



SKAHA MATTERS

“Bringing Community Matters To You”

Volume 18 : Issue 4

April 2026

Your FREE Monthly Community News!

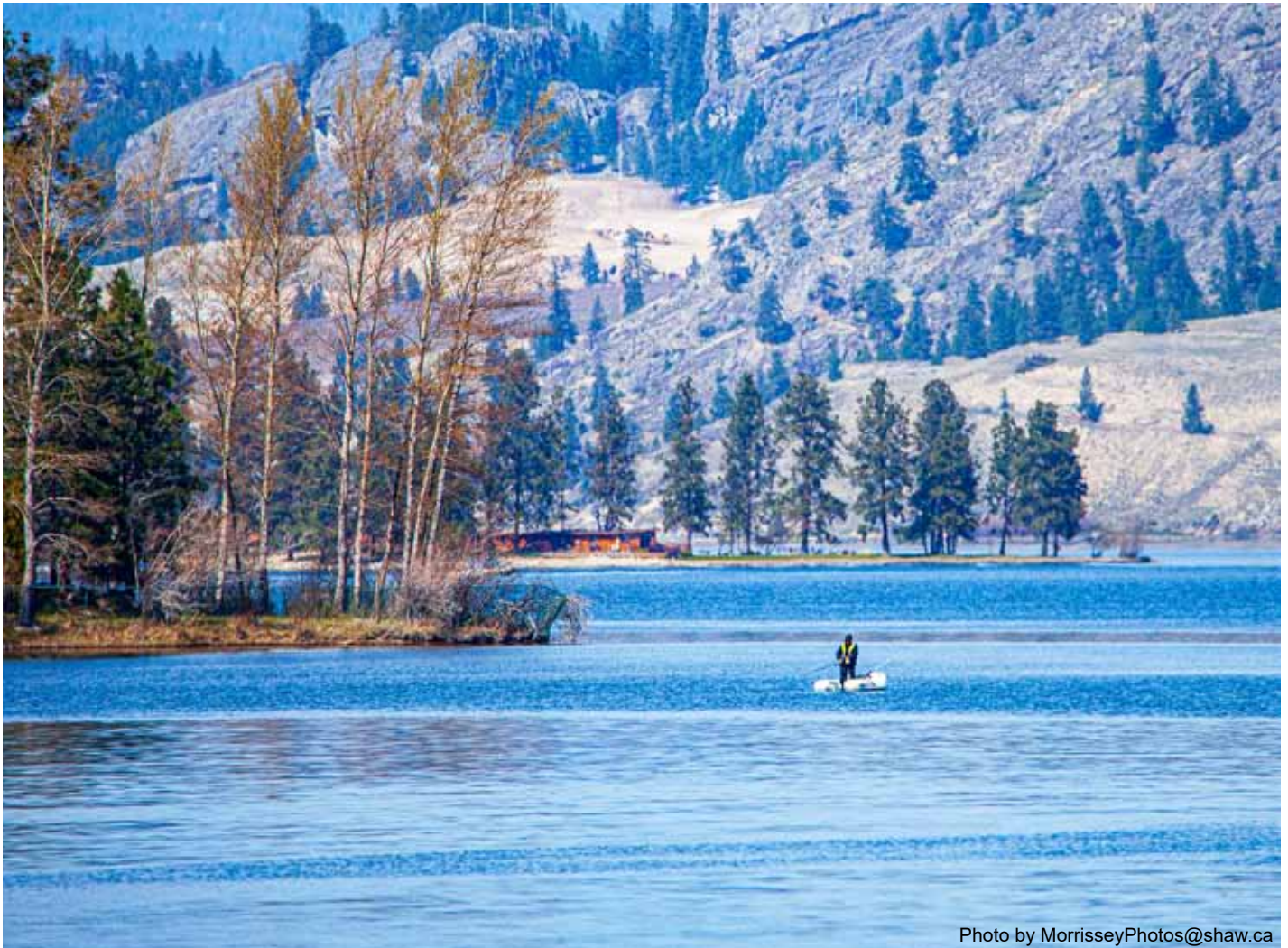


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Weekly eCalendar

By Myleen Mallach, Owner/Publisher of Skaha Matters

In June 2016, Skaha Matters started providing a Weekly eCalendar service. There was an abundance of special events and activities in our area and residents requested a way to be reminded during the month. The Weekly eCalendar continues to be emailed at 7pm every Sunday evening, which is a great way to ensure you don't miss any special event information or weekly activities for the coming week and the week following. Events and activities already included in the monthly Skaha Matters are automatically included in the Weekly eCalendar. When a new event arises during the month that wasn't planned in advance or wasn't submitted to Skaha Matters, it can be included in the Weekly eCalendar.

