delivery 374-7226**  
 3rd and Nicola, Kamloops  
 Monday through Friday — 9:00 a.m. to 5:30 p.m.

**"Alternative Bio-identical Natural Hormones"**  
 By Sue & Murray Pratt  
 At UCC Grand Hall  
 April 10, 2003 - 7pm Tickets \$10.00  
 for more information 374-7226

Wishing you a Happy St. Patrick's Day  
  
**The Shores Retirement Residence**  
 870 Westminster Avenue Kamloops, B.C. V2B 1N9 (250) 376-0315  
 www.caretendersinc.com

Life Management Solutions™

**Assante**

**How to Deal With Your Vacation Property...a guide**

A free guide for owners of Vacation Properties who are concerned about the future use and ownership of the family summer home. This free guide touches on transfer options, taxes, trusts, etc.

For your free guide please call:  
**Doug Smart, D.F., CFP**  
 Financial Planner  
 Assante Capital Management Ltd.  
 (Member - CIPF)  
 T: (250) 372-9225

The Assante symbol is a registered trademark of Assante Corporation, used under license.

## North Shore Community Centre news

BY LYLE ANDERSON

We are happy the **COMMUNITY VOLUNTEER INCOME TAX PROGRAM** will be here at NSCC. This is a free pro-

gram to assist low-income seniors to prepare their Income Tax forms. This group of Volunteers will be at NSCC on the following schedule:

Tuesday, March 4 from 9:00 am to 11:00 am.

Tuesday, March 11 from 9:00 am to 11:00 am. Pickup of last week's paperwork is 11:00 to 12:00.

Tuesday, March 18 from 9:00 am to 11:00 am. Pickup of last week's paperwork is 11:00 to 12:00.

Tuesday, March 25 from 9:00 am to 11:00 am. Pickup of last week's paperwork is 11:00 to 12:00.

Tuesday, April 1 from 9:00 am to 11:00 am. Pickup

of last week's paperwork is 11:00 to 12:00.

Tuesday, April 8 from 9:00 am to 11:00 am. Pickup of last week's paperwork is 11:00 to 12:00.

Tuesday, April 15 from 9:00 am to 11:00 am. Pickup of last week's paperwork is 11:00 to 12:00.

Wednesday, April 16 Only pickup of last week's paperwork, which is from 11:00 to 12:00.

**COMPUTER COURSES** are being held in the Maple Room, and we now have 19 people attending. They all really enjoy learning how to use the computer, and some are learning how to use the Internet. This is

certainly a good way for us seniors to be able to communicate with family, and of course especially grandchildren. So, if you have always wanted to learn the computer and Internet, then come to the front desk and sign up. You learn at your own pace and no matter if you never used a computer or even a typewriter before, you can soon be "Surfing the Net." What fun!

**BDO Dunwoody Company** will be holding an Income Tax Day on March 15 from 9:00 am to 12:00 noon at the North Shore Community Centre. They are donating their time for this service to qualifying low-income seniors.

The **DIABETES SUPPORT GROUP** met on

February 10. If you have Diabetes and wish to join this group, please call Elise McLaren at 554-9611. The next meeting will be held at the North Shore Community Centre on Tuesday, March 11, 10:00am

**UCC NURSING PROGRAM** needs the assistance of seniors to conduct an interview with seniors living independently in the community. Their focus will be on learning about health in later life. Volunteers can be singles or couples. The date for participating in this valuable learning experience for student nurses is Thursday, March 27 from 9:00am to 10:00am, and from 10:30am to 11:30am. If you are willing to participate, please sign up at the front desk.

**WELLS GRAY TOURS** will be having their **SPRING TRAVEL SHOW** here at the North Shore Community Centre on Tuesday, March 11, 2003 at 1:30 pm. No admission charge, complimentary refreshments, Door Prizes! Everyone is welcome, so come and plan your next travel venture. Roland Neave, owner of Wells Gray Tours will host this event. Complimentary pick-ups are available from DESERT GARDENS, PONDEROSA PLACE, BERWICK ON THE PARK, Please call 374-0831 for

times and reservations. You will really enjoy this afternoon event, great pictures, and great people!

The **HEART and STROKE FOUNDATION FUND-RAISER** was held Thursday, February 20 in the Lobby of North Shore Community Centre from 10:00am to 12:00 noon, and from 1:00pm to 3:00pm. It was a huge success, and Phylis Anhorn says THANK YOU to all who participated, you raised \$635 for this

SEE NSCC, PAGE 10

**The Old Time Barber**  
at  
**12th & Halston**  
(In laundromat)  
Haircuts — \$10.00  
Seniors — \$8.00  
Hours: 9 am to 5 pm  
Tuesday – Saturday  
Phone: 320-7107

## Seiko Ouchi

NOTARY PUBLIC



Telephone: (250) 374-7373

Facsimile: (250) 374-7055

Email: [souchi@notaries.bc.ca](mailto:souchi@notaries.bc.ca)

410-546 St. Paul St., Kamloops BC V2C 5T1

*Family, Friends and Acquaintances are invited to a "Come and Go Tea,"*

*Sunday March 23rd. 2-4 pm*

*at the North Shore Community Centre*

*730 Cottonwood Ave*

*to honor Edith Bradshaw on her 90th Birthday*

*Please - No Gifts*

**Edith 376-3450 Mary 554-0411**

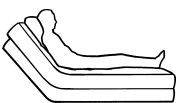
## CUSTOMIZE YOUR COMFORT...

with  
**Perfect POSITION**

By



WE MAKE THE WORLD'S BEST MATTRESS.



Elevate Head



Elevate Feet



Elevate Both



Elevate Both Slightly



Massage

Create An Oasis Of Comfort Right In Your Bedroom with the Serta Perfect Position Sleep System

**20 Year Warranty**

"Kamloops' Adjustable Bed Headquarters" **250-571-1149**

1415 Hillside Drive (Next to Aberdeen Canadian Tire)



**For Sale:**

1- One bedroom, 1 bath suite with 6 appliances  
Second Floor, East Side

**S.A.F.E.R. suites!**

Call Dwight Hognlund to put your name on our S.A.F.E.R. program list or to establish your eligibility.

730 Cottonwood Avenue, Kamloops, B.C.

ADULT LIVING AT AFFORDABLE PRICES!

"At the Heart of the North Shore"

(250) 376-4777

Fax: (250) 376-4792

**NORTH SHORE SENIORS' DROP-IN CENTRE**  
 Dwight Hoglund, Manager: 376-4777  
 9 am to 4 pm Mon.-Fri. Fax: 376-4792


# North Shore Comm./Conference Centre

#452 - 730 Cottonwood Avenue,  
 Kamloops, B.C. V2B 8M6  
 Bus: 376-7667 • Fax: 828-9406

MARCH CALENDAR

Senior Connector®

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
North Shore Community/Conference Centre. The perfect spot for weddings, parties, seminars, and special events. CALL CORINA AT 376-7667 FOR A NO-OBLIGATION QUOTE. Everyone Welcome <sup>9</sup>	<b>FREE 9:00 AM TO 11 AM</b> <b>Community Volunteer Income Tax Program</b> <b>Tuesdays Only — March 4 through April 15</b> <b>Low Income Seniors</b>			<b>Dunwoody Volunteer Income Tax Preparation FREE</b> <b>Low Income Seniors Sat., March 15 9 am to Noon</b>		<sup>1</sup> Weight Watchers 8 am Barber Shop 6 - 8 pm Private Dinner 6 pm
	<sup>3</sup> Pilates 10:30 am Carpet Bowling 10:30 am Kamloops Blazers Booster Club 6:30 pm Movie Night 7pm	<sup>4</sup> Tipz'n'toez 10:00 am Income Tax 9-11 am Tai Chi 1 pm Euchre 1pm Canadian Hearing 1:30 pm Old Time Dancing Lessons 2:30 pm Women's Aglow 6 pm Tae Box 6 pm 500 Club 7 pm	<sup>5</sup> Tipz'n'toez 10:00 am Rotary North Luncheon Mtg. Noon Carpet Bowling 1 pm Weight Watchers Mtg. 5 pm Tai Chi 5 pm Duplicate Bridge 7 PM	<sup>6</sup> 50+ Stretch Class 10:30 am Crib 1:30 pm Tae Box 6 pm Kamloops Dance Club 7 pm Bridge 7 pm	<sup>7</sup> Sing-a-Long 10:30 am Tai Chi Breathing 10:30 am Duplicate Bridge 7 pm	<sup>8</sup> Weight Watchers 8 am <b>Flea Market</b> 8 am - 12 Noon Everyone Welcome Dunwoody Tax Service 9-12 WeightWatchers 8 am Barber Shop 6 - 8 pm
<b>Seniors Dinner 5 pm</b> \$8.00 for seniors \$12.00 all others Entertainment	<sup>10</sup> Pilates 10:30 am Carpet Bowling 1pm Private Dinner 6 pm Movie Night 7pm	<sup>11</sup> Income Tax 9-11 am Tai Chi 1 pm Euchre 1pm Private Luncheon Noon Well Gray Tours 1:30 pm Old Time Dancing Lessons 2:30 pm Tae Box 6 pm 500 Club 7 pm	<sup>12</sup> Beresford Women's Institute Noon NSBIA 7 am Rotary North Luncheon Mtg. Noon Carpet Bowling 1 pm Weight Watchers Mtg. 5 pm Tai Chi 5 pm Duplicate Bridge 7 PM	<sup>13</sup> 50+ Stretch Class 10:30 am Crib 1:30 pm Line Dancing 1:30 pm Tae Box 6 pm Kamloops Dance Club 7 pm Bridge 7 pm	<sup>14</sup> Tai Chi Breathing 10:30 Sing-a-Long 10:30 am Duplicate Bridge 7 pm Seniors Dance Golden Serenaders 1:30 pm to 4 pm Everyone Welcome	<sup>15</sup> Weight Watchers 8 am
<b>Get your 2003 North Shore Comm. Centre Society Membership!</b> \$15+ GST which includes a Buttercup Lapel Pin and birthday dinner Available at front desk	<sup>17</sup> Pilates 10:30 am NSBIA Luncheon Noon Carpet Bowling 1pm Movie Night 7pm	<sup>18</sup> Tipz 'n Toez 10am Income Tax 9-11 am Tai Chi 1 pm Euchre 1pm Old Time Dancing Lessons 2:30 pm <b>Pie Night 6 pm</b> Tae Box 6 pm 500 Club 7 pm	<sup>19</sup> Tipz'n'toez 10:00 am Rotary North Luncheon Mtg. Noon Carpet Bowling 1 pm Weight Watchers Mtg. 5 pm Tai Chi 5 pm Duplicate Bridge 7 PM	<sup>20</sup> 50+ Stretch Class 10:30 am Crib 1:30 pm Line Dancing 1:30 pm Tae Box 6 pm Kamloops Dance Club 7 pm Bridge 7 pm	<sup>21</sup> Sing-a-Long 10:30 am Tai Chi Breathing 10:30 BCREA Luncheon Mtg. Noon Duplicate Bridge 7 pm	<sup>22</sup> Weight Watchers 8 am
Private Party <sup>23</sup> North Shore AGM April 15, 7 pm NorKam Senior Housing AGM April 28, 7 pm	<sup>24/31</sup> Pilates 10:30 am Carpet Bowling 1pm Movie Night 7pm	<sup>25</sup> Income Tax 9-11 am Tai Chi 1 pm Euchre 1pm Old Time Dancing Lessons 2:30 pm Tae Box 6 pm 500 Club 7 pm Senior Fundraiser Dinner 5 pm \$10.00 per person Everyone Welcome!	<sup>26</sup> Rotary North Luncheon Mtg. Noon Carpet Bowling 1 pm Weight Watchers Mtg. 5 pm Tai Chi 5 pm Private Party 5:30 pm Duplicate Bridge 7 PM	<sup>27</sup> 50+ Stretch Class 10:30 am Crib 1:30 pm Line Dancing 1:30 pm Tae Box 6 pm Kamloops Dance Club 7 pm Bridge 7 pm	<sup>28</sup> Sing-a-Long 10:30 am Tai Chi Breathing 10:30 Duplicate Bridge 7 pm Seniors Dance Golden Serenaders 1:30 pm to 4 pm Everyone Welcome	<sup>29</sup> Weight Watchers 8 am





**People In Motion**  
 ...opening doors today to create a better tomorrow for people with disabilities.


6E - 750 Cottonwood Avenue, Kamloops BC V2B 3X2 • Telephone/TDD: (250) 376-7878 • Fax (250) 376-4689  
 e-mail: peoplein\_motion@telus.net

---

**CANADA CUSTOMS & REVENUE AGENCY**  
**DISABILITY TAX CREDIT & MORE SEMINAR**

 **What is the disability tax credit?**  
 How do I claim the credit?  
 How do I fill out Form T2201? 

If you have questions about the Disability Tax Credit or other income tax issues for people with disabilities then come and get the answers at People In Motion. An Agent from CCRA will be here to answer all your questions. Call 376-7878 now to register.



When: March 6, 2003  
 9:00 - 10:30 am  
 Where: People In Motion's Boardroom  
 6E - 750 Cottonwood Avenue

# Wills on Wheels



**BRUCE SWANSON**  
 Barrister & Solicitor, Notary

We will come to your home to discuss your wishes, and return to your home to finalize your documents!


- Wills and Codicils
- Powers of Attorney
- Representation Agreements
- Real Estate Transactions
- Notarizations

**Helping YOU give direction to YOUR personal affairs.**




**PETER ALLIK-PETERSENN**  
 Barrister & Solicitor, Notary

CALL 828-2444 FOR A FREE ESTIMATE OR FOR AN APPOINTMENT  
 201-239 VICTORIA STREET, KAMLOOPS, V2C 2A1



**RE/MAX**  
KAMLOOPS

**Trudy Montgomery**  
Realtor



**the choice of generations**  
**...how may I help you?**

258 Seymour Street, Kamloops, BC V2C 2E5  
Toll Free 1-800-553-3322 Tel: 250-374-3331



**Chelseas's**  
Gourmet Cinnamon Rolls Inc.

**St. Patrick's Special**

**Cupcake & Coffee**  
\$2.75

Across from the hospital  
#101-300 Columbia St.  
Kamloops, BC  
(250)828-2768

Mon. - Fri.  
7 am - 5:00 pm  
Sat. 7 am - 2 pm

expires Mar 31, 2003

## 2141 steam locomotive sets the stage

BY HOWARD GRIEVE  
The Kamloops Heritage Railway announces that on Sunday, Feb. 16, we have been contracted by Synergy Film Productions to provide the 2141 Steam Locomotive and the 406 Pioneer Park coach for filming part of the Chinese television documentary, The Legend of Eileen Chang.

