

ECHOES OF SECOND CANYON

A Community Newsletter

Clearwater BC

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January 1, 2018

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DREAMS**



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778.208.5359 86 Young Rd, Clearwater, B.C.
kathydowney2014@gmail.com
Open Mon-Sat, 10 am - 4 pm

SAVE THE DATE!

February 28th, 2018 - 9:30am-2:00pm

SENIORS SYMPOSIUM

Dutch Lake Community Centre

Speakers from

Seniors First BC and

BC Community Response Networks

Local organizations will have booths
and tables with information such as
health and wellness, fitness, safety,
and other relevant topics for seniors

Lunch will be supplied



Writer's Forum

Ida DeKelper's Centennial Journey

With the passing of local legend Ida DeKelper in 2017, I thought I would re-run this article about her amazing centennial journey. The second half will be in the February issue.

In 1967 Ida DeKelper set out on foot on a 1000 mile journey from Clearwater to Wadena Saskatchewan (her home town) to celebrate Canada's Centennial. Her companions were her two trusty donkeys who carried her provisions and belongings. She travelled north from Clearwater along the North Thompson River, bringing attention to the need for a highway south from Tete Jaune to Kamloops. The highway was pushed through in 1970.

The route was entirely new to her, for when moving to BC from the prairies, she and her husband had traveled the Big Bend Highway. During the summer of 1967, they plotted her itinerary though three provinces by points along a road map that would give her stopping places every thirty miles. They sent letters to centennial committees in each of nearly 40 towns, explaining her project. When the date of her departure came, planned so she could complete the journey before winter weather set in, it was rather worrying that only half had responded.

Ida had been well equipped for the long trip physically. For years she had scrambled up the precipitous trail from Third Canyon as she drove their sheep to alpine pasture. She had climbed the 8000-foot summits of the Trophy Mountains, and helped tend a fifty-mile trap-line on that range in winter. She was mentally prepared, also. As she packed the same small first aid kit used on the sheep trails, any misgivings were silenced by the thought that nothing she could meet would be any tougher than the challenges she had already faced in the mountains of home.

She and her donkeys, Bill, a gray, only seven, and Jack, a black about twice his age, were largely dependent on the goodwill of people they met along the way. Few local businesses agreed to support her, since Clearwater had already decided to mark the country's 100th anniversary with an addition to the community hall. The DeKelpers had acquired Jack and Bill, each around 450 pounds, for packing up into the high Trophy meadows. Now they would be carrying movies and a projector through three provinces so that Ida could show films of Clearwater scenes wherever she stopped. They also bore a bedroll, tarp, change of clothes and enough provisions for one night, in case a day's end found her without lodging.

Yellowhead South was far from complete. With the Avola bridge not yet built, the old road still hung on trestles along the cliff, above the railway on the west side of Little Hell's Gate. At a particularly narrow stretch before Blue River, red and green lights controlled one-way traffic for half a mile. Traversing it at pedestrian speed, Ida was nervous that red light might catch them at midpoint of the single lane, but the green light lasted long enough for them to get through safely. Broken rock and gravel on the unfinished road made for hard going, and there were very few places on the BC side of the provincial border where a ditch was walkable. Jack, although the much older, always willingly carried heavier load and soon got very sore feet. Bill, clever at faking weakness and distress, knew how to look after himself and had no such problem. The donkey's hooves were too small for horseshoes, but in Edson a shoemaker fitted little leather boots on them. Ida has them still, for Jack never wore them out; in Alberta the ditches were contoured, seeded and mowed, comfortable walking for all three.

Next month: The journey continues....

Taken by permission from North River by Muriel Dunford.





The Garden Gate.....and Beyond

"If you look the right way, you can see that the whole world is a garden" *From "The Secret Garden"*

LIVE WELL WITH
PHARMASAVE

Brookfield Shopping Centre
Clearwater BC
250.674.3122

Attracting Birds to Your Garden

Nourish backyard birds throughout the year by planting a banquet of edibles:

- Canada plum, elderberries, thimbleberries, prickly gooseberries, raspberries and Saskatoon berries provide spring and summer fruits for a wide variety of birds
- Entice hummingbirds by planting day-lilies, fireweed, wild geraniums, phlox, and delphiniums or by training vines into arbours or trellises with brightly coloured trumpet or tube-shaped flowers such as honeysuckle and scarlet runner beans
- Autumn is the time when birds store up energy to survive the long flight south or endure the frigid Canadian winter. Offer fall foodstuffs with fruit bearing shrubs such as red-osier dogwood, American mountain ash, buffalo berries and chokecherries.
- The most important food plants are those whose seeds and fruit last through the winter and early spring when food is hard to find. Provide vital nourishment with high-bush cranberries, bittersweet, hawthorn, wild crabapple, white spruce, stag-horn sumac, beech, Manitoba maple, black walnut, and American chestnut.