To sign up for the Weekly eCalendar, visit www.SkahaMatters.com and scroll down to the "Online Subscription" link at the bottom of the main page. Along with the Weekly eCalendar, you'll receive an email notice and link to the next issue of Skaha Matters the moment it is ready to view online. You will also receive deadline reminders and other newsworthy updates as they happen throughout each month. You can share those emails on Facebook or forward the emails to a friend, by clicking on the icons within the email.

Please call 250.490.6951 or send an email to skahamatters@telus.net, if you would like your special event or activity added.

Published by Myleen Mallach of Okanagan Matters Publications
skahamatters@telus.net | 250.490.6951 | SkahaMatters.com



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Parks
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Canada

Proposed national park reserve in the South Okanagan-Similkameen

Work toward the proposed national park reserve is ongoing. Parks Canada and partners are negotiating an agreement to establish it.

Check out our latest public update newsletter at:

- letstalksouthokanagansimilkameen.ca
- your local library or elected official's office (hard copies)

Email southokanagansud@pc.gc.ca for more information or to join our newsletter subscription list.

Projet de réserve de parc national dans le sud de l'Okanagan et de Similkameen

Le travail sur le projet de réserve de parc national se poursuit. Parcs Canada et ses partenaires négocient actuellement une entente en vue de la création de la réserve.

Consultez notre plus récent bulletin d'information :

- sur la page parlonsokanagansudsimilkameen.ca
- à votre bibliothèque locale ou au bureau de votre représentant élu (copies papier)

Pour obtenir de plus amples renseignements ou vous inscrire à la liste d'abonnés au bulletin, envoyez un courriel à l'adresse southokanagansud@pc.gc.ca.

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eCalendar!**
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Quick Facts: Skaha Matters is published every month. All residents and businesses in Kaleden, Heritage Hills, Okanagan Falls, Skaha Estates, St. Andrews, and Twin Lakes receive an issue via Canada Post on the last business day of each month. Limited locations also carry copies. For full advertising details, please visit SkahaMatters.com.

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Protecting What Matters In Boundary-Similkameen

By Donegal Wilson, MLA for Boundary-Similkameen

As spring approaches across Boundary-Similkameen, communities throughout the region are preparing for another busy season. Whether it is farmers planning for the growing year, businesses welcoming visitors, or families getting back out on our local trails and lakes, this time of year always brings renewed energy to our communities.

Over the past several weeks, I have continued meeting with residents, community leaders, and local organizations across Boundary-Similkameen. These conversations are incredibly valuable and help ensure that the issues affecting our communities are brought directly to the Legislature in Victoria.

One of the concerns I continue to hear about is the stalled incorporation process for Okanagan Falls. Residents voted in favour of incorporation because they wanted stronger local representation and a clearer voice in decisions affecting their community. Unfortunately, there has still been very little clarity from the Province about next steps or timelines.

I have raised these concerns with the Minister's office and will continue pressing for transparency and meaningful communication with the community. When residents take the time to participate in a democratic process like an incorporation vote, they deserve to see that process respected and moved forward in a timely and transparent way.

Water security remains a major priority across our region. Access to reliable water infrastructure and long-term planning for water management is essential for agriculture, local businesses, and growing communities throughout Boundary-Similkameen.

I want to thank everyone who supported the petition calling for action on local water concerns. More than 700 residents added their names, demonstrating just how strongly our communities feel about this issue. I was honoured to table it in the Legislature, so that the concerns of Boundary-Similkameen residents are formally placed on the record.

At the same time, many rural communities are facing another growing challenge: the rising cost of maintaining and upgrading water and sewer infrastructure. Smaller municipalities often struggle to fund these major projects on their own, even though they are essential for housing, economic development, and public health. It is important that the Province recognize these realities and provide practical support so rural communities are not left carrying these costs alone.

Outdoor recreation and tourism are also vital parts of our regional economy. That is why I have been raising concerns about the future of historic rail trails across southern British Columbia, including sections of the Kettle Valley Rail Trail. Parts of this trail system, such as the section between Princeton and Tulameen that was damaged during the 2021 floods, still have not been rebuilt. These trails are more than recreational amenities. They connect communities, support tourism, and preserve an important part of our local history. Rural communities should not be left without support when maintaining these important regional assets.

I was also proud to recognize the Similkameen Sparks in the Legislature for their outstanding achievement in winning the 1A Boys Provincial Basketball Championship. Their hard work, teamwork, and dedication represent the best of youth sports in our region. Congratulations to the players, coaches, families, and supporters who helped make this incredible accomplishment possible.

As the Legislature continues its work this session, I remain focused on ensuring rural communities are not overlooked. Issues



like water infrastructure, resource management, local governance, and economic stability affect our region in very real ways.

Rural communities like ours depend on practical solutions, clear communication, and a government that understands the realities of life outside major urban centres. I remain committed to ensuring Boundary-Similkameen continues to have a strong and consistent voice in Victoria.