Set in the mid-fifties in New Hampshire, U.S.A., our crew, equipment, extras and other memorabilia will set the stage for an important part of the famous poet's life. Positioned in front of the restored CNR station at 500 Lorne Street and on a trip across the South Thompson River, we will recreate rail travel of the era.

This is the first film and television contract for the Kamloops Heritage Railway and it marks an important step for our society. Our ability to represent time periods

between the late 1800s and up to the late 1950s has positioned us well for movie and television work.

In association with I See U Productions Inc. a Kamloops-based media production company, our railway is preparing for a number of television and film productions - one of which could lead to a weekly series. These would be shot on the section of track running between Campbell Creek and Armstrong sometime in 2003.

Vicci Weller, executive director of film for the Thompson Nicola Film Commission, has been working hard to promote the 2141 steam locomotive and her efforts, along with our own marketing efforts, have begun to pay off. For more information, visit our film production page on the [www.KamRail.com](http://www.KamRail.com) website.

## Seniors Outreach Services Society (SOS)

CONTRIBUTED BY BARBARA GRANT, OFFICE COORDINATOR  
Seniors Outreach Society in cooperation with the Seniors Community Centre at Desert Gardens, and Canada Customs and Revenue, has arranged for a volunteer to be at the Seniors Centre on a weekly basis to complete income tax returns. The program will take place on Monday mornings, beginning on Monday, February 24 and continue until April 28, 2003 (except for Easter Monday, April 21). The hours of this service is 9:45am to 11:45am. The income threshold is \$20,000 for a single person, or \$25,000 for a couple. Persons wishing to use this service, should remember to bring all their information slips with them. The service is free, but donations to either the Seniors Centre or Seniors Outreach Society are gratefully accepted. Call Seniors Outreach Society 828-0600 for more information.

437-1940. The services available include information, referrals and resources, summary advice and advocacy for seniors.

Charmaine Spencer of Gerontology Research Centre at Simon Fraser University has contributed an article to the February 2003 BCCEAS newsletter "A Shared Concern" regarding the changes in the B.C. rental laws affecting seniors.

All rental agreements must be in writing.

Landlords cannot charge prospective tenants application or processing fees.

A landlord must issue receipts if the rent is paid in cash.

The law is more clear now on privacy. A landlord can enter the suite if there is an emergency, and the landlord needs to protect a person's life or property.

The landlord must return security and pet deposits, with interest, within 15 days after the tenancy ends.

Inspections are required when a tenant moves in, and when a tenant moves out.

The tenant may end up losing the security deposit if he or she is not there for the move out inspection.

A landlord can prohibit or restrict pets. A pet owner may be required to pay a pet deposit up to one half month's rent.

Assisted living housing for seniors is not covered under the rental laws.

Seniors in this type of rental housing won't have protection except for their contract. Specifically, the law excludes "a housing based facility that provides hospitality support services and personal health care".

Rent increases: There is a formula for rent increases, and apartment owners can play "catch up" with rent increases if they have not increased it in the last few years. Tenants will not be able to dispute increases at or below this amount.

A landlord may do a monthly inspection of the suite, giving proper notice and for a reasonable purpose. Some tenants worry that this could lead to harassment.

More information will be available on the internet. There is an online version of "A Roof Over My Head" at [www.canadianelderlaw.ca](http://www.canadianelderlaw.ca) or check the Tenants Rights Action Coalition (TRAC) [www.tenants.bc.ca](http://www.tenants.bc.ca)

# BUDGETWISE BOOKKEEPING RAPID REFUND TAX SERVICE



PAT DALTON



VELMA DEAN  
Receptionist

CATHY BURDENIUK  
Personal Income Tax Specialist  
12 years experience

MIRIAM KEMP  
Business & Income Tax Specialist — 25 years experience

Seniors discount  
10%

INDEED, I think that people want peace so much that one of these days governments had better get out of their way and let them have it.

— Dwight D. Eisenhower

#2 - 860 8th Street  
North Shore, Kamloops

554-8188

## Legal Ease by Blair Nixon

### NIGERIAN SCAM BITES AGAIN

Anthony Runyon was a long-time customer of a branch of the Toronto-Dominion Bank in Abbotsford.

In June, 2001, he received an e-mail from Nigeria offering something, which at trial, Mr. Runyon knew was "too good to be true." The offer was that in exchange for Mr. Runyon assisting the Nigerians in clearing \$45 million U.S. through Amsterdam, Mr. Runyon would receive 25% of that sum.

In the middle of September, 2001, Mr. Runyon received a cheque drawn from a British bank for 50,000 pound sterling. When Mr. Runyon attempted to deposit the cheque at his bank, he was told by the bank that the cheque would have to be put on hold for 30 days. While Mr. Runyon was initially unhappy with this, he subsequently returned to the branch and deposited the cheque into a U.S. money small business account where it was subject to a 30-day hold period. The deposit showed as a \$72,500 U.S. credit.

A short time later, Mr. Runyon was contacted by the bank and was advised

that a stop payment had been placed on the cheque in the United Kingdom by a reason of a purported theft. The bank further told Mr. Runyon that as the cheque had been dishonoured, Mr. Runyon could not deal with the funds.

Mr. Runyon claimed that he then contacted a central 1-800 Customer Service Centre for the bank a few days later and was told by a customer service representative of the bank that Mr. Runyon could now have access to the funds after midnight on November 5, 2001.

On November 6, 2001, he attended at a different branch of the bank and asked an inexperienced teller to verify that the funds were in the account. When the teller confirmed that the monies were shown to be in his account, he instructed the teller to make out several bank drafts that effectively drained the account.

A short time later, Mr. Runyon travelled to Amsterdam for the purported purpose to meet with the Nigerians in order to effect the transfer of the \$45 million U.S. Of course, the Nigerians failed to appear. Further, the bank received a charge-back notifying that

the cheque that had been deposited by Mr. Runyon had been dishonoured and the funds paid out to Mr. Runyon were done so by mistake.

As you can anticipate, the bank brought on an action in the Supreme Court of British Columbia to recover the sum paid out by mistake to Mr. Runyon being the amount of \$114,245 Canadian. The issue before Madam Justice Kirkpatrick who heard the case in December, 2002, was who should bear the loss: the Bank or Mr. Runyon?

While Justice Kirkpatrick acknowledged that Mr. Runyon was the victim of unscrupulous characters prepared to take advantage of him, she also found that there was no doubt that Mr. Runyon's own greed motivated him to deceive the bank so that he might take advantage of an opportunity which he knew was too good to be true. Mr. Runyon knew all along of the possibility of a scam and he took part in it. He turned a blind eye in the faint hope that ultimately, the arrangements proved to be legitimate.

In the Court's view, the only inference that could be drawn from the facts, was that Mr. Runyon knew that

if he attempted to withdraw the funds from the branch that he had been dealing with, suspicions would have been raised and his attempt to withdraw the funds would be foiled. It was obvious, that he tried to avoid detection by dealing with a different branch of the bank.

The Court further made reference to the inexplicable fact that when he transferred some of the disputed funds to Nigeria, he did so through a Money Mart at a cost of \$685. The cost of a similar transaction at the bank was \$30. In the Court's view, it was obvious that the funds were transferred through the Money Mart to avoid the chance of the bank becoming aware of its mistake by the transaction.

The Court concluded that Mr. Runyon had obtained the funds under false pretences, knowing that the funds were not his or turning a blind eye to that fact without making any adequate inquiries. The Court concluded that the funds were paid to Mr. Runyon under a mistake of fact and must be returned to the bank. It was Mr. Runyon that ultimately was found responsible to bear the loss.

The Court awarded judgment for the bank against Mr. Runyon along with special costs.

This case is yet another

illustration of the old adage that generally if something sounds too good to be true it is just that: "TOO GOOD TO BE TRUE!"

Blair Nixon is a lawyer at Nixon & Company and can be reached in Kamloops at 372-3233 or Merritt at 378-4966. Visit him at [www.nixon-lawyers.com](http://www.nixon-lawyers.com).



## Senior's Menu

Served daily from  
5:00 pm to 9:00 pm

Start your meal with a choice of soup or salad served with fresh baked bread and butter.

### Entrees

Served with seasonal vegetables, potato of the day, and Chef's choice dessert.

#### Hot Roast Beef Sandwich

Sliced oven roasted turkey or tender roast beef Topped with homemade gravy.

#### Turkey Schnitzel

Panfried turkey cutlet with brown butter

#### Liver & Onions

Grilled baby beef liver topped with sauteed onions & crispy bacon.

#### Steak Sandwich

6 oz steak grilled to perfection.

#### Traditional Beef Stew

Traditional beef and vegetables slow cooked in a savoury gravy.

#### Fish & Chips

Two pieces of golden battered cod served with french fries.

#### Cheese Omelette

Fluffy two egg omelette served with a blend of grated cheese.

**\$ 8.95 per person** plus applicable taxes

**The Coast  
Canadian Inn**

339 St. Paul St,  
Kamloops  
(250) 372-5201



Show suite  
Open Daily  
11 am to 4pm.

## BE INSPIRED

By our beautiful surroundings.

From our water gardens to our beautifully appointed residence, Berwick on the Park offers luxurious surroundings at an affordable price. As Kamloops' new premier retirement residence, every care has been taken to create a lifestyle that is pleasing, caring and inspiring. Come and see for yourself

just how nice life can be, here at Berwick on the Park.

Visit our show suite, open daily from 11am to 4pm.  
60 Whiteshield Crescent South  
Kamloops, BC V2E 2S9  
Call (250) 377-7275

Built upon the success of the acclaimed Berwick residences in Victoria & Nanaimo.

Enjoy our extensive amenities, including:

Coffee bar; billiards and cards room; hair salon; exercise room; library-den with computer; guest suite; conservatory; movie theatre; private dining room; crafts room; bar; chapel/meeting room; grounds featuring patios, outdoor recreation areas, walking paths and water gardens; 24 hr staff on duty.



**BERWICK**  
ON THE PARK

YOUR PREMIER RETIREMENT RESIDENCE

# Blackwell

continued from page 1

Mom (June Fennell) was born in 1923, also in Kamloops. Her family lived in Chu Chua, just north of Barriere, a place my grandfather had also settled in for a time after moving west from Ontario. Both the Blackwells and the Fennells were industrious farming families who branched out into many business ventures in the Kamloops and North Thompson regions.

Mom and Dad met at a dance at the Knutsford hall. Mom was employed at Kerr's Jewellery store, and was living in Kamloops at the time. She had gone to the dance with some girlfriends. Dad was working on the Blackwell

Dairy Farm.

They were married in St. Paul's Cathedral in Kamloops in the afternoon of February 27, 1943. Times were not easy and work always came first – with holidays few and far between. So, on the day they were married, Dad milked the cows and Mom worked until lunch in the jewellery store.

Dad needed a car for the day, and went to Syd Smith's and paid \$25 for the use of a car for the day. This was quite a large amount of money at the time – something he did not tell his father about for some time.

Mom and Dad were to board a train to Vancouver that evening, however, the

train didn't arrive at 10 p.m., nor 11 p.m. nor 12 p.m. They spent their first night in the Plaza Hotel, and caught the train at 5:30 a.m. the next morning. They spent their honeymoon sightseeing around Vancouver. By the end of the ten days, the weather had changed and Kamloops had received a significant snowfall. Dad needed to get back to the farm to help out.

The first few years at the farm were a little different for Mom. The farmhouse did not have a bathtub – something she was accustomed to having. Also, she and her new husband shared the house with her in-laws and her brother-in-law. Shortly thereafter, Mom and Dad moved into a smaller log cabin on the farm, then later moved back to the

main house when Dad's parents moved to the original ranch house at the creek.

Mom and Dad got around in an International K-1 pickup truck for the first couple of years – probably the same one Dad drove when he proposed to Mom.

1944 was a memorable one for Mom and Dad. On March 2, their first child, David, was born. Typical of the day, Dad dropped Mom off at the hospital and went back to work at the farm.

In 1944 they bought a '37 Packard – one of their favorite cars. It cost \$1,000.

Unfortunately the car was stolen one year later. A couple of kids from Vancouver were hitchhiking and my Uncle Everett brought them home to help out on the farm for a few days. One night, they stole the keys, the cash float from the milk delivery, and two 30/30s from the gun rack. After letting the air out of the pickup tires so no one could follow them, the boys took off in the Packard. What they hadn't counted on was that the car needed water. This was before the time of antifreeze, and the

water was drained from the car every night. The boys made it to the CPR tower at Campbell Creek where they stopped to put water in the radiator. Dad and Uncle Everett meanwhile had pumped air into the pickup tires and headed off in hot pursuit. They caught up to the boys in the water tower. After trying to hide in the tower, the boys decided to make a run for it. Unfortunately for them, Uncle Everett wasn't very careful and slammed the door of the tower catching one of the fellow's hands – with the thief attached.

The old Packard was never quite the same after that. Fortunately, the other 1944 acquisition – David – turned out pretty well.

1945 was important to Mom and Dad. On Sept. 14, Dawn was born. On her birthday, the Comazzettos were at the farm, helping fill the corn silo. Mom made lunch for everyone that day, and in the evening went to the hospital and had Dawn.

The late 40s saw several changes to the farm. Everett, who had been a mainstay on the farm, sold his interest in the operation and moved off the farm.

In 1949 Ted was born on March 13 and, like his father, would call the farm his home.

A fourth child arrived at the end of 1951. I don't remember much about the circumstances around my birth, but I understand the weather was cold and there was a lot of snow. Mom and I spent New Year's in the hospital while Dad packed up David, Dawn, Ted and Grandma Fennell and went to Bob and Marnie Hare's for dinner. They headed off behind a team of horses on a hayrack in 25 degrees below zero. Mom and I have suspected this terrible weather story was significantly embellished to dismiss any calls for a make-up dinner.

