

REMEMBERING JANET



Long time Sunnybrae resident, Janet McMichael, passed away in June.

These words from a very dear friend: *"She was a valiant wife, mother and friend. She agreed with every point of view, always making you believe you were right; she gave comfort when you were sad or depressed and laughed with you when you were happy.*

She liked to bake and cook huge meals and always invited us to share her love. There was always a cookie or a piece of cake to go with the cup of tea we were having.

Janet also liked gardening, but hated the weeds. She always had

beautiful baskets hanging from her deck and a flower bed that was filled with flowers; and those hated weeds.

When Janet was diagnosed with cancer, she said to me "I always wanted to live to be 80". She got her wish plus 62 days. It was not an easy time for her. Many times she was very ill and tired from the chemotherapy. She never stopped thinking of others through it all. She cared for us all with unquestioning love and asking for nothing in return.

Janet was very ill the last couple of weeks, and never told me until the Friday she went into hospital that she was short of breath and had chest pain. I was very sad to watch her failing the last few days but rejoiced in the fact that she knew I loved her and that she was ready to reach out and receive her final reward, her home with God.

*"The valiant fight is not quick, nor easy
Tis a struggle of arduous length
In which few have battled more nobly
Fought with more courage or strength"*



July Line-Up

- | | | |
|---------------|---------------------|--|
| *Fridays | 9:00am | Bev's Hiking Group, carpool
Meet SLE Golf Club park.lot |
| *Thursdays | 2:00pm | Party in the Park - Free
Activities for kid 8+
Sunnybrae Community Pk. |
| *Sat. July 5 | 9-2 pm | Summer Craft Sale, Carlin Hall
to book a table call 835-0104 |
| *Sat. July 5 | 10:30am-
5:00 pm | Sunnybrae Art Show & Sale
Sunnybrae Seniors' Centre |
| | July 6 | 10:30am-
4:00pm |
| *Daily | 10am-1pm | Red Cross Swimming Lessons
S.brae Park Beach 675-4682 |
| *Sat. July 19 | 8:30am-
11:00am | Pancake Breakfast
Sunnybrae Seniors' Centre |

*To advertise your event free call 250 835 8580 or
e-mail: sunnybrae@mail.com*

Successful BBQ at the Co-Op



Our local Co-Op had, by far, "the best Customer Appreciation BBQ ever!" Approximately 200 hamburgers and 60 hot dogs were served between 11:00 a.m. and 2:30 p.m. on Saturday, June 14. The rain held off until it was time to close up and fortunately the band had packed up a bit early in order to beat any chance of rain falling on their equipment.

Andy, the Co-Op Manager says: *"The BAND and the great weather helped to make the Customer Appreciation BBQ a Huge Success. By the way, has anyone noticed the exterior of the store has had a fresh coat of Paint? Again, a BIG HAND to the BAND !!!!"*

And thank-you to the Co-Op and staff for serving our community with sincere commitment to good service.

The Arts District

Sunnybrae Art Group

The Sunnybrae Art Group will be hosting an Art Show and Sale on Saturday, July 5, 10:30am-5:00 pm, and Sunday, July 6, 10:30 am - 4:00 pm. It will be held at the Sunnybrae Seniors' Centre, on Tappen Canoe Pt. Road, across from the Sunnybrae Park. Don't miss this opportunity to enjoy the talents of our local artists.

Reedman Art Gallery

The Reedman Art Gallery, located in the lower level of the Blind Bay Hall, 2510 Blind Bay Road, will be open July and August, Friday, Saturday and Sunday 11AM - 4PM. The gallery will also be open Monday, August 4. Six artists will have art for show and sale; Nancy Alison, Jean Christie, Janice Cleland, Suzanne Dansereau, Sharyn Olfert and Cathie Peters.

Salmon Arm Arts Centre

Salmon Arm Art Gallery is located at 70 Hudson Avenue NE in downtown Salmon Arm. Gallery hours are Tuesday to Saturday from 11am to 4pm. Contact: www.salmonarmartscentre.ca/, Telephone 250-832-1170

“Bordering on Reality” - 2D and 3D work by Louis-Marc Simard. July 5 to Aug. 2, at the Art Gallery on Hudson Street in Salmon Arm. The show will be sponsored by Delores Mori, in memory of Mary Letham. Opening Night is Friday, July 4 at 7pm. Coffee Break and Artist's Talk, Thursday, July 17 from 2pm to 4pm

Summer Art Camps - The Art Gallery holds a summer art camp in July 7-11 (ages 9 to 13) and August 11-14 (ages 12 to 16) to develop art skills and techniques. Qualified local instructors in drawing, collage, mixed media, and fibre arts facilitate. \$125 per participant, all supplies are included.

Art & Drama Day Camps July and August. Shuswap Kids Arts presents for kids & youth ages 5 – 14 at the Shuswap Theatre in Salmon Arm. Register by email shuswapkidsarts@gmail.com or call 250-253-4346. For more information visit meeshcreative.moonfruit.com or shuswaptheatre.com

Wednesday On the Wharf

Each Wednesday evening from mid-June to the end of August, outdoor musical concerts are held at the gazebo in Marine Park, in Salmon Arm. Enjoy a diverse selection of musical genres, bring a picnic and relax on the shores of Shuswap Lake.