If you have concerns, questions, or need assistance with a provincial matter, my office is always here to help. Please feel free to reach out by phone or email, or connect with us at one of the community events we attend throughout the riding. Information on how to contact our office can always be found on my website and social media channels.



RCMP Community Report Royal Canadian Mounted Police / Gendarmerie royale du Canada

By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Bicycle Theft Protection Program - 529 Garage

Don't get lulled into thinking that you can leave your bike insecure on your property or just outside the coffee shop that you are attending to grab a quick bite or java and then hit the road. Bike thefts happen fast and they happen anywhere in the community. The bicycle theft protection program "529 Garage" continues to gain support in our detachment area. Penticton and area are 3rd highest in theft of bicycles per capita in British Columbia. Registering your bike with 529 Garage is an important step in preventing bike theft along with selecting and using a good bike lock. In addition to registering with 529 Garage, cyclists need to purchase a good quality lock and use same properly to secure their bikes to a secure structure. Bike shops can also assist you in getting the right lock for your needs. This program is also done through Penticton By Laws and Penticton Community Policing office. Our trained volunteers will also be out behind The Peach throughout the summer to help promote and register bicycles. Check out the Penticton South Okanagan Similkameen Regional RCMP Facebook site for more information, as well as the City of Penticton website. More information at www.project529.com.



From The Director For RDOS Area "I"

After years of KPAC asking for speed reader signs at Kaleden Elementary, the RDOS and ICBC have partnered financially to install digital sign readers. The signs collect data on speeds and frequency, which will be vital in enforcement action in the near future. A special thank you to the Ministry of Transportation for their support.

Subrina Monteith

Director of RDOS Area "I"



After further consultation, the courts will remain unlocked with reservations done online through the RDOS Perfect

Mind online booking system. The information is found in the RDOS Recreation Guide, on signage at the court and at rdos.perfectmind.com. If you wish to use an open court, free drop-in use is available. To guarantee your court time, reservations are required. Funds collected for reservations will go into a multi-purpose court reserve to ensure there is money put aside for future court replacement, as the court was only resurfaced knowing we couldn't afford to replace the foundation. The community will need a have a referendum to borrow funds to replace the courts when needed in 5-10 years.

You may have noticed that the RDOS is conducting a Regional Official Community Plan (OCP) Review and Area "I" is not included. The reason I decided to opt out of a regional program is because the region is very diverse and we would lose local autonomy with a wide range of unique community needs. To join the Regional OCP, I felt it removed our community character, history and put us in the same rules with communities we don't always align with. There are benefits to being similar as other electoral areas, but keeping our own local OCP is what allows great community discussion and voices to be heard. The one thing I've learned as Director is regional services are great until you want something different or to be withdrawn from the service and that is when the process is complicated and political. OCPs are updated on a regular basis and go through a rotation of a major area review, which will still occur with keeping our OCP separate from the regional plan.

If you have any questions or concerns, please reach out to me.

Subrina Monteith, Director of RDOS Area "I"

Direct: 250.460.0723 | smonteith@rdos.bc.ca | www.rdos.bc.ca

Kaleden Community Association Update

By Eryn Wiedner

Happy spring from the KCA! Our longtime volunteer columnist, Glenda Livolsi, has retired from her KCA role. We'll be taking turns stepping in to fill her shoes - no small task! Thank you, Glenda, for your many years of dedication and service to our community.

There's lots to share since our last meeting. First, we're excited to bring back the Easter Egg Hunt at Pioneer Park on Saturday, April 4 at 11am. Bring your kids or grandkids and join us for a fun, family-friendly morning in the park. Next, please save the date for a concert by James Michael Lind at the Hotel Park on July 31 at 7pm. Donations in support of the hotel are gratefully accepted. More details will be shared as the date approaches. We'll also soon have raffle tickets available - 3 for \$10 - with two fantastic prizes: a beautiful print by artist Nel Witteman and a handcrafted quilt by Glenda Gretzan. The draw will take place during Kaleden Community Days on July 11, with proceeds for new hotel signage. Our next meeting will be held on Tuesday, April 14 at 6:30 pm at the fire hall. As always, guests are welcome, and we encourage anyone with an interest in our community to join us.

Kaleden Volunteer Fire Department



Annual Yard Sale

Saturday, May 9

Kaleden Fire Hall - 303 Lakehill Road, Kaleden
8 am Sharp! No Early Birds Please! Ends at 12 Noon.