In 1953 the farm took a major shift in operations as the milk cows were sold in Alberta. The herd, a mixture of red polls and Holsteins, were prized animals and it was with sadness they were sold.

By 1954, Mom and Dad were in the sheep industry. They bought a number of flocks from neighbours, including E.M. Hall and Tek Adams. Summer range was acquired north of Shuswap Lake, and the annual trek to Grizzly (then Lichen) Mountain will remain in our memories forever. Sheep camp stories of pack horses bucking up the trail, grizzly bears and cougars following the trail, and riding the mules, Jack and Jenny, have become family lore.

One of my memories is about shearing the sheep. We would make temporary holding pens in the big barn and cover the fronts with burlap sacks. Sheep shearers would arrive at the farm and the enterprise would get underway. The shearers reach into a pen, grab a leg and pull a disgruntled ewe or ram out to be shorn. For the most part, we kids were to keep the pens full and take the fleeces up to the haymow and stuff them into the burlap sacks. The sacks were about seven feet long – they seemed about 20 feet to a

## CONFUSED? NEED HELP SETTLING YOUR AFFAIRS?

### WE CAN HELP!

## NIXON & COMPANY

Barristers and Solicitors

- Wills
- Powers of Attorney
- Probate & Letters of Administration
- Committee Applications
- Wills Variation
- Contested Estates



Blair Nixon

For more information call: (250) 372-3233

460 Victoria Street, Kamloops, B.C., V2C 2A7

*"The one thing worse than a quitter is the person who is afraid to begin."*

Open to the public

## Computer time available

### at Desert Gardens Community Access Program

Open 9 am to 4 pm — Weekdays  
(When volunteer supervision is available)

Become computer friendly — we have the latest technology and programs for your use and enjoyment. Limited instruction available on a scheduled basis. Learn, at your own pace, e-mail, hi-speed internet access, games, etc.

Desert Gardens is always ready to serve coffee, hot lunches, dinner or you can play crib, bingo, carpet bowling, dance, tai chi

Desert Gardens is a full-service facility for your seminars, banquets, luncheons, weddings, etc.  
Call 372-5110

\$5.00 PER YEAR MEMBERSHIP REQUIRED.  
PER VISIT DONATION APPRECIATED.

SUPPLIES AVAILABLE AT NOMINAL COST.

NON MEMBER DROP-IN FEE \$1.00 PER HOUR.

COME IN AND SIGN UP AT

Desert Gardens Seniors' Community Centre  
540 Seymour St., Kamloops

For further info phone 372-5110

Please join us . . .

## Monday, March 17

for

## ST. PATRICK'S DAY CELEBRATION!!

At

Desert Gardens Seniors Centre

1:30 pm – 3:30 pm

Special Guests

The TARA SCHOOL OF IRISH DANCE

And

Music by

THE GOLDEN SERENADERS

LIGHT REFRESHMENTS SERVED

ADMISSION BY DONATION

For more information and to reserve a table for 8 or more please call

Donna at 372-2278

THIS IS A COOPERATIVE EVENT BY  
CORNERSTONE RESOURCE CENTRE AND  
DESERT GARDENS SENIOR CENTRE

# Blackwell

continued from page 8

child – and were suspended from the floor of the haymow down into the barn. The process was to throw a few fleeces in the bottom, then jump in and pack them down. As you got the ones at your feet packed, someone would throw another one down on top of you, and you would squeeze it past your body down to the bottom of the sack. Eventually, you would work yourself to the top standing on the packed fleeces. I think all of us had a turn at packing – including Mom. Sometimes, if no one was around, you would have to wait in the bag quite awhile . . . I wonder, Dad, if that is why packing became my job? At any rate, the sheep industry brought new friends with it – friends that have remained close to Mom and Dad for almost 50 years.

Another thing I remember about growing up at this time is the number of people we would have around the table for meals. Cooking seemed to be magical for Mom. It didn't matter if guests were announced or not – she would always come up with a huge serving of home cooking for everyone.

On August 21, 1955, Mom and Dad rounded out their family with the birth of Janet. Again, Dad dropped Mom off at the hospital – he tells me that the hospital discouraged fathers from hanging around – but this time did not go back to work or out for dinner. As I understand it, Janet was born about the time that Dad headed out with the DeMarnis, and a contingent of Barhart Vale men, to play in a softball game in Chu Chua.

In addition to raising sheep in the mid-fifties, Dad also was involved in logging. He, Uncle Everett and Toddy Pratt would log, mill the lumber and haul it to town. Usually they would complete one truckload of lumber a day, which Dad would haul into Kamloops after work.

In 1966, the sheep industry was beginning to take a U-turn and Dad sold the flock. This was a difficult year, because in the spring Dad suffered a major heart attack. David and Dawn had begun careers away from the farm and Mom needed help to run it. Mom asked Ted, who was in grade 11, to leave school to work on the farm.

Over the next couple of years, the farm began to move back into the dairy world. Buying calves in the Fraser Valley, heifers from Tranquille Farm, and small herds of cows, the farm began shipping milk in 10-

# Thinking

continued from page 1

man went to see mother early Tuesday morning to deliver newspapers, and when she was finally able to crawl to the door in response to his knocking he found her disoriented and dehydrated." Dian told Geraldine, "That would be my friend Henry and he was there to deliver the Senior Connector." When Dian told me what happened she said, "You know if we hadn't made the arrangements with Henry to take the papers she might not have been found until it was too late, so the Senior Connector was instrumental in saving my mother's life."

I feel that Henry was the real hero of the day. He told me last Saturday, when he was in Kamloops for another Symphony performance, "I had business on Monday, but when I got up Tuesday morning I had a strong feeling I should go and deliver the paper first thing. When I arrived at her home and knocked on the door her little dog started barking and wouldn't stop. I felt something was wrong as I stood there knocking for at least fifteen minutes. Finally Betty managed to crawl from the bedroom to her front door and somehow able to unlock

it before collapsing. Henry said she was sick to her stomach, disoriented and kept passing out, she had at some point fallen and struck her head which had bled. He helped her to the sofa and was able to get her to lie down, meanwhile BamBam, the dog, kept barking at him. Once he had Betty settled on the sofa, her dog tucked right in beside her, Henry went to get a glass of water for her. He was able to get Betty to take a sip of the water – the dog accepted him and stopped barking. He wanted to call for an ambulance but Betty said "no." Finally he was able to reach her daughter, Liz and also a niece who were there in a very short time and called for the ambulance, she was rushed to hospital and immediately put on intravenous and antibiotics. She is now home and recovering nicely. In fact, as I write this on Saturday March 1, Betty, along with the rest of the family, is today in Kamloops for the christening of her new great grandchild. A truly happy ending to what was a near tragedy, thanks to "Henry my Guardian Angel," as Betty now refers to him. Henry, the halo suits you well.

gallon cans to Noca Dairy in Valleyview in 1967. In 1968 a milking parlour was built at the end of the old dairy barn and by 1970 tanker trucks were picking up milk at the farm. In 1970 Dad and Ted formalized their equal partnership in the farm, and by 1972 the farm was milking 120 cows.

In 1981, Mom and Dad moved out of their farmhouse, which had been their home for 38 years, and into a new house overlooking the farm.

In 1982, Noca sold out to Dairyland, and Blackwell Farm became autonomous and began processing its own milk. A plant was built on

the farm, and by January 1983 raw milk was flowing in one door and packaged milk was flowing out the other. The plant operation included three Blackwell families as David had moved back from his dairy farm in Alberta. Eventually Dawn and Janet joined the processing operation as well.

While Mom and Dad have moved a few hundred yards farther away from the daily operations of the farm, they remain very much involved in its operation. I think it is with a great deal of pride that they know the family they have raised continues on the farm they have shared together for 60 years.



Desert Gardens Ladies Auxillary Valentine's Tea winner Beth McArthur accepts her prize of a dinner or lunch for two at the Oasis Cafe.

PHOTO BY BEN MARK

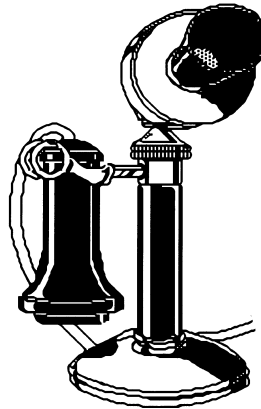
# Ponderosa Place

KAMLOOPS LOW RENTAL HOUSING SOCIETY (NON-PROFIT)

PONDEROSA PLACE HAS BEEN DESIGNED FROM THE GROUND UP WITH SENIORS IN MIND AND OFFERS THE LIFESTYLE YOU'VE BEEN LOOKING FOR AT A PRICE YOU CAN AFFORD, INCLUDING TASTEFUL DECOR, SECURITY OF TENURE, PROTECTION FROM INFLATION, AND DOWNTOWN LOCATION.

FOR INFORMATION ON AVAILABILITY OF APARTMENTS CALL 372-0651

# PICK UP THE PHONE!



*Seniors Outreach Service Society in conjunction with Canada Safeway will help you do your shopping.*

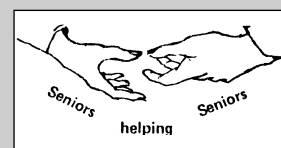
**There is no extra charge!**

**FREE!**

*Service available to Seniors in need of assistance, Shut-Ins, and Disabled only*

**Pick Up The Phone & Place Your Grocery & Prescription Orders.**

(Minimum \$25 Please)



**Sahali**  
**314-0091**  
**314-0092**

**North Shore**  
**376-5447**  
**376-5457**

**EVERY THURSDAY 8:00 A.M. TO 12 Noon**

*Available at: Sahali & North Shore Safeway, Kamloops. For more information, Please Call:*



**Sahali 374-2811**  
**North Shore 376-8439**

**Las Vegas Winners & Other U.S. Casinos**

If you have won a jackpot in the last 4 years and paid 30% Withholding Tax; we can help you get that tax back.

**Call TAXBACK today for a free consultation**

**TOLL FREE 1-877-922-5022**  
www.ustaxback.com

## HOME INVASIONS AND SAFETY FOR SENIORS

— A Free Information Session —

Wednesday, March 5 - 11am

Desert Gardens Seniors Community Centre  
540 Seymour Street

Presented by: Kamloops & District Seniors Outreach Services Society in cooperation with R.C.M.P.

This will be of interest to all members of the community. Everyone is welcome to attend.

For more information and to reserve seating, please call Seniors Outreach Society Office **828-0600**



## Comfort Zone

A full service Agency taking care of all your **Basic Foot Care, Home Support and Attendant Care** needs  
*Certified, Insured and Bonded.*

**376-7616** or toll free **1-866-319-3388**  
Servicing the Thompson Health Region since 1999

## Guardian Angel Care

Non-Medical Home Support Service

\* Yard / House Maintenance

\* Housekeeping

\* Companionship

\* Transportation



**Julie Layh 573-5077**

*\*Insured \*Bondable \*Free Estimates*



Home Care Specialists  
with Heart.

- \* Home Makers
- \* Personal Care
- \* House Cleaners
- \* Companion
- \* Live In Arrangements
- \* Respite

If you need a service that you don't see — call:

**IN-HOME CARE 851-0078**

**We Aim To Fill All Your Needs!**

#314 — 141 Victoria Street, Kamloops

Fax: 851-0016

## Foot Facts

SUBMITTED BY:  
TIPZ N' TOEZ ESTHETICS

The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.

1/4 of all the bones in the human body are down in your feet. When these bones are out of alignment, so is the rest of the body.

Only a small percentage of the population is born with foot problems.

Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control, and promoting all-around well being.

The average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime. That's enough to go around the circumference of the earth four times.

Foot Care for both the young and the aging population should be in the forefront of one's thinking process.

Tipz n' Toez Esthetics provides a service designed to act as the bridge between you and your doctor, to ensure that the basic needs for the care of your feet are addressed in a timely manner. We currently visit Cottonwood Manor on the 1st Tuesday & Wednesday and the 3rd Tuesday & Wednesday of each month.

If you have any questions please give us a call at 372-0110.

## North Shore Community/Conference Centre

Continued from Page 4

worthy cause.

**TIPZ 'N TOEZ** will be here for four days on Tuesday and Wednesday, March 4 and 5, then again on the 18th and 19th. Thanks to all of you who use this business service for seniors, they certainly appreciate your loyalty. Please sign up at the front desk for your next appointment.

Our **PIE NIGHT** on February 18 was very successful. Live entertainment with Wil Lardie and his guitar. Great pies! Great variety! Everyone really enjoyed this event. The next pie night is on March 18, so be sure to come by and enjoy some great tasting pies.

The North Shore Community Centre has been very busy with lots of events and activities, and a lot of people coming in to see our facilities, and enjoying a coffee or tea and goodies in our Maple Room. We look forward to the day that YOU are able to come and visit.

Our NSCC Membership has reached 129 now and we will continue to grow because our activities are so interesting, informative, and great fun for everyone.

We are encouraging our NSCC members and the residents of Cottonwood Manor to go to the **DESERT GARDENS SENIOR CENTRE** for the **St. Patrick's Day Celebration on March 17**

## Tipz 'n' Toez MOBILE ESTHETICS

*"Do you have a fungus on your nails?"  
We can help with an inexpensive & easy product*

### March Specials

◆ 10% off 'FUNGI SEPTIC'

◆ 50% off Trucco Makeup

◆ Buy 1 pedicure and get the 2nd  
for 1/2 price (in-salon only)

☞ **GIFT CERTIFICATES AVAILABLE FOR MOBILE, IN STORE SERVICES AND PRODUCTS.**

(Keep your Cooper's & Extra Foods Receipts. (for details please phone the shop at 372-0110)

See us at: Cottonwood Manor (North Shore Community Centre) Now 4 days per month.

The 1st Tuesday & Wednesday 10-2pm and  
3rd Tuesday & Wednesday of each month 10-2pm

**372-0110**

**#460 - 500 Notre Dame Drive**

from 1:30 pm to 3:30 pm. The **GOLDEN SERENADERS** will provide the music, and The Tara School of Irish Dance will be special guests. This sounds like super entertainment event.

This is from **TAMMY** who is instructor for **PILATES** exercise.

**QUESTIONS ASKED BY SENIORS ABOUT EXERCISE.**

What types of exercises are best?

