



EDITORS' CHOICE

BEST HISTORY LESSON ON TWO WHEELS (OR WEBBED SHOES)

Count all the true Okanaganites you know — I'm talking adults — who were actually born in the Valley and lived their whole lives here. Bet you didn't have to pull your socks off to start totting on your toes.

Tour guide Ed Kruger's one of those rarities and he's spent that Okanagan lifetime collecting local lore. If somebody invents a Valley trivia game, you want to be on Ed's team.

Cycling the KVR trail, snowshoeing the high country and driving to trailheads, Ed peppers his commentary with an endless stream of I-didn't-know-that info bits. Point to virtually anything along the route and he's got a fast-fact or juicy tale.

Mt. Boucherie — the youngest volcanic mountain in Canada at a mere 12 million years.

At the first funeral in Peachland's octagonal church (now the museum), pallbearers had trouble with the spiral stairs and the body kept bumping around inside the coffin. From then on, coffins were placed in the church before the congregation arrived.

Scandinavian and Italian railway workers, responsible for the stonework on the KVR, built beehive shaped rock ovens to bake bread.

Father Pandosy first settled on the shores of Duck Lake before moving to the Kelowna Mission site.

Glenmore Valley got its name through a contest to replace the original — Starvation Flats.

Get the picture? And he's just as good with flora and fauna. Hit the trail with Ed (and Buzz, his trusty four-pawed sidekick) and start boning up for that Okanagan trivia team.

Find the facts at www.monashee-adventuretours.com. —L.C.



ED KRUGER PHOTO BY LAURIE CARTER

BEST PLACE TO READ A FILM

Who says watching movies is a vegetative pastime? Take in a Vernon Film Society flick and unless you speak a second language, say Inuktitut, Aramaic or Mandarin, you'll be reading the subtitles with the rest of us. Don't get the wrong idea, though. We're not just talking way-out-there highbrow stuff that nobody but an advanced-degree film student could sit through. The society screens great Canadian, independent and alternative movies that don't make the mass-distribution circuit. These films often pack quite an emotional punch so don't forget your Kleenex. And if you'd rather sniffle in private or you're one of those film junkies who's into all-night movie marathons, the society offers rentals through the Vernon Art Gallery. The joint collection of classic, independent and foreign films now includes over 500 titles from 37 countries. No membership required. See what's playing at www.vernonfilmsociety.bc.ca. —K.S.