*Cash sales only. Proceeds towards rescue equipment.
Smokies on sale with proceeds to the Kaleden Bursary Fund.*

Starting on April 1st, please donate gently used items to our eco-friendly society. Only items in good working condition please. No clothing, TV's, old electronics, mattresses, cribs, car seats or hazardous materials. Items to donate can be dropped off at the back of the Firehall on WEDNESDAYS ONLY until 6pm, to give firefighters a chance to store items before our weekly practice. Small articles or glass wear packed in boxes please. Again this year, for those unable to drop off large items, a courtesy pick-up service will be available in the Kaleden and White Lake Road area on ONLY on THURSDAY, MAY 7 between 7-9pm. Phone 250-497-8231 and leave a message or email kaledenfire@rdos.bc. Also, list what we will be picking up.

**Spread the word ... Bring your family & friends!
Your support means a lot to us! We'll see you there!**



Kaleden Volunteer Fire Department

By Jean Dube



Car Fire Safety: What You Should Know

Car fires are rare, but when they do happen, they can spread quickly and become extremely dangerous. Cars can catch fire for many reasons, such as fuel leaks, overheating engines, faulty car batteries, oil leaks, car accidents, or arson.

Recognizing early warning signs can give you time to act. Watch for smoke coming from the engine or under the vehicle, or a strong smell of burning rubber or plastic, then respond immediately.

What to do if your car is on fire: pull over and stop the vehicle in a safe location away from traffic; once you have stopped, **TURN OFF** the engine to reduce fuel flow; **GET** everyone out of the car quickly. **NEVER** return to a burning car for anything; **MOVE** everyone at least 30 metres (100 ft) from the burning car and well away from traffic; and **CALL 9-1-1**.

Do not open the hood if smoke or flames are coming from it, as that can introduce oxygen and cause the fire to flare up.

How to prevent a car fire: keep up with routine vehicle inspections and maintenance by a trained mechanic; fix fuel or oil leaks immediately; avoid overloading electrical systems with aftermarket devices; if you must transport gasoline, transport only a small amount in a certified gas can that is sealed. Gas cans and propane cylinders should never be transported in the passenger compartment; and **NEVER** park a car where flammables, such as grass, are touching the catalytic converter

Staying alert and prepared can make all the difference when seconds count. FACT: Most crashes do NOT result in fire. In the event of any crash, call 9-1-1. If there is no sign of fire, wait for emergency assistance to help any injured individuals out of the car.

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

Almost Running On Empty ~ The March Snow Survey Bulletin reported the Okanagan watershed's snowpack at 62% of normal, down again from 67% in February. With 80% of the annual snowpack happening by March 1, little snow falling up to mid-March, and all-time record lows seen at four snow stations, the Okanagan is seen as the most susceptible BC watershed to drought, barring unusually heavy snowfall in this next month.

KID's Next Challenge ~ In 2006, the Province established the 4-3-2-1-0 Drinking Water Objective (DWO) and required all water suppliers serving more than 500 persons (Kaleden's population is around 1,200) to have a plan to meet this objective. What does 4-3-2-1-0 stand for? Glad you asked:

(4) 4-Log Inactivation of Virus ~ Reduce virus levels by 99.99%; commonly achieved by chlorination (KID does this now), maintaining 0.5 mg/L free chlorine for at least 20 minutes.

(3) 3-Log Removal or Inactivation of Giardia and Cryptosporidium Protozoans ~ Reduce levels by 99.9% by filtration (removal) and chlorination or ultraviolet light. Exemption from filtration (a \$10 million saving) is possible with high water clarity. KID has been monitoring this, using UVT (ultraviolet transmission) and turbidity measurements. The consistently high values (above 80%) seen for UVT, taken together with low turbidities (less than 1 NTU), should allow KID to forego filtration when upgrading our water treatment plant (WTP).

(2) Minimum of Two Treatment Barriers for Surface Water Sources ~ Chlorination alone (which is what KID currently does) has been deemed inadequate for risk reduction. Given that KID's water quality sampling has shown consistently clear water, dual disinfection using chlorine and ultraviolet light (UV) should suffice.

(1) Turbidity Levels Less Than 1 NTU ~ NTU (Nephelometric Turbidity Units) measure water clarity, with higher values indicating cloudier water. KID samples at the intake are consistently less than 1 NTU, making us a good candidate for exemption from filtration.

(0) No Coliform Bacteria! ~ KID's routinely samples to ensure this.

So, What's The Plan? Presuming KID is exempted from filtration, a new WTP providing both chlorination and UV treatment is required to meet the DWO. Some years back, KID established an "IHA Levy" (the Interior Health Authority was tasked with ensuring water suppliers meet the DWO, ultimately as a condition of their Water Licenses). Despite increasing the Levy incrementally each year, KID is barely keeping ahead of inflation and supply chain issues. And IHA has set a 2027 completion date for the WTP. KID has asked our consultant engineer to provide a current cost estimate for the WTP. That estimate will be used to calculate the amount (less the accumulated Levy funds) that KID needs to borrow to construct the WTP. This information will be shared with ratepayers via a survey as to preference as to payment options, public meeting(s) and this column. A referendum to approve the necessary loan likely will be held this fall. Much more to come on all this!