From: Canadian Wildlife Federation Yard Cards

Feeding Birds in Winter

To attract the greatest number of species in the winter, it is important to have a number of different bird feeders available. While easy birdfeeders such as hopper and platform designs are always popular, the feeders you use during the winter should have several characteristics in common.

Covered to Protect Seed: Feeders will be most useful in the winter if they have a wide cover over feeding ports, perches and dispensing trays so seed is not buried during snowfalls or storms. Fly-through platform feeders are especially good designs for winter bird feeding. The cover should extend several inches over the edge of the feeder to ensure protection from all but the most serious storms. If a favourite feeder doesn't have a built-in cover, wide baffles can be added to keep snow and ice away.

Larger Capacity

For birders' convenience, large capacity feeders are preferred for winter feeding because they do not need to be refilled as frequently. This is only viable, however, if the seed is protected from moisture, otherwise it may grow mould or fungus before it is consumed. Covered feeders with large capacities are suitable, but open platform feeders should be emptied and refilled daily to prevent mildew and spoilage.

Cleanliness to Protect Birds

Because natural food sources are scarcer in the winter, more birds may be attracted to backyard feeders and those feeders will need to be cleaned and sterilized regularly. Proper cleaning will minimize mould, mildew and other unhealthy conditions that could foster disease among backyard bird populations. When cleaning, discard soggy seed or seed encased in ice, and let the feeder dry before refilling if possible. Be sure to wipe down perches, poles and other parts of the feeder as well.

Foods for Birds in Winter

Most birds that visit backyards in snowy weather thrive on seeds, since insects and fruit are harder to find naturally during the winter. The best foods to offer birds in colder weather have a high fat or oil content that will provide abundant energy for winter survival. Nutritious winter foods for birds include:

- Black oil sunflower seed
- Hulled peanuts or peanut hearts
- Suet mixes with seeds or fruit
- Peanut butter
- White millet seed

Storing Seeds: Stored properly, seed can easily last for months, particularly seed mixes and sunflower seeds. To properly store seed, it should be kept in a cool, dry place that is protected from bugs and rodents. Choose a storage bin that will be easy to access all winter.

From: www.thespruce.com/winter-bird-feeding-tips-386586

Scallops Have 200 Eyes, Which Function Like a Telescope



Scallops may look like simple creatures, but the seafood delicacy has 200 eyes that function remarkably like a telescope, using living mirrors to focus light, researchers said Thursday.

Most creatures' eyes have lenses that focus light. But scallops have concave mirrors at the back of their eyes. Scientists have known since the 1960s that Pecten scallops see by reflecting light off these concave mirrors onto the retina above, said the report in the journal *Science*. Some crustaceans and deep sea fish also have eyes like this. But now they have found a way to peer more deeply into these mir-

rors than ever before, by using a microscope that rapidly freezes samples so they do not get dehydrated and retain their shape.



The result is first-ever view of a mosaic of tiny mirrors and crystals, carefully arranged inside scallops' small poppy seed-like eyes which line their outer edge, known as the mantle.

Each mirror is layered, reflecting wavelengths of light in their habitat and giving them a spatial view of their surroundings. Each mirror is also "tiled with a mosaic of square-shaped crystals, minimizing surface defects for a clearer picture," the *Science* report said.

"The mirror forms images on a double-layered retina, to separately image both peripheral and central fields of view."

While it is still difficult to know what the world looks like to a scallop, researchers say this well-honed peripheral vision likely helps the scallop control and guide its movement while swimming, enabling it to assess which things around it are static or moving. The findings illustrate scallops' "remarkable" ability to grow their own complex visual system, and may pave the way for "novel bio-inspired optical devices for imaging and sensing applications," the report said. The study was led by researchers at Israel's Weizmann Institute of Science and Lund University in Sweden.