Anything you enjoy. For example — functional, weight training, aerobics like walking.

I have high blood pressure. Can I exercise?

**YES!** With medical approval. Regular exercise can lower high blood pressure and cholesterol.

Q. Will my coordination improve?

A. **YES.** It may take a little longer than when you were younger, and if you have been inactive for a long time, just be patient.

Q. Can exercise help me lose weight?

A. **YES.** Watch your diet as well, and include adequate aerobic exercise and weight training.

Q. Am I too old to exercise?

A. **NO!** You're never too old. Age is just a number, just listen to your body and take well-qualified advice.

Q. I can't lie on my back or side, can I still participate in Pilates?

A. **YES.** Exercise can be performed on a chair or against a wall.

Q. Will Pilates improve my golf game?

A. **YES.** Improve your golf stroke by strengthening your abdominal muscles.

Tammy says if you are bored at home with nothing to do, come and join the Pilates fitness class and meet

new people in a fun, social environment. Try Pilates to increase your strength, stamina, balance, posture, coordination, flexibility, and mobility. Did you know that increased fitness levels are associated with lower mortality and an increase in life expectancy. Over 79,000 Canadian lives are lost to heart disease and stroke every year. Stay healthy and try Pilates fitness class now! **FITNESS CLASS** — Pilates (pronounced puh-lates). Monday at 10:30 am.

Instructor — Tammy 851-3173 for more information. North Shore Community Centre. All ages welcome!

And you should keep in mind as well, that Tammy will instruct the **WALKFIT 50+ CLUB** — "Strength in numbers." She says to join now for the senior's **WALKFIT 50+ CLUB** this spring. So, if you want to get fit and to meet new people, phone Tammy about this fitness event, all levels can participate. I understand the walk will include places like McArthur Island walk areas. Beautiful area!

**FREE HEARING SEMINAR** — the Canadian Hearing Care presents Triano, the Hearing Comfort System. NSCC will have this seminar on Tuesday, March 4 at 1:30 pm. Come and learn about "The Truth About Hearing Aids — Digital and Other" After the seminar, book a free hearing screening test and a free private consultation with a professional Audiologist with no obligation or cost. **SEATING** is limited, so please call Rosemary at 376-4188 to reserve your spot. Okay, so did you **HEAR ME?**

The following NSCC Members have birthdays in March, so join me in wishing these members **HAPPY BIRTHDAY!**

Bill Anhorn, Dorothy Comerford, Joe Lock, Ben Mark, Leona Nickkel, Peggy Orr, Andy Quirie, Doreen Ribarics, Olive Straker, and Tom Upton. Best wishes for your birthdays everyone.

*Until the next time,  
please be careful out there!*

## Friends In Need Home Care

*Providing independence and dignity for seniors and their family in the comfort of their home.*

- \* Personal Care/companionship
- \* Housekeeping/Laundry
- \* Meal planning and preparation
- \* Dr. appointments/shopping
- \* Outings
- \* Hair care

Call 554-0419  
Cell: 318-1694

## The book lady in the cellar

BY WENDY PATRICK

Downstairs in the front corner of RIH's Victoria Street Thrift Cellar is a hidden gem! Auxiliary volunteer Norma Fraser, formerly A.E. Perry School librarian, has set up and maintains a wonderful book department.

There are shelves of pocket books, non-fiction, self-help, texts, and how-to-do-it hobby and craft volumes all neatly organized by topic. Harlequin romances have their own rack. A huge selection of children's books is displayed in open shelves. Norma points out, "We even have a Christian section."

All books are priced at bargain prices – 25 cent to \$1.

Norma has always loved working with books. She has managed the library at the Alliance Church for 20 years. She enjoys giving her time and expertise to the Thrift Cellar because she



Norma Fraser is RIH Thrift Cellar's "Book Corner Lady."

finds the staff such fun, and she is "glad to give back to the community."

Check out Norma's book corner in the Thrift Cellar, 232 Victoria St., beside Bob's PX. It's open Monday to Saturday from 10 a.m. to 4 p.m. You might even catch Norma happily at work as you select your bargain finds!

## Ben says . . .

A visitor stopped by the other day. He saved my life a few years ago and I began to think — did I ever say thank you?

I've had my share of surgeries and repair jobs and I wondered how many times I thanked those professionals who made things right, occasionally under duress.

I thanked Dr. Dewar for taking care of me.

And then I reflected on past sicknesses and found that Dr. Dewar's professionalism equaled that of others who work to fulfill their commitment to their training — Drs. Bantock, Pattee, Stewart, Leia-Stephen, Herman, Hanberry, Sunderland, Patch, Weir, Cleland, the specialists, radiologists, anesthesiologists, nurses. Many, such as X-ray technicians, receptionists, equally well trained in their particular field, work behind the scenes but nevertheless are a critical component of health care. And now through this medium, I say: "Thank you, all!"

I asked Dr. Dewar why I hadn't heard him play with the symphony as tympanist. He said, "I find it's time to let someone else, more skillful, play these days especially since the symphony has elevated itself to a rather high level. I do, though, play during practices and enjoy it." I thought, what a noble gesture — to move aside with humility and understanding that all things progress beyond our perceived capabilities. I said

I appreciated the many hours of musical perfection he brought to Kamloops.

In the newspaper business one rolls along from person to person, profession to profession, craft to craft, ideology to ideology and soon a montage of friends, acquaintances, and business associations is formed. Trying to guess who next will pop in and say hello is impossible. One just lets life roll on and as Bill Anhorn is prone to say, "Let the world unfold as it will." It's fun, it's exciting, and it's rewarding.

## A view from Logan Lake

BY ARCHIE WHITE

Our Valentine tea was made a more special event with the celebration of Matt and Mary Gurelliani's 50th wedding anniversary.

We are all happy to see Gordon Berry with his "wheels" back again.

A going-away party was held at our February bingo for Anna McGill. You will be greatly missed Anna.

The March calendar is quickly filling up — St. Patrick's pancake breakfast on March 17, soup days every Wednesday, and a mini in-house carpet bowling tournament on March 28-30. We are now 191 members and 12 carpet bowling teams. Way to go Logan Lake!



Fifty-five years of wedded bliss — Joseph S. and Evelyn M. Blais were married on March 10, 1948 in Calgary. They have a total of 43 immediate family including eight children, 7 in-law children, 18 grandchildren and 10 great-grandchildren.

## Parkside Estate Chase, B.C.



### Under Construction in Chase, B.C.

**Features** 3 nutritional meals daily  
weekly cleaning, towel and linen service  
24 hour emergency assistance by staff  
convenient scooter storage  
handicap-accessible bathrooms

**Amenities** games room with billiard table, craft room, fireside lounge, library, social programs, fitness rooms and scheduled outings.

## OPEN HOUSE

TUESDAY and THURSDAY

1:00 PM TO 3 PM

CALL BRUNI BAUN AT 250-679-2806

e-mail: bruninick@cablelan.net

### DR. E. TAKAHASHI & ASSOCIATES

OPTOMETRISTS

E.M. TAKAHASHI, OD FFAO\*  
E.T. TAKAHASHI, BSc OD\*

Optometrists: (250) 372-7910

Opticians: (250) 372-7232

1-800-663-5189

Fax: (250) 372-3164

202 Centennial Building

153 Seymour Street

Kamloops, BC V2C 2C7

\*Optometric Corporation

## Do you have breathing problems?

Common signs and symptoms of  
breathing disorders:

- (1) Snoring
- (2) Loss of energy
- (3) Shortness of breath
- (4) Sexual dysfunction
- (5) Falling asleep when you shouldn't
- (6) High blood pressure

Please call for **FREE** assessment.

**OxyLife**  
RESPIRATORY SERVICES  
(250) 554-8082

## Attention Seniors!

Need help

- CLEANING
- MOVING
- ODD JOBS

I'm your man!

Reasonable Rates — Hourly, Daily

Phone 376-0070

# ANAVETS Unit 290

444 Tranquille Road  
Kamloops, B.C. V2B 3H2  
554-2455

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
Meat Draw 3pm	Crib/Pool 7pm	Happy Day Free Bingo 4:30 pm 9 Ball 7pm LA Mtg	Euchre 1pm K.M.D.L. 7:30pm "31" 7pm	Free Ticket Draw 4:30pm League Darts 7:30pm	Meat Draw 6pm	Meat Draw 3pm
9	10	11	12	13	14	15
Meat Draw 3pm	Crib/Pool 7pm	Happy Day Free Bingo 4:30 pm 9 Ball 7pm Exec Mtg	Euchre 1pm K.M.D.L. 7:30pm "31" 7pm	Free Ticket Draw 4:30pm League Darts 7:30pm	Meat Draw 6pm	Meat Draw 3pm
16	17	18	19	20	21	22
Gen Mtg 9:30 am Mixed Darts Meat Draw 3pm	Crib/Pool 7pm	Happy Day Free Bingo 4:30 pm 9 Ball 7pm	Euchre 1pm K.M.D.L. 7:30pm "31" 7pm	Free Ticket Draw 4:30pm League Darts 7:30pm	Special Meat Draw Turkey & Spare Ribs 6pm	Special Meat Draw Turkey & Spare Ribs 3pm
23	24	25	26	27	28	29
Special Meat Draw Turkeys & Spare Ribs 3pm	Crib/Pool 7pm	Happy Day Free Bingo 4:30 pm 9 Ball 7pm	Euchre 1pm K.M.D.L. 7:30pm "31" 7pm	Free Ticket Draw 4:30pm League Darts 7:30pm	Meat Draw 6-8pm	Meat Draw 3pm
30	31	<p align="center">Food for Thought . . . Something to ponder: Elvis Presley got a "C" in his eighth grade music class.</p>				

# Logan Lake Seniors

DROP-IN CENTRE,  
80-150 OPAL VILLAGE CENTRE MALL  
PRESIDENT: Archie White 523-2759

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
	Open 9-3 pm Mixed Carpet Bowling 9am	Open 9-3pm Cards 7pm	Open 9-3pm Mixed Carpet Bowling 9am Soup & a Bun 11-1pm Men's Carpet Bowling 7pm	Open 9-3pm Ladies Carpet Bowling 1 pm	Open 9-3pm Bingo 1pm	
9	10	11	12	13	14	15
	Open 9-3 pm Mixed Carpet Bowling 9am	Open 9-3pm Cards 7pm	Open 9-3pm Mixed Carpet Bowling 9am Soup & a Bun 11-1pm Men's Carpet Bowling 7pm	Open 9-3pm 1pm Gen Mtg Ladies Carpet Bowling 1 pm	Open 9-3pm Bingo 1pm	
16	17	18	19	20	21	22
	Open 8-3 pm Samm Pancake Breakfast Mixed Carpet Bowling 9am	Open 9-3pm Cards 7pm	Open 9-3pm Mixed Carpet Bowling 9am Soup & a Bun 11-1pm Men's Carpet Bowling 7pm	Open 9-3pm Ladies Carpet Bowling 1 pm	Open 9-3pm Bingo 1pm	
23	24	25	26	27	28	29
	Open 9-3 pm Mixed Carpet Bowling 9am	Open 9-3pm Cards 7pm 5:30pm Potluck and Card Night	Open 9-3pm Mixed Carpet Bowling 9am Soup & a Bun 11-1pm Men's Carpet Bowling 7pm	Open 9-3pm Ladies Carpet Bowling 1 pm	Open 9-3pm Mini Carpet Bowling Tournament	Mini Carpet Bowling Tournament and Dinner
30	31					
Mini Carpet Bowling Tournament	Open 9-3 pm Mixed Carpet Bowling 9am					

# Savona O.A.P.O.

O.A.P.O BRANCH #129  
6605 Buie Road/Savona Access Road

Doris Watson  
373-2455

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
	T.O.P.S. 9-9:30 am Exercise 9:30-10:30 UPS 7 PM	Soup & a Bun Noon	Exercise 9:30-10:30 UPS 7 PM		Exercise 10 - 11 Crib 7 pm All Welcome	
9	10	11	12	13	14	15
	T.O.P.S. 9-9:30 am Exercise 9:30-10:30 UPS 7 PM	General Meeting	Exercise 9:30-10:30 UPS 7 PM		Exercise 10 - 11 Crib 7 pm All Welcome	
16	17	18	19	20	21	22
	St. Patrick's Day T.O.P.S. 9-9:30 am Exercise 9:30-10:30 UPS 7 PM	Soup & a Bun Noon	Exercise 9:30-10:30 UPS 7 PM		Exercise 10 - 11 Crib 7 pm All Welcome	
23	24	25	26	27	28	29
	T.O.P.S. 9-9:30 am Exercise 9:30-10:30 UPS 7 PM	Soup & a Bun Noon	Exercise 9:30-10:30 UPS 7 PM		Exercise 10 - 11 Crib 7 pm All Welcome	
30	31	<p align="center"><b>WATCH FOR YARD SALE</b></p>				

# Royal Canadian Legion Br. #52

425 LANSDOWNE  
KAMLOOPS, B.C. V2C 2C5  
PHONE: 374-1742 Fax: 374-1708

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
Meat Draw 2:30	LA Mtg 1pm	Open 11-6pm	Darts 7:30 pm	Crib 7:00 pm	Dance to True Blue 8pm-midnight \$5 per person	Meat Draw 2:30 Crib 7pm
9	10	11	12	13	14	15
Meat Draw 2:30	Open 11-6pm	Open 11-6pm	Darts 7:30 pm	Crib 7:00 pm	Dance to Carl McLaughlin 8pm-midnight \$5 per person	Giant Crib 11 am Meat Draw 2:30 Crib 7pm
16	17	18	19	20	21	22
Meat Draw 2:30	Open 11-6pm	Open 11-6pm	Darts 7:30 pm	Crib 7:00 pm	Dance to Churchill & Pavlovich 8pm-midnight \$5 per person	Meat Draw 2:30 Crib 7pm
23	24	25	26	27	28	29
Meat Draw 2:30	General Membership Meeting 7:30pm	Open 11-6pm	Darts 7:30 pm	Crib 7:00 pm	Dance to Sid Cope 8pm-midnight \$5 per person	Meat Draw 2:30 Crib 7pm
30	31	<p align="center">Kitchen now open under new management Stop in and see what's new</p>				