Irrigation Season starts April 15. NO watering before then!



Kaleden
Irrigation District

Office Hours: 9-1 Mon & Thur | Appt Wed
119 Ponderosa Ave | 250.497.5407
kaledenirrigation@gmail.com
www.kaledenirrigation.org



All new website for all things Kaleden!
www.KaledenCommunity.com
Courtesy of the Kaleden Community Association

Kaleden Irrigation District

2026 WATER CONSERVATION MEASURES

The following measures apply to all domestic outside uses, including natural and landscaped areas within agricultural properties with a District irrigation connection.

Stage 1 Conservation Measures are the same as in 2025:

- Irrigation season runs **April 15 - October 15**. No watering outside of these dates!
- All properties **south** of Lakehill Road water on **Tuesday, Thursday and Saturday**.
- All properties **north** of Lakehill Road water on **Wednesday, Friday and Sunday**.
- **No watering on Monday** for anyone!
- Watering with **sprinkler or soaker/perforated hose** permitted from **6:00-10:00 am** and from **7:00-11:00 pm** on assigned days only.
- Watering with **automatic underground** systems permitted from **midnight to 7:00 am** on assigned days only.
- Watering with **drip irrigation systems** (with individual drip emitters using < 0.5 gal/hr or 2 L/hr) permitted on **any day and time**.
- Use of a **hand-held hose with shut-off nozzle** to water trees, shrubs or vegetables permitted on **any day and time**.
- Property owners **can** request temporary exemption from these regulations by submitting an application to KID (use form on the KID website).

Property owners can apply (forms are on the KID website) to do additional watering of **newly established lawns** (seeded or installed turf). If approved, watering is permitted on **any day and time for up to 49 days**. Note that Permits **will not be granted** during July and August.

If you have a District irrigation connection and flow restrictor, and have "farm status designation" from BC Assessment Authority, you are exempt from the above restrictions for **watering crops ONLY**; natural or landscaped areas on agricultural properties must follow the above restrictions.

Note that Water Conservation Measures may become more restrictive in response to increasing drought conditions. Stage 2 and 3 Conservation Measures, which could be implemented on short notice, can be reviewed on the KID website.

LNID Annual General Meeting 2026

Lower Nipit (Twin Lake) Improvement District (LNID)

Saturday, May 16, 2026

9 am ~ Presentation on LNID Future Plans

10 am ~ Q&A session & Registration for AGM | 10:30 am ~ AGM

Kaleden Community Hall ~ 320 Lakehill Road

Agenda includes: Trustee's Report, Financial Report, Water Report, current issues, discussion on vision for the LNID going forward, and election of a new board member. All members of the LNID are invited to participate.

Kaleden Community FireSmart Event

Neighbourhood Roving Chipper - May 2nd

- Chipper boundaries include addresses from Hwy 97 east to the lake and from Pineview north to the Cemetery on Oak.
- Limb, trim and make use of the Chipper that will come to your driveway between 9 am - 3 pm on Saturday, May 2nd.
- Register for this FREE service - email firesmart@kaledenfire.ca
- Once you register for the service, you will receive more detailed information ... i.e. size of piles, how to stack, etc.
- Do your part to reduce burnable debris in the community.





Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

Board Updates ~ As noted last month, the RDOS 5 year plan was adopted with an increase of 5.68% for the overall tax requisition across Area "D". Check out RDOSRegionalConnections.ca for additional information including costs of different services operated by the RDOS throughout the Area.

Solar Farm Study ~ The RDOS received a referral from the Province regarding an Investigative Use Licence

(IUL) application on Crown land in Electoral Area "D". The RDOS role is limited to reviewing the referral and providing comments as part of the Province's regulatory and decision-making process. It's important to note that the RDOS does not have decision making authority over the project.

The current referral relates only to this investigative study and a full range of potential concerns were noted for the province to consider. The actual building of a solar farm would presumably need the completed study with supportive conclusions, and would be subject to separate provincial permitting and approval processes.

Trash Talk ~ At an Open House held on March 19, RDOS staff and a consultant provided highlights and invited discussion on the Solid Waste Management Plan that they've been working on, together with a Technical Advisory Panel. An updated plan is required every 10 years and Open Houses were held throughout the Regional District.

This is an important topic, although not hugely attended here in Okanagan Falls. While there's significantly more life remaining for Campbell Mountain, the Okanagan Falls landfill has perhaps 30 years left. Accordingly, and this is true for landfills generally, all efforts are being explored and encouraged in order to keep material out of landfills through strategies like recycling, diverting organics to compost, and even reducing waste through initiatives like a "Repair Café".

There are some interesting things here and if nothing else it explains the increasingly specific ways in which we have to handle our trash! To learn more, or to comment, go to the Solid Waste page at RDOSRegionalConnections.ca.