From: <https://phys.org/news/2017-11-scallops-eyes-function-telescope.html>

Dogs Being Dogs



3,000-Year-Old Castle Built by Mysterious Civilization Found at The Bottom of a Lake in Turkey



Marine archaeologists made a superb find at the bottom of Turkey's largest lake – a very well-preserved castle dating back 3,000 years. It was likely built by the mysterious Urartian civilization which inhabited the surrounds of Lake Van during the Iron Age. Although locals have long reported legends of ancient ruins under the water, divers had investigated the lake for almost a decade before finding the fortifications. Hurriyet Daily New reports that the research team discovered numerous other features of interest during this time period, including stalagmites that were at least 10 meters (33 feet) long, known as 'underwater

fairy chimneys', pearl mullets, and a sunken Russian ship, but the ancient ruins had proved elusive until now.

The recent finding of the underwater fortifications was made by a team of researchers, including Tahsin Ceylan, an underwater photographer and videographer, diver Cumali Birol, and Mustafa Akkuş, an academic from Van Yüzüncü Yıl University. The castle, which had been built during the Iron Age, when water levels were much lower, remains in good condition thanks to the alkaline waters of Lake Van.

"Today, we are here to announce the discovery of a castle that has remained underwater in Lake Van," videographer Tahsin Ceylan told Hurriyet Daily News. "I believe that in addition to this castle, microbialites will make contributions to the region's economy and tourism. It is a miracle to find this castle underwater. Archaeologists will come here to examine the castle's history and provide information on it."

Ceylan explained that the walls of the fortification cover an area of about one square kilometre (0.4 square miles). About 3 to 4 meters (10 to 13 feet) of the wall are visible above the lake bed, but it is not clear how deep the walls go, so detailed excavations need to be carried out on the newly-discovered castle to learn more.

Archaeologists believe the castle was built by the Urartians, a mysterious civilization that existed in what is now Eastern Turkey, Iran and the modern Armenian Republic, from around the 13th century BC. Very little is known about the kingdom of Urartu and the origins of its people, but they spoke a language related to Hurrian, are well-known for their advanced metallurgy, and used an adapted form of the Assyrian cuneiform script. Ceylan told Hurriyet Daily News that they named Lake Van the 'upper sea' and believed it had many mysterious secrets. The fortification shows evidence of stones cut in a style used by the Urartians.

After a period of expansion, the Kingdom of Urartu came under attack starting around the 8th century BC. It was finally destroyed towards the end of the 6th century BC. Many Armenians today claim that they are descendants of the Urartians.

From: <http://www.ancient-origins.net/news-history-archaeology/3000-year-old-castle-built-mysterious-civilization-found-bottom-lake-turkey-021726?nopaging=1>

Dogs Being Dogs





What the Stars Say

Brought to you by Erica Von Kcaat

Horoscopes for January

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Due to limited space I have to keep the horoscopes in the newsletter short. You can find a more extensive horoscope online on my Facebook page, Erica Von Kcaat or on my LinkedIn site.

ARIES has hopefully enjoyed some sleeping in over the holidays and has recharged your battery since it's full steam ahead at work. The stars are directing your energy into an expression of your best abilities. Give 100% and you are rewarded handsomely. Challenges that pop up are simply opportunities to show the World what you're made of.

CANCER has the pleasure of entering into new relationships and partnerships of all sorts now. The new year starts off offering a new level of commitment within existing connections while presenting new potential ones too. Talk of marriage, business and family is all around you. Legal matters are best dealt with this month

LIBRA should buy yourself a treat for your home. Home and family are where your energy is best invested. If you're in need of a new appliance, you find just what you wanted on sale or it shows up as a late Christmas present. Spend time on your family relationships too. Even if you had quite enough of them at Christmas.

CAPRICORN is full of positive energy. You can't help but take real ownership of yourself and your path. Obstacles fall away and achievements are easily had. Basically invest in yourself. Realizing that anything you want to have or do starts with you. Letting go of old habits is easier now as your attitude remains positive and gives you added strength. Happy birthday.

TAURUS has a desire for self reflection or self improvement. A spur of the moment trip or at least a long drive would do the trick. It allows your mind to wander enough to explore yourself. Although your sign tends to resist change, you will actually make a big life changing decision now. Rather than seeing it as a stressful, scary choice, see it as a new beginning.

LEO definitely finds the idea of a gym membership appealing now. You probably lived it up just a little too much last month and now health, possibly vanity induced, is on the top of the list. You also feel inspired to get your environment ship shape too. Cleaning closets and throwing crap out.