# Salmon Arm Seniors' Br. #109

Centre Open Monday through Friday 9:00 a.m. to 4:00 p.m.  
Branch #109 Salmon Arm, B.C. 170-5th Ave., Salmon Arm V1E 4P2  
Phone 832-1065

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
Jam Session 7pm-10pm	Table Tennis 9-10:30am Keep Fit 10:30-11:30 Crib 1:30pm Round Dance Lesson 6pm Social Bridge 7pm Square Dancing 7:30pm	Champs 9-10am Carpet Bowling 9:30-11:30 Floor Curling 9:30-11:30am Scrabble 10am Darts 1pm Weight Watchers 6:30-7:30pm Duplicate Bridge 7pm	Floor Shuffleboard 9:30-11:30am Ladies Fun Day Bridge 1pm Bingo 1:15-3:30pm Chess 6 pm Men's Club-Bridge 1pm New Square Dancers 7:30pm	Weight Watchers 8:30-10:30am Men's Club-Bridge 9-10:30am 10:30-11:30 Keep Fit Social Bridge 1pm Carpet Bowling 1pm 7pm Crib	Board Mtg 9:30am Sing-a-Long 10-11:30 am Whist 1:30 Shuffleboard 1:30-3:30pm Rented Karaoke	Rented Mar 8- International Women's Day
9	10	11	12	13	14	15
	Table Tennis 9-10:30am Keep Fit 10:30-11:30 Crib 1:30pm Round Dance Lesson 6pm Social Bridge 7pm	Champs 9-10am Carpet Bowling 9:30-11:30 Floor Curling 9:30-11:30am Scrabble 10am Darts 1pm Weight Watchers 6:30-7:30pm Duplicate Bridge 7pm	Floor Shuffleboard 9:30-11:30am Ladies Fun Day Bridge 1pm Bingo 1:15-3:30pm Chess 6 pm Men's Club-Bridge 7pm New Square Dancers 7:30pm	Weight Watchers 8:30-10:30am Men's Club-Bridge 9-10:30am 10:30-11:30 Keep Fit Social Bridge 1pm Carpet Bowling 1pm 27 Rented 7pm Crib	Sing-a-Long 10-11:30 am Whist 1:30 Gen Mtg 1:30 pm Shuffleboard 9:30-11:30am	Rented Wedding
16	17	18	19	20	21	22
Irish Stew 1-5pm Jam Session 7pm-10pm	St. Patrick's Day 17 Table Tennis 9-10:30am Historical Committee 9:30am Keep Fit 10:30-11:30 Crib 1:30pm Round Dance Lesson 6pm Social Bridge 7pm	Champs 9-10am Carpet Bowling 9:30-11:30am Floor Curling 9:30-11:30am Scrabble 10am Darts 1pm Weight Watchers 6:30-7:30pm Duplicate Bridge 7pm	Floor Shuffleboard 9:30-11:30am Ladies Fun Day Bridge 1pm Bingo 1:15-3:30pm Chess 6 pm Men's Club-Bridge 7pm New Square Dancers 7:30pm	Weight Watchers 8:30-10:30am Men's Club-Bridge 9-10:30am 10:30-11:30 Keep Fit Social Bridge 1pm Carpet Bowling 1pm 7pm Crib	Sing-a-Long 10-11:30 am Whist 1:30 Shuffleboard 1:30-3:30pm Dance-Fender Benders 8-12pm	GARAGE SALE
23	24	25	26	27	28	29
	Table Tennis 9-10:30am Keep Fit 10:30-11:30 Crib 1:30pm Round Dance Lesson 6pm Social Bridge 7pm Square Dancing 7:30pm	Champs 9-10am Carpet Bowling 9:30-11:30 Floor Curling 9:30-11:30am Scrabble 10am Darts 1pm Weight Watchers 6:30-7:30pm Duplicate Bridge 7pm	Floor Shuffleboard 9:30-11:30am Ladies Fun Day Bridge 1pm Bingo 1:15-3:30pm Chess 6 pm Men's Club-Bridge 7pm New Square Dancers 7:30pm	Weight Watchers 8:30-10:30am Men's Club-Bridge 9-10:30am 10:30-11:30 Keep Fit Social Bridge 1pm Carpet Bowling 1pm 7pm Crib	Sing-a-Long 10-11:30 am Whist 1:30 Shuffleboard 1:30-3:30pm Rented-Placidally Terrace	Rented Diabetic Ass'n 12:30-4:45
30	31	<p align="center">Happy St. Patrick's Day</p>				

# Shuswap Lake Senior Citizens' Society, Salmon Arm

Shuswap Lake Senior Citizens Society  
Box 1552 - 31 Hudson St. NE  
Salmon Arm, V1E 4P6 250-832-3015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
Spiritualist Church 11am	Pool 9am Spiritualist Church 7pm	Pool 9am Art 10-12 pm Crib 1pm	Pool 9am Whist 7pm	Pool 9am BD 7pm	Pool 9-4pm Lunch 11:30am Bridge 1pm	Yard Sale 8am-12 Bingo 5-9:30 Earlybird 6:30 Regular 7pm
9	10	11	12	13	14	15
Spiritualist Church 11am Sons of Norway 12:30 pm Country Western Jam 7pm	Pool 9am	Pool 9am Art 10-12 pm Crib 1pm Metis 7pm	Pool 9am Whist 7pm	Pool 9am BD 7pm	Pool 9-4pm Lunch 11:30am Bridge 1pm	Pool 9am Bingo 5-9:30 Earlybird 6:30 Regular 7pm
16	17	18	19	20	21	22
Spiritualist Church 11am Singles 3pm	Pool 9am	Pool 9am Art 10-12 pm Crib 1pm	Pool 9am DIR Mtg 10am Whist 7pm	Pool 9am BD 7pm	Pool 9-4pm Lunch 11:30am Bridge 1pm CMHA 6:30pm	Pool 9am Bingo 5-9:30 Earlybird 6:30 Regular 7pm
23	24	25	26	27	28	29
Spiritualist Church 11am Blue Grass Jam 7pm	Pool 9am	Pool 9am Art 10-12 pm Crib 1pm	Pool 9am Whist 7pm	Pool 9am BD 7pm	Pool 9-4pm Lunch 11:30am Bridge 1pm	Pool 9am Bingo 5-9:30 Earlybird 6:30 Regular 7pm
30	31	<p align="center">Happy St. Patrick's Day</p>				
Spiritualist Church 11am	Pool 9am	<p align="center">Renovations start now and go for approx. month</p>				

# Barriere & District Seniors Society

4431 Barriere Town Road  
Box 791 Barriere V0E 1E0  
Len Roosen, President 672-0260

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
	Art Classes 1pm Whist 7pm	Carpet Bowling 10 am Crafts 1:30pm	Fun Cards 1pm	Carpet Bowling 10 am Gen Mtg 3pm Pot Luck 5pm	Bingo Doors Open at 6:30pm	Play Pool 9:00 am
9	10	11	12	13	14	15
	Art Classes 1pm Whist 7pm	Carpet Bowling 10 am Crafts 1:30pm	Fun Cards 1pm	Carpet Bowling 10 am		Play Pool 9:00 am
16	17	18	19	20	21	22
	St. Patrick's Day Art Classes 1pm Whist 7pm	Carpet Bowling 10 am Crafts 1:30pm	Fun Cards 1pm	Carpet Bowling 10 am	Bingo Doors Open at 6:30pm	Play Pool 9:00 am
23	24	25	26	27	28	29
	Art Classes 1pm Whist 7pm	Carpet Bowling 10 am Crafts 1:30pm	Fun Cards 1pm	Carpet Bowling 10 am Executive Mtg		Play Pool 9:00 am
30	31	<p align="center">Food for Thought . . . At birth, a Panda is smaller than a mouse</p>				

# Clearwater Friendly Club

O.A.P.O. #137  
Evergreen Acres  
Phone: 674-3365 674-2706 674-3326 587-6338

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
Hymn Sing 7:30 pm	Carpet Bowling 10am & 1pm	Friendly Club 1:30pm Business Mtg 1:30 pm		Carpet Bowling 1pm	Coffee & Gabfest 10am Lunch 12:00 Noon	
9	10	11	12	13	14	15
	Carpet Bowling 10am & 1pm	Friendly Club 1:30pm Davey Davidson w/accordion 1:30pm		Carpet Bowling 1pm	Coffee & Gabfest 10am Lunch 12 Noon	
16	17	18	19	20	21	22
Hymn Sing 7:30 pm	St. Patrick's Day Carpet Bowling 10am & 1pm	Friendly Club 1:30pm		Carpet Bowling 1pm	Coffee & Gabfest 10am	
23	24	25	26	27	28	29
	Carpet Bowling 10am & 1pm		Friendly Club 1:30pm Potluck Noon	Carpet Bowling 1pm	Coffee & Gabfest 10am	
30	31					
Meat Draw 2:30	Carpet Bowling 10am & 1pm					

# Thrupp Manor

By MARJORIE KRECSY  
Looking through scrap books in the manager's office, I found some interesting historical information leading up to the official opening of Thrupp Manor on May 25, 1967.

The idea for this type of facility was first presented to the public by the annual council of women in 1958. It was largely promoted by Branch #25 of the Senior Citizens Association of B.C.

The eventual goal became a home for single seniors and couples. A survey was taken and resulted in a list of nine couples and several single men and women in need.

February has been a busy month and we have had a goodly number and variety of entertainers. We enjoyed all the entertainers and we thank them.

We also thank the church groups that spend time with us; also Dora, our hairdresser; Simone, our manicurist; the ladies who supply bingo night; the very kind couple who bring us the lovely banana cakes; and the two ladies who bring us homemade bread and lovely Italian bread.

The days are now a little longer and when the sun shines it is lovely, warm and bright. We are well cared for and have wonderful friends. We enjoy our days on this earth and we are most thankful for our many blessings.

# Glenfair News

By ELAINE HARKNESS  
The snow is all gone, the sun is shining and we can get our much-needed walks in. The weather is fickle, but we are enjoying it anyway.

Our potluck on Feb. 19 was a great success, with a variety of dishes and desserts, followed by music by the Golden Serenaders. The next potluck will be on March 19, with the VIP Band playing.

At the general meeting it was decided to have our April 16 potluck catered by the same chef who did our Christmas dinner. It will cost \$10, prepaid tickets only. We have room for 50, so phone Roger at 828-7878 to reserve - first come, first served. The Golden Serenaders will play after dinner.

Margaret K's birthday was on Feb. 1, and her family gave her a huge cake, which we all enjoyed.

We are waiting for Gert to get well after surgery, so we can play off perfect scores. We hope Gert, and others who have had hospital stays, will get well soon.

Valentines Day has come and gone, so we hope your wishes were answered and that it was a great day for all. We had our Valentine's cake with hearts on top.

There are many books and jigsaw puzzles at the hall so anyone who is interested can come and have a look.

# Seniors Activity Centre Salmon Arm #109

February events were exciting, profitable and happy. The Valentine dinner dance was very well attended and should net about \$1,100 to be put against the debt. Our Valentine tea was also a great success and produced enough money to buy the carpet bowlers another set of bowls. We can now concentrate on getting them another carpet – as it sounds as though inter-facility tournaments are in the offing.

Two interesting speakers attended the general meeting on Feb. 14. Lynda Olson talked about her plans to organize senior tours during the off-season. Members filled out questionnaires to give Lynda some idea of what we like to do. Marlene Glazenbug from the Day Away program at the Seniors' Resource Centre outlined the program for seniors. It sounds as though everyone who attends has a great time and they are hopeful of adding another day in the fall. The main speaker at the March 14 meeting will be Catherine Douglas on long term care. This is being sponsored by John Wilson of

Investors Group and should be of interest to all seniors. It will begin at 2:30, and this portion of the meeting will be open to the public.

Watch for our annual St. Patrick's Irish stew supper on March 16. The centre will open at 1 p.m. for fun and games, and supper will commence at 5 p.m. The price will be \$7.50.

Also in March, there will be a gigantic garage sale on March 22 and 23. We are planning a birthday bash for March

30. We moved into the new centre on March 28 last year, so we feel it is time to celebrate.

Some very wonderful people have come forth this month. Carter Carson has volunteered to cut our grass in the spring. A lady will donate the money to pay for the installation of smoke detectors in the kitchen, and a great guy has bought us six beautiful dining room tables to replace the rickety card tables we have been using in the dining

area. Another lady has donated the tablecloths for the new tables – so you see prayers do get answered.

Annual dues are payable before the end of February so come along with your \$10 and get them paid. Office hours are 9 a.m. to 4 p.m., Monday to Friday. Phone 832-1065.

Our Ways and Means committee is looking for the donation of bud vases for floral arrangements for the convention banquet.

# Chase Seniors Centre

O.A.P.O. BRANCH #53  
542 SHUSWAP AVENUE  
679-8522

OPEN 9:00 to 11:30 am  
Except Sat. & Sun.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Carpet Bowling 1:30 pm	4 Snooker 8:30-11:30 am Line Dancing 10 am BINGO 1:00 PM	5 Snooker 8:30-11:30 am Crafts 9am Crib 1:00 pm	6 Snooker 8:30-11:30 am Exec Mtg 11am CARPET BOWLING 1 PM	7 Snooker 8:30-11:30 am	1/8
9	10 Carpet Bowling 1:30 pm	11 Snooker 8:30-11:30 am Line Dancing 10 am BINGO 1:00 PM	12 Snooker 8:30-11:30 am Crafts 9am Crib 1:00 pm	13 Snooker 8:30-11:30 am CARPET BOWLING 1 PM	14 Snooker 8:30-11:30 am Potluck 12 noon Gen Mtg 2pm	15
16	17 St. Patrick's Day Carpet Bowling 1:30 pm	18 Snooker 8:30-11:30 am Line Dancing 10 am BINGO 1:00 PM	19 Snooker 8:30-11:30 am Crafts 9am Crib 1:00 pm	20 Snooker 8:30-11:30 am CARPET BOWLING 1 PM	21 Snooker 8:30-11:30 am Special Events Appreciation for Members 7pm	22
23	24 Carpet Bowling 1:30 pm	25 Snooker 8:30-11:30 am Line Dancing 10 am BINGO 1:00 PM	26 Snooker 8:30-11:30 am Crafts 9am Crib 1:00 pm	27 Snooker 8:30-11:30 am CARPET BOWLING 1 PM	28 Snooker 8:30-11:30 am	29
30	31 Carpet Bowling 1:30 pm	Obscure Trivia . . . Male hospital patients fall out of bed twice as often as female patients.				