One Year Anniversary ~ Time flies. A year has passed since the Okanagan Falls incorporation referendum occurred on March 22, 2025. While the process has been 'challenging' to say the least, the province is beginning to reach out for your comments ...

Province Requests Your Input With Regard To Incorporation ~ The Province is inviting input from residents and businesses, marking the start of a new stage of the incorporation process. While the Province has not actively sought input or consulted with the community since the referendum, they are now. This is the opportunity that many of you have been seeking, and I sincerely hope you participate through the avenues offered by the Province and which I have highlighted below.

Firstly, register on the Province's new 'Incorporation' website. Go to engage.gov.bc.ca and look for the page entitled "Municipal Incorporation Process For Okanagan Falls". There's a "register" button near the top of the page on the right hand side. Registration only requires a name and email address, and you will be notified of any updates or changes as and when they are added.

Secondly, on that website, the Province has provided information

that they have prepared and believe to be of interest to the community. For example there are explanations as to why they are considering the 'name' and 'boundary' at this point, and the reason for Osoyoos Indian Band involvement. Tangible indications as to what the province is considering for name or boundary are not offered as yet, although these have been requested. Additional information may be provided later, making it easier for residents to provide more meaningful input.

This initial posting doesn't provide for interactive responses; however, any questions and comments can be emailed to: MunicipalIncorporation@gov.bc.ca. If you do have any questions or comments regarding any aspect of this incorporation process, please send an email to the address above.

Thirdly, on **Thursday, April 23rd, the Province is holding an Open House at the Okanagan Falls Community Recreation Centre**. That date has only just been determined and I expect the Province to publicize the event in due course.

Fourth, a survey may be conducted by the Province to obtain feedback on various aspects of the incorporation.

Looking Ahead ~ Thanks to the Okanagan Falls Lions for hosting an Easter Omelette Breakfast for the entire Elementary School on April 2. Check out the Grand Opening for Paw Street Market on April 4. As always, the Lions Easter Egg Hunt - best in the South Okanagan - on April 5 at 1 pm in Lions Gardens Park. And South Okanagan Auto will provide basic auto repairs after significant investment and updates at what was G&R Auto - planning an early summer opening.

Director Information ~ Office hours on the first Tuesday each month are 3-4:30 pm at the RDOS Okanagan Falls Office.

Matt Taylor, Director for RDOS Area "D"
Direct: 778-931-6080 | mtaylor@rdos.bc.ca | www.rdos.bc.ca

Okanagan Falls APRIL 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
 Pickleball 3:00 - 5:00 pm <i>Starts April 1</i>	 Yoga with Marsha 5:30 - 7:00 pm <i>Starts April 7</i>	 Three-Week Art Burst 2:30 - 3:30 pm <i>April 8 - 22</i>	 Osteo Yoga 10:45 - 11:45 am <i>Starts April 2</i>	 PiYo with Tanya 9:00 - 10:15 am <i>Starts April 17</i>
 Tone & Sculpt 5:15 - 6:00 pm <i>Starts April 13</i>	 Community Open Gym 6:00 - 7:15 pm <i>Starts April 7</i>	 Pickleball 3:00 - 5:00 pm <i>Starts April 3</i>	 Community Sports Open Gym 5:00 - 7:00 pm <i>Starts April 9</i>	 Movie Night 6:00 pm <i>April 17</i>
 Deep Stretch 6:15 - 7:15 pm <i>Starts April 13</i>	 Wellness Boost 5:00 - 5:45 pm <i>Starts April 8</i>	 Vinyasa Yoga 5:15 - 6:15 pm <i>Starts April 9</i>	 Deep Stretch 6:30 - 7:30 pm <i>Starts April 9</i>	
 EveryBody Circuit 6:00 - 6:45 pm <i>Starts April 8</i>	 Follow the QR code for more information		 Movie Night 6:00 pm <i>April 17</i>	

Visit rdos.perfectmind.com



A Celebration of Life for Rob Oliver will be held at Okanagan Falls School on Saturday, April 18, 2026 at 1:00pm.

Okanagan Falls Volunteer Fire Department



By Cheryl Snyder

Spring has arrived here in Okanagan Falls, bringing longer days, warmer temperatures, and that welcome feeling of fresh starts. As we open our windows, shake off the winter months, and begin our annual spring cleaning, it's also an important time to pause and look at safety - both inside and outside our homes. This past winter brought noticeably less snow than we're used to. While that may have made for an easier season day-to-day, it does raise some concern moving forward. Lower snowpack can mean reduced water availability and drier conditions earlier in the season - both of which can increase the risk of wildfire in our area. With that in mind, now is the time to take proactive steps around your home and property.