R. J. Haney Heritage Village & Museum

(located at 751 Hwy 97B, Salmon Arm)

Pioneer Day: Sunday, July 13 - Pancake breakfast, 5th Annual Pie Eating Contest, BBQ lunch, games and entertainment. Adults \$6.00, Children 5-13 \$4.00, 4 and

under free! For more information call 250-832-5243 or visit www.salmonarmmuseum.org.

Dinner Theatre Production: Nellie Trueheart's encounter with Pureville, N.E. July 2 - Aug 24 (Wed. Fri. and Sun. Dinner at 6:00 p.m.. Special matinee show, Thursday, Aug. 21 at 1:00 p.m.

For reservations or more information call 250-832-5243 or visit www.salmonarmmuseum.org.

And a reminder: the 22nd Annual Salmon Arm Roots and Blues Festival is happening again this year, August 15-17. Plan to get your tickets early. www.rootsandblues.ca/. The Routes & Blues Outreach Program runs from August 1 to 14, [ttp://routesandblues.ca](http://routesandblues.ca).

For more information call (250) 833-4096

TRAIL TALES ...by Walley Walkabout

On July 1, the *Friends of Sunnybrae*, along with other members of the local community, marched



with placards along our treacherous Sunnybrae Road, from Sunnybrae

Community Park to Sky Blue Waters, culminating in a delightful Canada Day Pot Luck Luncheon at the end of the walk. The rally was organized to raise Sunnybrae's profile and draw attention to the hazards that walkers and cyclists face on Sunnybrae/Canoe Point Road,

particularly in the summer months.

The Federal Government has recently committed new funding for trails and the intent is that we are not overlooked or forgotten when this funding is awarded.

The “Granny Rumble” was so named because of the predominant hair colour of the group, and to emphasize that we have all been around long enough to see several generations raised in this area without the fun of being able to ride bicycles or even walk to a destination... *We need Roadside Trails in Sunnybrae!*

The rally was well attended and supported (thank you to all those who honked their support as you drove by). The luncheon, which was enjoyed in the idyllic setting of Sky Blue Waters, was a wonderful follow-up and greatly appreciated by all who attended.

Letters



The opinions expressed in this column are those of our readers, and not necessarily those of the 'Citizen'.

"Thank you to the Community Crew of four continually mowing the road side from Begbie Rd. to Sky Blue Waters.

The Walkers, Runners and Bikers appreciate your diligence in giving us an extra couple of feet of weed and poison ivy free space to enjoy and share space on Sunnybrae Canoe Point Rd. with the cars, trucks, trailers and other RV equipment during the summer season. **Good job!"**

* * * * *

"Thank you to all who showed up to walk with the Grannies on such a busy, hot day; and also those who helped behind the scenes

The 'Friends of Sunnybrae' would like to thank thank two local businesses very much for supporting our cause: the (always generous) Tappen Co-op, and the Salmon Arm Walmart. The CSRD and the Shuswap Trail Alliance have contributed much time and effort to help our community achieve safer use and access of our Sunnybrae trails and roadways, and their assistance is also very much appreciated.

Have a great Summer and hopefully we will be holding a 'Commencement of our Trail' celebration in the not too distant future."

Old Age Adage

All our life, we have been saving for "Old Age". When does it arrive? When should we start spending what we have been saving all these years? It would be a great shame if I passed on while my nest egg was uncracked! Should we crack it?



There is no doubt that Ralph and I are getting older, and Ralph says he intends to keep on getting older for as long as he can. Makes sense to me. But what about the 'EGG'? When can we spend all that money we no longer have the energy to enjoy, totally? Mountain climbing is out. So is sky-diving, and bungee-jumping; race car driving; horseback riding; snowboarding; wakeboarding and surfing. What is left? My brain is in neutral, and my body prefers the prone position most of the time. I can still smell the flowers, though I have to smell someone else's, because it is too much trouble to grow my own. It is far easier to use a floatie than to swim, and I can cool off as well on a floatie.

Drinking is not an option, because one glass of wine puts me in a stupor. I had visions of drinking myself into old age. Maybe it hasn't started yet. How will I know?
.....Denim Duchess

SHUSWAP WATERSHED COUNCIL

The Shuswap Watershed Council (SWC) will be holding a series of public meetings and open houses in July at various locations throughout our area. These sessions have the goal of engaging the public to obtain input and opinions on the plans of the SWC.

At each open house session, from 3:30 to 6 p.m., there will be an opportunity to review materials that summarize the accomplishments of the Shuswap Lake Integrated Planning Process (SLIPP), including the results from the extensive water quality monitoring program. This information will give those attending a complete analysis of the state of our lake and its water quality.