# Anglemont Seniors #112

DROP-IN CENTRE OPEN  
MON-FRI. 1-4 P.M.  
Coffee is on & hostess on duty

LAKEVIEW CENTRE  
SQUILAX/ANGLEMONT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Carpet Bowling 10-Noon 1-3pm	4 Crafts 9:30-Noon Arts All Day Senior Mtg 7:30 pm	5 Choir 1-3 pm Cards 7 pm	6 Carpet Bowling 10-Noon & 1-3 Mayhem 7pm	7 Wood Carving 9-12pm	1/8
9	10 Carpet Bowling 10-Noon 1-3pm	11 Crafts 9:30-Noon Arts All Day	12 Choir 1-3 pm Cards 7 pm	13 Carpet Bowling 10-Noon & 1-3 Mayhem 7pm	14 Wood Carving 9-12pm	15
16	17 St. Patrick's Day Carpet Bowling 10-Noon 1-3pm	18 Crafts 9:30-Noon Arts All Day	19 Choir 1-3 pm Cards 7 pm	20 Carpet Bowling 10-Noon & 1-3 Mayhem 7pm	21 Wood Carving 9-12pm	22 St. Patrick's Dinner & Dance 5:30 Cocktails 6:30 Dinner \$10 Members \$12 Non-members
23	24 Carpet Bowling 10-Noon 1-3pm	25 Crafts 9:30-Noon Arts All Day	26 Choir 1-3 pm Cards 7 pm	27 Carpet Bowling 10-Noon & 1-3 Mayhem 7pm	28 Wood Carving 9-12pm	29
30	31 Carpet Bowling 10-Noon 1-3pm	Pool 1-4 pm Monday to Friday		Coffee 1-4 pm		

# Sorrento O.A.P.O. #165

Open Daily PASSCHENDAELE ROAD, SORRENTO, B.C.  
Except Sunday Phone: (250) 675-5358  
1:30 pm till 4 pm Doreen Dever, President 675-2886

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Glee Club 10 am Bridge 1 pm AAA 8pm	4 Crib 1:30pm	5 Hospice 10 am TOPS 9am	6 Drama 9:30 am Shuffleboard 10am Exec Mtg 1:30pm	7 Carpet Bowling 10 am Crafts 1pm	1/8 Scottish Dancing 10:30am
9	10 Glee Club 10 am Bridge 1 pm AAA 8pm	11 Wheels to Meals 10am Crib 1:30pm	12 TOPS 9am	13 Drama 9:30 am Shuffleboard 10am Gen Mtg 2pm	14 Carpet Bowling 10 am Crafts 1pm Bingo 7pm	15 Scottish Dancing 10:30am
16	17 Glee Club 10 am Bridge 1 pm AAA 8pm	18 Crib 1:30pm	19 TOPS 9am	20 Drama 9:30 am Shuffleboard 10am	21 Carpet Bowling 10 am Crafts 1pm	22 Scottish Dancing 10:30am
23	24 Glee Club 10 am Bridge 1 pm AAA 8pm	25 Wheels to Meals 10am Crib 1:30pm	26 TOPS 9am Diabetes 1:30 pm	27 Drama 9:30 am Shuffleboard 10am Potluck 12 Noon	28 Capet Bowling 10am Crafts 1pm Bingo 7pm	29 Scottish Dancing 10:30am
30	31 Glee Club 10 am Bridge 1 pm AAA 8pm	Obscure Trivia . . . Female canaries can not sing.				

# Merritt Senior Centre

THE MERRITT SENIORS ASSOC.  
and O.A.P.O. Br. #168  
Stan Rowland, President — 378-6576

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Crafts 1:30pm Whist & Cribbage 7:30pm	4 Bingo 1:00 pm Bridge 7pm	5 Carpet Bowling 1:30pm Court Whist 7pm	6 Floor Curling 1:30pm Shuffleboard 7 pm	7 Rummoli 7 pm	1/8 FLOOR CURLING 1 PM
9	10 Crafts 1:30pm Whist & Cribbage 7:30pm	11 Bingo 1:00 pm Bridge 7pm	12 Carpet Bowling 1:30pm Court Whist 7pm	13 Floor Curling 1:30pm Shuffleboard 7 pm	14 General Mtg 1:30pm Rummoli 7 pm	15 FLOOR CURLING 1 PM St. Patrick's Party 7pm
16	17 St. Patrick's Day Crafts 1:30pm Whist & Cribbage 7:30pm	18 Bingo 1:00 pm Bridge 7pm	19 Carpet Bowling 1:30pm Court Whist 7pm	20 Floor Curling 1:30pm Shuffleboard 7 pm	21 Shut in Luncheon 12 Noon Rummoli 7pm	22 FLOOR CURLING 1 PM
23	24 Crafts 1:30pm Whist & Cribbage 7:30pm	25 Bingo 1:00 pm Bridge 7pm	26 Carpet Bowling 1:30pm Court Whist 7pm	27 Floor Curling 1:30pm Shuffleboard 7 pm	28 Potluck Supper 6pm Rummoli & Games 7pm	29 FLOOR CURLING 1 PM
30	31 Crafts 1:30pm Whist & Cribbage 7:30pm	Food for Thought . . . The Statue of Liberty's Index Finger is eight feet long				

# Revelstoke Senior Citizens Br. #83

Phone 837-9456 or 837-2252

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 9:30 am Church 1 pm Bridge	4 9:30 am Church 1 pm Bridge	5 9 am Carpet Bowling 1pm Sr 5 pin 1pm Bridge 7pm Darts	6 9 am Carpet Bowling 1pm Crib	7 1pm 5 Pin Bowling 1pm Duplicate Bridge	1/8 Open
9	10 9:30 am Church 1 pm Bridge	11 9:30 am Church 1 pm Bridge	12 9 am Carpet Bowling 1pm Sr 5 pin 1pm Bridge 7pm Darts	13 9 am Carpet Bowling 1pm Crib	14 1pm 5 Pin Bowling 1pm Duplicate Bridge	15 Open
16	17 St. Patrick's Day 9:30 am Church 1 pm Bridge 6:30 Pancake Supper	18 9:30 am Church 1 pm Bridge	19 9 am Carpet Bowling 1pm Sr 5 pin 1pm Bridge 7pm Darts	20 9 am Carpet Bowling 1pm Crib	21 1pm 5 Pin Bowling 1pm Duplicate Bridge	22 Open
23	24 9:30 am Church 1 pm Bridge	25 9:30 am Church 1 pm Bridge	26 9 am Carpet Bowling 1pm Sr 5 pin 1pm Bridge 7pm Darts	27 9 am Carpet Bowling 1pm Crib	28 1pm 5 Pin Bowling 1pm Duplicate Bridge	29 Open
30	31 9:30 am Church 1 pm Bridge	Happy St. Patrick's Day				

# Hearsay from Helen

By HELEN WILSON

It gives me great pleasure this month to let all of you who participate in our annual penny drive know that we (Kamloops People Who Care) once more topped our donation off at \$520. Twenty dollars was in a cheque made out to Variety Telethon and given to us as part of our total. The money goes to help B.C. sick children through Variety Club.

My special thanks to Kay Whiteman and Shirley Lowe who for seven years have co-ordinated the penny drive with me. Our contribution over these years is approximately \$3,500. Thank you from all three of us, and the children. Now we begin again.

This winter saw the passing of two former residents of Glenfair. Our sympathies go to the families of Maria Bray and Marian Gauthier. Maria and Marian were actively involved in our community.

# Seniors' Resource Centre, Salmon Arm

#51 - 6th St. N.E.  
Salmon Arm, B.C. V1E 1H1  
Phone 832-7000 Fax 833-0550

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 MMM 9:30 am Meals on Wheels 11:30 am Income Tax Clinic starts 9am	4 Osteoift 9:30am Lunch with Friends 11:30am	5 Shop & Drop 9:30 am Meals on Wheels 11:30 am	6 Osteoift 9:30am	7 Day Away 9:30- 2:30pm Meals on Wheels 11:30am CNIB 9-4pm	1/8
9	10 MMM 9:30 am Meals on Wheels 11:30 am Wellness Clinic 11:30 am	11 Osteoift 9:30am Lunch with Friends 11:30am	12 Shop & Drop 9:30 am Meals on Wheels 11:30 am	13 Osteoift 9:30am Caregiver Group 1pm	14 Day Away 9:30- 2:30pm Meals on Wheels 11:30am	15
16	17 MMM 9:30 am Meals on Wheels 11:30 am Friendly Check-in	18 Osteoift 9:30am Lunch with Friends 11:30am	19 Shop & Drop 9:30 am Meals on Wheels 11:30 am Friendly Check-in	20 Osteoift 9:30am	21 Day Away 9:30- 2:30pm Meals on Wheels 11:30am Friendly Check-in	22
23	24 MMM 9:30 am Meals on Wheels 11:30 am Friendly Check-in	25 Osteoift 9:30am Lunch with Friends 11:30am	26 Shop & Drop 9:30 am Meals on Wheels 11:30 am Friendly Check-in	27 Osteoift 9:30am Caregiver Group 1pm	28 Day Away 9:30- 2:30pm Meals on Wheels 11:30am Friendly Check-in	29
30	31 MMM 9:30 am Meals on Wheels 11:30 am Friendly Check-in	Volunteer Income Tax Preparation Monday to Friday 9-3pm — No Appointment Necessary Income Threshold 20,000 individual — 25,000 per couple.				

# Ashcroft-Cache Creek O.A.P.O. #111

601 BANCROFT  
Ashcroft, B.C. 453-9828  
Jordi Flaherty, President

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Closed	4 1-4pm Bridge	5 1-4 Carpet Bowling & Cards	6 Whist 1-4 pm	7 Members Choice 1-4 PM	1/8 Bingo 1-4pm
9	10 Closed	11 1-4pm Bridge	12 1-4 Carpet Bowling & Cards	13 Whist 1-4 pm	14 Members Choice 1-4 PM	15 Bingo 1-4pm
16	17 St. Patrick's Day Closed	18 1-4pm Bridge	19 1-4 Carpet Bowling & Cards	20 Whist 1-4 pm	21 12-1 Potluck 1-4 Mtg & Games	22 1-4 Carpet Bowling & Crib Bingo 1-4pm
23	24 Closed	25 1-4pm Bridge	26 1-4 Carpet Bowling & Cards	27 Whist 1-4 pm	28 Members Choice 1-4 PM	29 1-4 Carpet Bowling & Crib Bingo 1-4pm
30	31 Closed	Thanks Pat!! For taking care of business while our President is recuperating!				

# Pig & Whistle

7pm

April 23, 24, 25, 26

May 1, 2, 3

Matinee 1pm

April 23, 24, 25

May 1

\$10 per person

Tickets (250) 955-2359

Box 91 Celistia BC

VOE 1L0

Yvonne Dalin

## B.C. Seniors' Games – Zone 8 Report

*Editor's note: It is with sadness we report that Chuck Laidlaw, our intrepid reporter for many years, passed away on Friday, February 28. Our condolences go out to Mary and the family.*

BY WILF SCHNEIDER

This is the time of year when all the activity connected with preparing for the

B.C. seniors' games begins. Zone 8 co-ordinators are in place for the various sports that will take place in Chilliwack in September of this year. All seniors over the age of 55 are eligible to take part in the events. Anyone wanting to participate is asked to call the co-ordinator for the sport(s) you are interested in.

The co-ordinators are: badminton – Bob Boyd at 679-3151, bocce – Doris Morgan at 837-2252, bridge – Bev Lister at 372-5840, carpet bowling – Nina Clearwaters at 672-5944, cribbage – Olga Palmer at 578-7140, cycling – Maureen Cavalsky at 832-9450, darts – Pearl Thompson at 679-8404, 5-pin bowling – Edith Cobb at 376-3491, floor curling – Wilf Schneider at 374-7201, ladies' golf – Joyce Fraser at 374-9859, men's golf – Ron Wark at 851-2005, horse-shoes – Clarence Juell at 832-9873, lawn bowling – Jen Comazetto at 372-2389, one-act plays – Joyce Riches at 573-5539, slo-pitch – Reg Lucas at 828-1620 and Keith Wallace at 376-9956, snooker – Frank Costa at 675-3438, swimming – Stan Agent at 679-2998, table

tennis – Dennis Chow at 955-2899, tennis – John Plowman at 372-7542, track and field – Marjorie Sutherland at 578-8245, whist – Pat Kirby at 453-9762, and ice curling – Vic Endean at 679-3484.

We have representatives in each area of the zone, and this list will be published in next month's issue of the *Senior Connector*.

A Zone 8 fundraiser bonspiel will be held at the McArthur Island Curling Club on Saturday, March 15. This will consist of 4-ender games, with lunch and coffee supplied. There will be prizes. The cost for the whole day is \$20 per curler. Anyone interested is asked to call Alert Kowalski at 679-3063, Liz Karpluk at 374-4312 or Barb Olsen at 579-8297. There are also sign-up sheets at the Kamloops Curling Club and at the McArthur Island Curling Club. Single players, as well as teams, may enter. We've been guaranteed a fund day by the organizing committee.

We are also planning a fundraiser dinner to take place in April or May. This will be a dinner at Robbie's on a Monday evening

## Veterans' Candlelight Tribute

BY BILL DOGGART

On May 8, 2003 at 7pm V.E. Day, the military Veteran's of Kamloops and district will honour our veterans.

We will need to identify all the gravesites of our veterans. We will need to raise three thousand dollars to purchase twelve hundred plus candles. All donations can be made to the Kamloops Veteran's Candlelight Tribute at the Royal Canadian Legion Br. 52, 425 Lansdowne St. Phone 374-1742 or the Army Navy and Airforce Veterans of Canada Unit 290 at 444 Tranquille Rd. Phone 554-2455.

between 5 p.m. and 8 p.m. – kind of come and go between these times. This will cost \$10, part of which will be refunded to the club. The best part is that you don't have to be a member to come and guests will be welcome. More on this next month.

Finally, all seniors are invited to attend our meetings. The next meeting will be on Thursday, March 20 at 11 a.m. at Heritage House. See you there.