FireSmart Starts at Home ~ Creating a safer space around your home doesn't have to be overwhelming. Small, consistent actions can make a big difference: clear dry leaves, pine needles, and debris from roofs, gutters, and yards; trim trees and shrubs away from your home; remove flammable materials from around decks and structures; keep grass short and well maintained; and ensure access routes to your property remain clear. For more detailed guidance, we encourage everyone to explore the excellent resources available through FireSmart BC at firesmartbc.ca. Taking these steps now helps protect not only your home, but your neighbours and our entire community.

Spring Safety Inside the Home ~ As we freshen up our living spaces, don't forget a few simple but critical safety checks: replace or clean your furnace filters; check and replace batteries in your smoke detectors; test alarms to ensure they are functioning properly; and yes, I was taught, "When it smokes, it's done!" - a little humour, but a very real reminder to stay on top of detector maintenance.

Community First ~ We continue to thank you, the residents of Okanagan Falls, for your ongoing support. Your awareness, preparedness, and willingness to take action does make a real difference. As always, we stand ready to work together - to protect and serve this beautiful community we all call home.

Welcome Spring, Okanagan Falls. Let's make it a safe one.

**Shop Local.
Buy Local.
Tailoring Also
Available!**



G
R
A
D
2
0
2
6



Tailored Grad Suits
for just \$269

THE FALLS
BARBER + SHAVE SHOP

BARBER SERVICES

Kids under 12	\$20
Seniors/Basic Buzz	\$21
Men's Cut/Style	\$30
Men's Cut/Style (Long Hair)	\$35
Bear Trim (Clipper Only)	\$20
Beard Trim with Razor Cut-Out ...	\$25
Straight Razor Shave	\$50
Head Shave with Straight Razor ...	\$45

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OK Falls Parks & Rec Commission

By Bob Daly, Chair

As we move into spring, you will notice a flurry of activity by RDOS Parks Staff: clean-up of winter debris; checking trees for winter damage; seasonal washroom opening (Easter); annual playground inspection; irrigation testing and start-up; aeration of turf areas and beach rototilling, just to name some of the necessary preparations for the opening of the parks.

Some of the capital park projects you can look forward to this year include: determining location and costs of a replacement for the picnic shelter in Kenyon Park and correcting deficiencies in buildings and infrastructure in order to have the parks in the best possible state before incorporation occurs.

A major issue the Commission has been addressing with the RDOS going on three years is that of beach accessibility for people with mobility challenges. It has been a slow process which has suddenly been sparked by work of Annalise Toporowski, who has presented a thorough amount of accessibility information to the RDOS and Commission. The RDOS has applied for a Rick Hansen Man in Motion grant, and hopefully our community will see the project in place for this summer.

The Commission has also worked with RDOS Staff to plan a number of Volunteer Projects for this year. The goal is to bring enhancements to the parks that staff cannot provide in their regular duties.

This year, "Friends of Okanagan Falls Parks" will be painting the many lamp posts in Kenyon and Christie Park, refinishing benches in Lions Park, painting and staining the bandshell and refreshing the outside of the Zen Centre. If you would like to join "Friends of Okanagan Falls Parks" contact Bob Daly at bandsdaly@shaw.ca with your name, phone number and email address. You can decide on which projects to participate in, depending on your interest and availability.



Christie Park anxiously awaits Spring

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Okanagan Falls Incorporation

By Randy Ludwar

Residents of the Okanagan Falls community in the Regional District of Okanagan-Similkameen (Electoral Area "D") voted in 2025 in favour of pursuing municipal incorporation. The Province of British Columbia, through the Ministry of Housing and Municipal Affairs, is now advancing the next phase of the process, which focuses on developing the legal framework required to establish a new municipality.

The Ministry of Housing and Municipal Affairs, supported by a provincial facilitator, is working with the Regional District of Okanagan-Similkameen and consulting with the Osoyoos Indian Band in the development of the Letters Patent. The proposed municipality lies within the traditional territory of the Osoyoos Indian Band and includes areas of cultural and historical significance. Consultation reflects both legal obligations and broader reconciliation commitments, with the goal of establishing a constructive and collaborative relationship between the future municipality and the Osoyoos Indian Band.

Community engagement will continue throughout the process through both online and in-person opportunities. Residents will have opportunities to provide input on matters such as the proposed municipal name, boundaries, and other aspects of the transition to municipal governance.

A key step is the preparation of Letters Patent, the legal document that formally establishes a municipality, this phase is well underway. Letters Patent define the municipality's official name, boundaries, and incorporation date, and outline the transfer of local services - such as water, sewer, fire protection, and land-use planning - from the regional district to the new municipal government.

If the process proceeds as anticipated, the next milestones include completion of the Letters Patent, the appointment of an interim Corporate Officer and Chief Election Officer, and the election of a mayor and council during the general local government election on October 17, 2026. Formal incorporation would occur when the newly elected council holds its first meeting, expected in early November 2026.