.SCORPIO is thinking and planning. Your mind is incredibly active in January. Any problems or issues you encounter should be approached logically and methodically to ensure the best outcome. Things like reading, writing, learning and teaching all are appealing energies now. If your employment involves using your intellect

AQUARIUS gets out the imaginary broom and does some real house cleaning inside of your mind. Anything troubling you must be dealt with now and can easily be dealt with now. You realize that reorganizing yourself on a deep level is vital to your success. You're in store for some crazy dreams and lots of talking.

GEMINI finds out something that has been keep a secret. This could be either good or bad. Gemini's flighty energy will be focused into something that brings your future together. Say education or building a skill. Your sexual energy is lit up and needs an outlet. That could be fun as long as it doesn't run amok.

VIRGO may have smooched or been smooched by the right person at the New Years party. The Universe has romance in mind for you. It's like a ripe apple on a tree sitting waiting to be picked. You can reach out and take it or not. This energy can be experienced as creativity also. Making things painting or fixing stuff.

SAGITTARIUS is interested in how well your finances are functioning. You want your money to work better, that means you work at making that happen. It's a great time to talk to your bank or financial advisor. The timing is also excellent for looking at a new vehicle or house. Let go of old possessions that no longer serve you

PISCES is longing for new experiences and friends. They're on their way. Especially if you volunteer, just give someone a hand or join an organization. This should be a fun month for you. Full of meeting new people and trying new things. If education is part of your routine in January, you'll find it an easier than you may have expected and full of cool surprises .



Disorder in the Courts

These are from a book called Disorder in the Courts and are things people actually said in court, word for word, taken down and published by court reporters that had the torment of staying calm while the exchanges were taking place.

ATTORNEY: She had three children , right?

WITNESS: Yes.

ATTORNEY: How many were boys?

WITNESS: None.

ATTORNEY: Were there any girls?

WITNESS: Your Honour, I think I need a different attorney. Can I get a new attorney?

ATTORNEY: Can you describe the individual?

WITNESS: He was about medium height and had a beard

ATTORNEY: Was this a male or a female?

WITNESS: Unless the Circus was in town I'm going with male.

ATTORNEY: Doctor , how many of your autopsies have you performed on dead people?

WITNESS: All of them. The live ones put up too much of a fight.

ATTORNEY: ALL your responses MUST be oral, OK? What school did you go to?

WITNESS: Oral...

ATTORNEY: Do you recall the time that you examined the body?

WITNESS: The autopsy started around 8:30 PM

ATTORNEY: And Mr. Denton was dead at the time?

WITNESS: If not, he was by the time I finished.

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

ATTORNEY: Did you check for blood pressure?

WITNESS: No.

ATTORNEY: Did you check for breathing?

WITNESS: No..

ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?

WITNESS: No.

ATTORNEY: How can you be so sure, Doctor?

WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: I see, but could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible that he could have been alive and practicing law.

Welcome to our new advice column, "Friendship Franny". You are welcome to submit questions that you would like answered by our Health and Wellness Advisor.

Send your questions to:
friendshipfranny@gmail.com
 Please read the disclaimer at the bottom of the column.



Friendship Franny

Q: "What I am supposed to do when I am stuck in middle of a touchy Mother and a touchy sister who both think the other needs to apologize?"

A: Your mom and your sisters relationship is none of your business. Your business is your relationship with each of them, and setting healthy boundaries with each of them. You could request that they don't talk to you about their problems with each other. I would encourage them to speak to each other, and if possible for each of them to acknowledge that their way of seeing things is just that - different. This can be done with kindness.

Disclaimer

"By submitting a question you grant permission for it to be published. Use of this column is not intended to treat, diagnose, replace or be a substitute of any professional such as a physician, financial expert, medical, legal or other mental health professional. If you have any specific concerns, you should consult with an appropriately trained and qualified specialist.

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250.674.3320



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250.674.1226
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Hair Tips form Natural Hair

Growing your hair out? Do get the ends trimmed off every 2 months or so. This prevents the ends from snapping off and hindering the growing out process.



Cheryl Thomas,
River Valley Retail,
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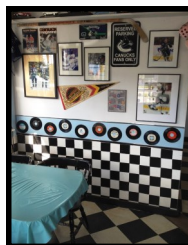
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