## Something new for Le Jeune Manor

BY ARLENE SHORSKY

As I left my suite on the second floor, the aroma of pancakes, bacon and sausages filled the air. This delectable smell was intensified on the elevator right down to the dining room. What a pleasant way to wake up in the morning.

It was Feb. 8, and from 9 a.m. to 11 a.m. John and Betty Wiens, Knights of Columbus, Wanda Bedard, and Phyllis Huppie, were busy keeping up with breakfast orders.

About 25 people attended this first-time event – and we hope it continues on a monthly basis.

## March Birthdays at Ponderosa

Birthday wishes for the month of March go out to Thomas Bett, Winifred Farquharson, Ed Westwick, J.R. (Jack) Giles, Ivy Brodkorb, Alice Loewen, Bill Nystoruk, Antoinette (Toni) Ballard, Michael Barton, Theresa (Alvina) Schaan, Margaret Wood, Harold MacIntosh, John Hendry, Kay Holland and Pet Viezzer. Congratulations on your special day!

## Tourism Kamloops

March — April 2003

PLEASE CONTACT THE FACILITY TO CONFIRM TIME, PRICE, AND DATE. IF YOU KNOW OF ANY EVENTS TO BE LISTED ON THIS CALENDAR, PLEASE CALL THE KAMLOOPS VISITOR INFO CENTRE, 374-3377

MARCH		
Mar 1	.....WCT Presents "Ancestral Voices: A Family Story" .....	Pavilion Theatre .....374-5483
Mar 1-2	.....BC Parks Bonspiel .....	Kamloops Curling Club .....828-3580
Mar 1-9	.....Kamloops Festival of Performing Arts .....	Various Venues .....374-3491
Mar 2	.....Kamloops Blazers vs Portland .....	Sport Mart Place .....828-3339
Mar 2	.....Synchro BC Interior Regional Meet .....	Canada Games Pool .....828-3580
Mar 3	.....WCT supports "Lysistrata Project" Play Reading .....	Centre Court Theatre .....
Mar 3	.....at Cottonwood Centre .....	372-3216
Mar 4	.....Old Courthouse Hostel Heritage Tour .....	7 West Seymour St. ....828-7991
Mar 5	.....Exploring BC's Western Heritage .....	.....
Mar 5	....."Seeing our Past Reflected in our Future" .....	Kamloops Museum .....828-3576
Mar 6	.....Mining & Exploration in South-Central BC "Gold!" .....	Days Inn .....578-2068
Mar 7-8	.....Telus Nancy Greene Corporate Challenge .....	Sun Peaks .....578-5411
Mar 7-9	.....Cowboy Festival .....	Calvary Temple .....1-888-763-2224
Mar 7-9	.....Annual Airlines Bonspiel .....	Kamloops Curling Club .....828-3580
Mar 7	.....Night of Champions III Dinner & Charity .....	.....
Mar 7	.....Sports Auction .....	Colombo Lodge .....314-1959
Mar 8	.....KSO Presents "Sounds Serene" .....	Sagebrush Theatre .....372-5000
Mar 8-9	.....KMHA Tournament .....	Memorial/Brock Arenas .....828-3580
Mar 9	.....Honours Concert .....	Sagebrush Theatre .....374-3491
Mar 11	.....Old Courthouse Hostel Heritage Tour .....	7 West Seymour St. ....828-7991
Mar 13-16	.....Sportsmen's 54th Annual Bonspiel .....	Kamloops Curling Club .....828-3580
Mar 14	.....Kamloops Blazers vs Prince George .....	Sport Mart Place .....828-3339
Mar 15-23	.....BC Extreme Spring Break .....	Sun Peaks .....578-5411
Mar 15-16	.....BC Speed Skating Championships .....	Sports Centre Arena .....828-3580
Mar 15-16	.....KMHA Tournament .....	Brock Arena .....828-3580
Mar 16	.....Stallion Services Auction .....	KXA .....1-250-679-8554
Mar 18	.....Old Courthouse Hostel Heritage Tour .....	7 West Seymour St. ....828-7991
Mar 20-21	.....WCT Presents "Witness for the Prosecution" .....	Sagebrush Theatre .....374-5483
Mar 20	.....Mining & Exploration in South-Central BC "Fossils!" .....	Days Inn .....578-2068
Mar 22	.....KSO Presents "Daedalus String Quartet" .....	Calvary Temple .....372-5000
Mar 22	.....Rockin'Roll Dance .....	Best Western .....828-0469
Mar 22-23	.....Kamloops Target Sport Association .....	KXA .....828-2033
Mar 22-23	.....20th Annual Gun & Antique Show & Sale .....	.....
Mar 22-23	.....3rd Annual Custom Knife Show .....	.....
Mar 22-23	.....3rd Annual "From the Wild" Arts & Craft Sale & Show .....	.....
Mar 22-23	.....Jam Can Curling Bonspiel .....	Kamloops Curling Club .....828-3580
Mar 25	.....Old Courthouse Hostel Heritage Tour .....	7 West Seymour St. ....828-7991
Mar 26	.....Welcome Wagon-Baby Shower .....	Desert Gardens .....372-7900
Mar 26	.....DMX Concert .....	Sport Mart Place .....374-9200
Mar 28-30	.....Coca Cola Classic Senior Men's .....	Memorial/Sports Centre .....828-3580
Mar 28-30	.....Hockey Tournament .....	.....
Mar 29-30	.....Ranch & Country Show .....	KXA .....554-0068
APRIL		
Apr 3	.....Mining & Exploration in South-Central BC .....	Days Inn .....578-2068
Apr 3	....."Highland Valley" .....	.....
Apr 4-6	.....RCMP Hockey Tournament .....	Sports Centre Arena .....828-3580
Apr 5	.....KSO Presents "A Feast of Dvorak" .....	Sagebrush Theatre .....372-5000
Apr 5	.....Nancy Greene Ski League Children's Race .....	Sun Peaks .....578-5411
Apr 5-6	.....Mars Family Fun Days .....	Sun Peaks .....578-5411
Apr 5-7	.....Canadian Masters Alpine Downhill .....	Sun Peaks .....578-5411
Apr 5-21	.....Spring Snow Festival .....	Sun Peaks .....578-5411
Apr 11-13	.....Alive Again - Passion Play .....	Full Gospel Church .....376-1661
Apr 11-13	.....Kamloops Home & Garden Show .....	KXA .....377-8380
Apr 11-13	.....Synchro BC "Jean Peters" Invitational .....	Canada Games Pool .....828-3580
Apr 11-13	.....Weyerhaeuser Hockey Tournament .....	Kamloops arenas .....828-3580
Apr 12	.....Slush Cup & Dummy Downhill .....	Sun Peaks .....578-5411
Apr 16-21	.....35th Annual Kamloops International .....	Kamloops arenas .....374-5566
Apr 17-20	.....Bantam Ice Hockey Tournament .....	.....
Apr 17-20	.....Alive Again - Passion Play .....	Full Gospel Church .....376-1661
Apr 18-21	.....20th Annual Easter Eggs "travaganza" .....	Wildlife Park .....573-3242
Apr 19-20	.....Easter Festivities .....	Sun Peaks .....578-5411
Apr 20	.....Sun Peaks Survivor .....	Sun Peaks .....578-5411
Apr 20	.....Vintage Car Club Easter Parade .....	Kamloops .....573-5740
Apr 21	.....Tops to Bottoms Race .....	Sun Peaks .....578-5411
Apr 24	.....Mining & Exploration in South-Central BC .....	Days Inn .....578-2068
Apr 24	....."New Fuel!" .....	.....
Apr 26	.....Mountie Stomp .....	KXA .....828-3218
Apr 27	.....2003 Super Cities Walk/Run for MS .....	Riverside Park .....314-0773
Apr 27	.....(Parkside Lounge) .....	.....



## COMMERCIAL CRIME SECTION SENIORS' FRAUD BEAT

BY SGT. BOB SLADE

### Real Survey or Marketing Ploy?

Occasionally you may receive a call asking you to participate in a market research or opinion poll. Survey research is a legitimate and scientific process of acquiring data from the public.

How can you tell the difference? If you are not careful to make the distinction you could end up providing information that will be sold to third parties or used to generate marketing lists for the sales of all types of products and services.

Legitimate survey research companies should never divulge your identity, personal information or individual answers unless you specifically give them permission to do so. In addition, they

should never sell or give your name or phone number to anyone else. No one should ever contact you as a result of your participation except perhaps to validate that you did in fact participate.

Before you respond to a marketing survey or an opinion poll, first ask these questions to determine if the telephone call, mail survey or email is a legitimate survey:

-Are you selling something?  
-Will my participation in this survey result in anyone contacting me to try to sell me anything?  
-Will my name and personal information be sold or dispensed to anyone who will contact me to try to sell me anything?

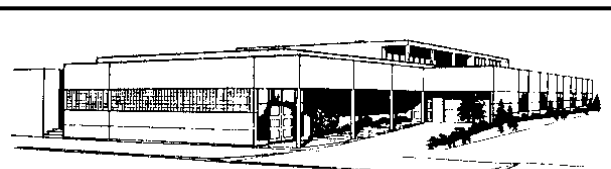
### Emergency, police, & fraud phone numbers

IF, and only if, there is an emergency, call 911

IF you have been a victim of a crime, call the RCMP at 828-3000

IF you have information that could help to solve a crime, call Crimestoppers at 374-TIPS (8477) 1-800-222-TIPS(8477)

IF you would like information about the legitimacy of a company, such as a telemarketing fraud, call Kamloops District Commercial Crime Unit at 828-3174 or Phonebusters at 1-888-495-8501



"LOCALLY OWNED AND OPERATED"

FUNERAL SERVICE MAUSOLEUM  
CREMATION COLUMBARIUM  
MONUMENTS PRE-ARRANGEMENTS

A TRADITION OF SERVICE AND TRUST  
SERVING KAMLOOPS AND AREA FOR  
OVER 100 YEARS

# Schoening's

Funeral Service (1961) Ltd.



FUNERAL SERVICE ASSOCIATION  
OF BRITISH COLUMBIA

## 374-1454

513 SEYMOUR ST.,  
KAMLOOPS, B.C. V2C 2G8

# Notes & Notices

Single? Love? Dating? Companionship?  
**www.matchmaking.ca**  
*bringing singles closer together*  
**376-5080**

**Cozy Country Home**  
 w/glassed-in sunroom  
 15 miles north of Barriere.  
 Spectacular view, rent negotiable, Retired couple preferred.  
**672-9437**

**Enviro-Friendly Janitorial Ltd.**  
 House Cleaning & Janitorial  
*Bonded & Insured*  
 •50+ \$12.00 per hour  
 •Regular Rate \$15.00 per hour  
**376-2790**

**Boxer/Golden Lab mix.**  
 1 yr. old.  
 Well trained.  
 Needs home without children.  
 Prefer retired couple.  
 Neutered and all shots.  
 Moving to Cottonwood.  
**376-0134**

**Flea Market**

**Saturday, Mar. 29<sup>th</sup>**  
**DESERT GARDENS**  
 Do you have anything to donate?  
 We will pick up.  
*Proceeds to Seniors' Community Centre*  
 Call **372-5110**

**KAMLOOPS FAMILY HISTORY SOCIETY** meets 4th Mon. of the month, 7:30 pm, Southwest Community Church, 700 Hugh Allen Dr. FMI: 554-0234

**SONS OF NORWAY HEIMDAL LODGE #141**  
 Meets 7 pm, 1st Wed. of the month at Heritage House. Everyone Welcome. 374-3777.

**GAMBLERS ANONYMOUS.**  
 Tuesdays, 7 pm, St. Georges Church. Thursdays, 10 am, Desert Gardens. Phone Wally 376-7833. Cell 371-3067.

**ELECTRIC SCOOTER.** Like new. New Batteries. 3 wheel, Shop Rider. \$1,500 obo. 250-851-2930.

Canadian Cancer society's 8th **Annual Relay For Life KICK OFF PARTY**  
 Tues., March 11, 7:30-9:30 pm Coast Canadian Inn.  
 Call Chantelle Stone 374-9188 or e-mail: kamloops@bc.cancer.ca

**AFTERNOON CRIBBAGE**  
 McArthur Park Lawn Bowling Clubhouse Tuesdays, 1:30 \$2.00 Everyone Welcome! Coffee and good company. Info: Kay, 376-0917

**ELDERS LUNCHEON**  
 March 26, 10:30 am-3 pm  
**University College of the Cariboo**  
 Info: Claudette or Nicole 372-5882.

**CNIB** seeks volunteers for reception & office duties. Training offered. Contact Karen Sawchuk 374-8080.

**KAMLOOPS HARD OF HEARING** meets 1:30 pm Monday, March 17 at People In Motion 6E, 750 Cottonwood Ave. We will meet every second month, on the third Monday of the month. For more information phone Bill at 573-5466. All Hard of Hearing People are Welcome to attend our meetings.

**KAMLOOPS RED HAT SOCIETY**  
 If you're female and 40+ and love to have fun, come and join us. No meetings. No fundraising. Dinners are last Thursday of the month. Lunch, first Friday of the month. Phone Penny 579-5911 or Barbra 376-9108.

**Kamloops Old Time Fiddlers Dances**  
 Sat., March 8, 8-Midnight  
**Desert Gardens, 540 Seymour St.**  
 Members \$6.00 Non-Members \$7.00 at the door.  
 Sat., March 15, 8-Midnight  
**Eagles Hall, on Tranquille Rd.**  
 Tickets at the door.  
 Sat. March 22, 8-10:30 pm.  
**Eagles Hall. Info: 372-2809**

**KAMLOOPS PROSTATE CANCER SUPPORT AND INFORMATION GROUP**  
 Meets 2nd Saturday of each month. **GLEN FAIR COMMUNITY CENTRE** South end of 5th Ave. (Behind Courthouse) For info call Craig 374-2510 Larry 376-4011  
 Kamloops Cancer Society 374-9188

**KAMLOOPS ANTIQUES & COLLECTABLES CLUB**  
 Meeting 2nd Thursday of every month, 7 pm, Heritage House 573-3670. Everyone is welcome to attend.