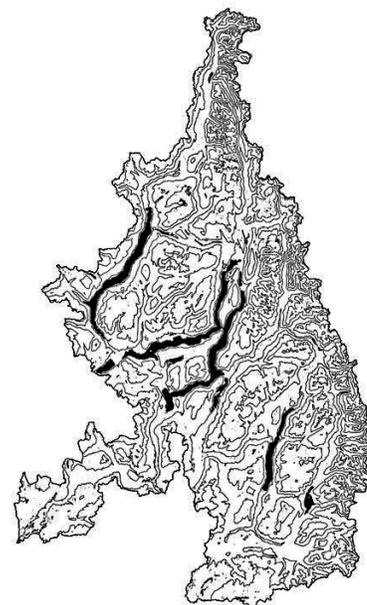
Staff from the Fraser Basin Council, and members of the Shuswap Watershed Council Steering Committee will be present and ample time has been made available for discussions.

There will be a presentation and question and answer session from 6 to 7:30 p.m. providing opportunities for the public to provide their views and opinions, and a touchpad survey will be conducted to collect the opinions of attendees.

For a schedule of the open house meetings, see below:

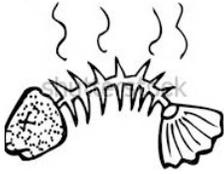
- July 9- Chase Community Hall, 547 Shuswap Ave.
- July 10- Falkland Community Hall, 5706 Hwy.97A
- July 15- Sicamous & District Recreation Centre, 1121 Eagle Pass Way
- July 16- Salmon Arm, Intermissions Restaurant at Shaw Centre, 2600 10th Ave. N.E.
- July 21- Scotch Creek Community Hall, 33852 Squilax-Anglemont Rd.
- July 23- Sorrento Memorial Hall, 1150 Passchendale Rd.
- July 28- Enderby Drill Hall, 208 George St.

Map depicting Shuswap Watershed



Stinky Hintfrom your Garden Guru

An organic fertilizer and a remarkable growing plant food - fish fertilizer - is a magic, transplanting method, and almost eliminates the need to shelter newly planted seedlings. A handful of fresh grass sprinkled over them keeps the sun at bay until they can assimilate the F.F. With regular feedings, according to directions (well, maybe cheat a little) your plants will skyrocket. You will be picking raspberries from a ladder. Two metres of row will give you the good 'ole' ICE CREAM BUCKET full in one picking. Don't try it on strawberries, though. You will end up with monstrous strawberry plants too lazy to grow berries.



Climbers, like Scarlet Runner beans, will explain what Jack climbed, and kale will grow to a meter tall. Zucchini will embarrass you, and you will be putting giant zucchini by the mail-box in the morning before your neighbours get up. Rhubarb will produce all summer, with just a little assistance from rotted fish.

Yes, it stinks.

Yes, it seems expensive. And I can tell you, from experience, that spilling it on your grass is not a good idea. Cosmos, like strawberries, grow to a fantastic display of foliage....but, nope, no flowers. Take it easy on all flowering plants for this reason. Otherwise, have fun with it, and YOUR neighbours will be asking "What's your secret?"

....P.S. from Your Garden Guru!

Quite by no fault of my own, I have discovered a slug and snail killer that is safe for use on food crops as well as ornamentals. My marigolds, even though I could never see them, were infested with slugs that may not have killed them, but sapped their energy. My strawberries were eaten before they ripened and, now, I get a pint of berries from a 2'x5' patch, many times a week. The magic potion? SLUG BE GONE from Rona. The active ingredient is ferrous gluconate..... IRON! 'Happy Gardening! Bye for another month!'

Campfire Ban

As of Sunday, June 15, all but small campfires have been prohibited anywhere in the Kamloops Fire Centre, which includes the Shuswap. This applies to the burning of any waste, slash or other materials, the use of fireworks, sky lanterns or burning barrels of any description. Campfires under a half-metre high by a half-metre wide are permitted, as are cooking stoves that use gas, propane or briquettes.

The burning ban is to help prevent human-caused wildfires and protect the public.

Area Farmers' Markets



Blind Bay Farmers' Market

Thursday, 10 am-2 pm (until August 29)
Blind Bay Marketplace, 2686 Fairway Hills Drive
Fresh local produce, free range eggs, home baking, bedding plants, locally made crafts, jewelry and gifts.
gibsonda2012@gmail.com

Shuswap Farm and Craft Market

Tuesdays and Fridays, 8 am - 12:30 pm
Find us at: 5 St SW and 5 Ave SW, Salmon Arm,
(behind Centenoka Mall)
250-804-3387 www.shuswapfarmersmarket.com/

Sorrento Village Farmers' Market

Saturday 8 am - noon, until October
Trans Canada Hwy and Notch Hill Rd., Sorrento,
Featuring local produce, crafters and entertainment.
250-515-1265
www.sorrentofarmersmarket.ca/

All Organic Farmers' Market - Salmon Arm

At Deo Lutheran Church, 1801 - 30th Street NE (just past SAS high school)

Every Wednesday afternoon from 3-5 pm

Farmers' Market, organized by Recycling Centre

Thursdays, from 7am - 1pm
4650 Trans Canada Hwy. NW, Salmon Arm (junction Sandy Pt. Rd. and TCH)
Vendors welcome, call 250-803-0148

A cheery Sunnybrae greeting to our summer visitors.



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www.friendsofsunnybrae.ca. **Comments or inquiries:**
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