**DISABLED PARKING PLACARDS**

Temporary and Permanent are available at:  
**People In Motion**  
 6E - 750 Cottonwood Ave.  
 Kamloops, BC V2B 3X2  
**376-7878 or 1-800-414-4241**  
 Monday - Thursday 8:30 am to 4:30 pm

 **SPARC** applications and renewals also welcome

**THOMPSON VALLEY SENIOR ACTIVITIES SOCIETY**  
**SUNDAY AFTERNOON SENIOR SOCIAL**  
**March 9**  
**1:00 p.m. to 5 p.m.**  
**Desert Gardens**  
**Music by Evergreen Drifters**  
**All Seniors Welcome.**  
**374-7573 or 374-5209**

**SENIORS SLO-PITCH.** For men 55-plus and women 50-plus. Telephone Ella or Gerry Lavery, 372-7435. Hank Alexander, 376-3547. Keith Wallace 376-9956. Ron Wark, 851-2005.

**KAMLOOPS HEAD INJURY** drop-in every Thursday, Desert Gardens Community Centre, 3 p.m.

**FAMILY CAREGIVER SUPPORT GROUP.** Meetings every Wed. morning 10:00 a.m. to 12 Noon — Cornerstone Resource Centre, Suite 100, Desert Gardens Community Centre, 540 Seymour St. For more information call 828-4500

**GLENFAIR CLUB.** Recreation Hall "F" Block. Cribbage: 1 p.m. Mondays. Games: 7 p.m. Tuesdays (subject to change for winter months.) Potluck: 5:30 p.m. third Wednesday in month. Tea Dance 2-4:40 p.m. Thursday. Social Club Meetings 10 a.m. first Monday September through June. Everyone welcome.

**DIABETES** — Are you affected? Want some help? Give us a call 374-5744. Canadian Diabetes Assoc. Desert Gardens Community Centre, 540 Seymour St., Kamloops

**KAMLOOPS WHITE CANE CLUB**  
 Meet first Saturday of every month, Desert Gardens Seniors Community Centre, 540 Seymour St., Kamloops. Call Linda at 376-4900.

**UDON LUNCH.** Japanese Canadian Association. Call for date and time 376-9629

**Comm. Arts Council**  
**March & April Events**  
**Dream Boxes**, March 19 & 26.  
**Creative Journal**, April 2-May 7.  
**Rhythm & Form-Multimedia.** March 13-26. **Juried Art Show**, April 6-May 27. **Arts and Culture Week**, April 28-May 2. Info @ Cara Byers 372-7323

Alzheimer meetings 536 Tranquille Road 544-2440 1-800-886-6946

**Paws - n - Tails**  
**DOG & CAT GROOMING**



Clipper blade sharpening available  
 Four groomers available  
 For Appointment phone:  
**376-6533**  
 864C — 8TH STREET  
 KAMLOOPS, B.C.



**The Canadian Cancer Society's Annual Daffodil Day is on Wednesday, March 26, 2003.**

*For Daffodil preorder forms or more information, please call 374-9188*

**CHASE DIABETES BRANCH** — Meets 2nd Thursday, 7:30 pm. Ilahee Lodge. For information call Gayle 679-8513.

The Salvation Army **SALMART THRIFT STORES**, 533 Tranquille and 662 Symour desperately need volunteers. We need people to sort, stock and repair donated items. Great way to meet new people and to help others. Call Lloyd 376-1110.

**LEGAL QUESTIONS? PRO-BONO LAW CLINIC. TUESDAY AFTERNOONS. APPOINTMENTS, CALL THE SALVATION ARMY. 376-1754.**

**STROKE RECOVERY CLUB** meets on the 2nd, 3rd, and 4th Thursday each month from 10:30 am to 1:00 pm at the Parkview Activity Centre. For info call Shannon Muir 579-0084 or Melody 376-8357. Speech Therapy for Stroke Survivors.

**KAMLOOPS GARDEN CLUB** meets the fourth Wednesday of each month at Heritage House at 7 p.m. For more information call 554-1285

**MINIATURE AIR SHOW**  
 presented by **HIGH COUNTRY FLYERS** (Model aircraft)  
 July 5 and 6  
**Morrison Ranch Field, 10-3**  
**Concession & Dry camping**  
**Potluck Supper Saturday Night.**  
 It's fun! It's for everyone!  
 Don Lurkins 374-8727  
 Don Hiebert 573-7556  
 John Morrison 523-9510

**Multiple Sclerosis Society of Can.** Kamloops and Area Chapter. Contact us at 314-0773 or 1-888-304-6622. We can help!

**LADIES 50+ SLO-PITCH**  
 Rose 376-5219, Jean 376-5887, or Joyce 376-9869.

**RED CROSS SOCIETY NEW LOCATION**  
**340B — 12TH AVE.**  
 Located behind the Lampost. Volunteers are welcome 372-2334

**CONNECT** — Living With Cancer Information and Support Network. The Canadian Cancer Society Office, 685 Victoria St. from 9:30-11:30 a.m.

**Db & Dd**

 •House Cleaning  
 •Janitorial  
 •Senior Discounts

Senior Rates \$13.00/hr  
 Regular Rates 15.00/hr  
 2 hr minimum  
**(250) 376-5754**  
 or  
**(250) 376-3593**

**KAMLOOPS FOOD BANK** — Needs volunteers 376-2252.

**EXCELSIOR REBEKAH LODGE** #23 meets in the I.O.O.F. Hall, 1305 Battle St. General Meeting March 11, 7:30 pm. March 23. March 25. 374-0949 372-3339 376-0040

**THE AFTERNOON AUXILIARY to R.I.H.** are seeking male and female volunteers for a variety of positions. To apply — please call the Volunteer Convener — Hazel Hanson at 374-4365 or 374-5111 local 2331.

**OSTEOPOROSIS SUPPORT** Heritage House first Tuesday of each month, 1:30-3:30 p.m. Lois 372-7104 or Joan 374-4871.

**NORTH KAMLOOPS ELKS 469**  
**102, 1121 12TH ST. Crib every Wed., 7 pm-9:30 pm FMI 376-4684 or 376-4748.**

**Kamloops Group for Multiple Sclerosis**  
**#4, 35 W. Seymour St. 828-0413**

**LIP READING CLASS.** To register call 828-6233.

**PARKINSON'S** Group Meeting at Falcon Lanes Bowling Alley. 3:30 p.m. First Wednesday of every month. 578-7017.


**KAMLOOPS ARTS & CRAFTS CLUB Pottery**  
 Free Classes for seniors 60+ Tuesdays (Ongoing), 2-4pm  
 Instructor: Dian Britt Contact 573-1838. There will be a very small charge for clay.

**OVERLANDER WOMEN'S INSTITUTE** meets 1st & 3rd Tues. at Parkview Centre, 7pm. New members welcome. Call: 376-0418

**OVERLANDER EXTENDED CARE AUXILIARY**, 953 Southill St., meets 2nd Tues. of each month September -June, 1 pm in the meeting room. Proceeds benefit residents of Overlander. New members welcome. Info Donna 554-5569.

**Boaters & Fishermen**  
*Do you operate a boat under 13 feet?*  
 If you do, you now need a **BOAT OPERATOR CARD**  
**Exam \$25**  
**Course \$60-includes boat manual and exam**  
*Group & student rates*

**Andy 374-4531**  
**Thompson River Navigation**  
*Course provider for the Lifesaving Society*

  
**ANAVETS UNIT 290**  
 444 TRANQUILLE RD.,  
 KAMLOOPS, B.C. V2B 3H2  
**SERVICE OFFICER AVAILABLE:**  
**Tuesday & Thursday**  
**1 - 3 p.m.**  
**TO HELP ALL SENIORS**  
*FOR MORE INFORMATION CALL*  
**554-2455**

**VIKING PC Computer Services**



Specializing in affordable assistance, repairs and upgrades in your home or in our shop.  
*Reduced Rates for Seniors!*

**Call Ole @ 372-9718 or 319-0507**  
 email: **vikingpc@telus.net**

• Licensed General Contractor •

**cj's HANDY HUSBAND'S**

*"Any job, big or small"*

*"The handyman professionals"*

REFERENCES AVAILABLE

• Renovations • Painting • Plumbing  
**C. J. Vanderhorst 578-2637**

## Food for Thought by Enid Damer: How Sweet It Is!

I've often wondered why lemons have such a bad name. When we buy something that doesn't live up to our expectations, we say 'I've bought a lemon', meaning it is worthless or distasteful. The magazine, Lemonade, warns new or used car buyers of potential problems. True, lemons are sour to the taste but their juice and rind add piquancy to so many dishes, lifting flavours from bland to exciting in everything from breads to stir-fries to desserts, cold lemonade on a hot afternoon and a hot lemon drink in winter.

My mother occasionally bought lemons as a treat to make lemon curd for tarts, lemon sauce for Christmas pudding or as something special for my Dad — small, thin pancakes to sprinkle with lemon juice and sugar. (They were so good!) Sometimes she would make lemon pie, though not the kind with meringue on top. Hers was a flat, solid pie and because Mom's piecrust was usually tough, it was not my favourite dessert. I was once quite addicted to lemon meringue pie but those days are over, alas. However, I can offer a recipe for a dessert which tastes like the filling without the calories of the crust. It is from the Joy of Cooking.

### Lemon Fluff

1 teaspoon gelatine  
1 1/2 tablespoon cold water  
2 eggs, separated  
juice of one lemon  
1/3 cup sugar plus 1 1/2 tablespoons

Soak the gelatine in the cold water. Set aside. Beat the egg yolks in the top of a double boiler. Add lemon juice. Beat in 1/3 cup of sugar, then add the gelatine. Continue beating over boiling water until the custard thickens somewhat. Cool the mixture. Beat 2 egg whites and a pinch of salt until stiff. Beat in 1 1/2 tablespoons sugar. Fold lightly into lemon custard. Pour into a bowl or individual dishes. Chill.

My very favourite lemon dessert is a lemon soufflé. I've made it so often, the recipe page is covered with brown blotches and the paper is almost crisp. It is that wonderful kind of dessert which, in the baking, separates into a cakey top over a thick, lemony sauce beneath. When our family numbered five, I doubled the recipe but now I use the ingredients as follows and we enjoy it for 2 days.

### Baked Lemon Sponge

1 cup sugar, divided  
1/4 cup flour  
1/2 teaspoon mace or nutmeg  
pinch of salt

2 large eggs separated  
1 cup milk  
2 tablespoons melted butter, or margarine, cooled  
2 teaspoons grated lemon rind

1/4 cup lemon juice  
Sift 3/4 cup of the sugar, flour, mace and salt. Beat egg yolks with milk and add the dry ingredients. Mix well. Stir in cooled butter, rind and juice. Beat egg whites until they stand in soft, stiff peaks then gradually add the remaining 1/4 cup sugar. Gently fold into the the lemon mixture.

Place in a one quart baking dish, having only the bottom greased.

Place in a pan of hot water. Bake in a slow oven, 325 degrees, 50 or 60 minutes or until a knife inserted in the centre comes out clean. Serve either at room temperature or cold.

Lemon Bread has been in my recipe box for many a year. It is plain and simple but especially good on a blustery March afternoon served with a cup of tea.

### Lemon Bread

1/2 cup margarine or shortening  
1 cup sugar  
2 eggs  
1 1/2 cup flour  
1 1/2 teaspoon baking powder  
1/2 cup milk

rind of one lemon

Beat margarine, sugar and eggs together well. Sift flour and baking powder and add to first mixture alternately with milk. Stir in lemon rind. Bake in a loaf pan 40 - 45 min. or until a straw inserted into the middle comes out clean. Meanwhile, mix the juice of one lemon and 1/4 cup sugar. Spoon over hot bread as soon as it is removed from the pan. (Place the loaf on a rack over a shallow pan so you can catch and re-use the drips).

Whenever I use the juice from a lemon, I pop the rind into a plastic bag and freeze it so I always have lemon rind on hand. Bottled lemon juice is a poor alternative for the real thing but I sometimes use it to eke out the fresh. There is just no substitute for fresh lemon juice and the preceding recipes cannot be made with anything less.

## Daffodil Tea

Put on by "Women Supporting Women"

### Breast Cancer Fund Raiser

COAST CANADIAN INN, 339 ST. PAUL STREET  
KAMLOOPS, SUNDAY, MARCH 30, 1:30 - 4:30 PM

Fashion Show — Booth demonstrations —  
Raffle & Door prizes

Tickets are \$10 each with \$5 going to Breast Cancer  
We sell individual tickets or reserved tables of 8 tickets  
We sell out quickly so call for your tickets today  
We will reserve tables for groups of 8

Our intermission entertainment is  
"Classy Chassis"

We serve coffee — tea and goodies

Grand prize romance package for two at  
Coast Canadian Inn

For tickets and table reservation or more information phone  
KATHY'S KLOSET FASHIONS — KATHY ROBERTS (250) 573-5739  
INDEPENDENT MARY KAY DIRECTOR  
MARILYN HOUSE (250) 573-5993

"Women Supporting Women"

is a group of 4 home based business women  
who got together and decided to make a  
difference in the lives of other women.

OUR FIRST SEMI ANNUAL TEA (AUTUMN LEAVES TEA, OCTOBER,  
2002) EARNED \$1500 FOR BREAST CANCER RESEARCH

## LAWYERS DOWNTOWN

JENSEN CARROLL WATT is a full service law firm serving Kamloops for the last 93 years. We are conveniently located in the Old Firehall No. 1 at Fourth and Lansdowne and would be happy to advise our Kamloops Seniors in matters concerning the law.

JENSEN CARROLL WATT

Barristers & Solicitors



FREE INITIAL CONSULTATION  
Weekend and Hospital  
Appointments Available  
Telephone: 372-8811  
www.jensencarrollwatt.com

# Piccadilly Terrace

Retirement Residence



## Piccadilly Terrace

now under construction

### 91-unit Rental complex

- \* Kitchenette in all suites
- \* 2 Chef prepared meals daily
- \* Housekeeping and linen service
- \* Organized Activities
- \* Shuttle Bus
- \* 24 Hour Staffing, security call alerts and more . . .

Located at 810 10th St. SW  
Salmon Arm, across from  
the Piccadilly Place Mall

For more information,  
call (250) 803-0060

Box 161, Salmon Arm,  
BC V1E 4N3

www.piccadillyterrace.com