Recognizing that residents have questions about the process, the Province has created a dedicated engagement page for updates and information: <https://engage.gov.bc.ca/govtogetherbc/engagement/OkanaganFalls>. Questions and comments can also be directed to MunicipalIncorporation@gov.bc.ca.

If incorporated, Okanagan Falls would become the first new municipality established in British Columbia since Sun Peaks Mountain Resort Municipality in 2010.



Okanagan Falls Business & Community Association Update

By Marshall MacKinnon

Okanagan Falls Business and Community Association (OFBCA) would like to thank everyone who attended and signed up as a member at our "Business After Business" event held at the Rise & Shine Coffee House on March 25. It was a great opportunity for business networking, as well as conversations with regard to community growth. If you weren't able to attend or haven't already, you can sign up as an individual member for \$10 or a business member for \$20 through the email below. Keep up to date with meeting minutes, share promotional space on social media, and have a say in how businesses in the community move forward.

The OFBCA is continuing to work behind the scenes on some special community events for 2026, including our upcoming AGM. Stay tuned for updates. If you have any questions, suggestions, or would like to volunteer or become a member, please email okanaganfallscommunity@gmail.com. We'd love to hear from you.

Remember to follow the OFBCA's new Facebook page! Keep up to date with seasonal events, promotions, what's happening with local businesses, and everything else Okanagan Falls. You can find us by searching for "Okanagan Falls Business Community Association" on Facebook.

Music & Market In The Park

By Bob Shanks, Event Coordinator

2026 Music & Market in the Park is gearing up to be a banner year. We will be featuring some of our favourite bands from years past and following the mandate of Okanagan Falls Music in the Park, we will be featuring some new talent. This program continues to be very popular for all age groups in the Okanagan Falls Community. I would like to express my gratitude to the people of Okanagan Falls for their continued support and attendance at our music and market events.

The entertainment lineup for the 2026 season of Music & Market in the Park is as follows: July 1 (Canada Day) - Blueshounds; July 12 - Lee Anthony; July 26 - Bench Boys; August 9 - Uncorked; and August 23 - TR2. All events are held at Centennial Park in Okanagan Falls on a Sunday, except for Canada Day which falls on a Wednesday this year. The market will open at 3 pm and the band will play from 5:30-7:30 pm.

Inquiries can be forwarded to musicintheparkokfalls@gmail.com. Please help us to make this the best year ever!

The Conversation Most Homeowners Haven't Had Yet

By Sergej Sinicin of neuHouzz Real Estate Group



There's a conversation that happens at a lot of kitchen tables in Penticton, Kaleden, Okanagan Falls and surrounding areas. It usually starts with something like: "We've been thinking about it, but we're not sure how to get ready." Sometimes it's a couple who bought their home thirty years ago and have been watching the neighbourhood change. Sometimes it's someone whose kids have been gently suggesting it's time to simplify. And sometimes it's a person who is perfectly happy right where they are - just quietly curious about what their options actually look like, if they would do it - SELL. I hear versions of that conversation all the time. And what I've noticed is that most people in that position don't need a sales pitch. They need some gentle guidance and a short list of simple recommendations.

Part of what makes it hard is not knowing who to trust. Before you bring anyone on board, there are questions worth asking - and red flags to watch for. Things like "when you can put in an offer on your next home?", and "how that timing connects to the sale of your property", are exactly the kind of details which will keep you awake at night or leave you scrambling.

Then there's this one ... "It's too much work" is one of the most common reasons people put things off or overestimate what needs to be done. There are three levels of preparation, and most homes need far less than their owners assume.

And even when people get past those two things, the numbers can feel like a moving target. What actually moves a home in the Okanagan isn't a guess or a national average - it's presentation, promotion, and a price grounded in real local data. We trademarked it and refer to it as a 3P's Formula.

Finally, most people underestimate what happens after they say yes to an offer. The closing process has more moving pieces than people expect, and not knowing what they are until you're in the middle of them is one of the most common sources of stress in the whole transaction. That's why we always play OFFENSE to the benefit of our clients. Being prepared and proactive is the key to no stress.

Penticton and areas have one of the oldest populations of any mid-sized city in Canada - nearly 29% of residents are 65 or older, almost double the national average. A lot of homeowners here are at or near the stage of life when these decisions arise. Whether it's downsizing, moving closer to family, unlocking equity in a home they've owned for decades, or simply wanting a clearer picture of where they stand - these are real conversations happening right now across our community.

And yet most people don't act on them for years, not because they don't want to, but because they don't know where to start. Selling a home you've lived in for a long time is a genuinely complex decision with a lot of moving parts, memories, and emotions. Throw in the complexity of current Provincial decisions being taken and current events globally, no wonder it feels overwhelming to many.

This spring, in partnership with the Penticton Seniors Centre, we're hosting a free information event to work through it ALL. No pressure, no pitch - just honest answers to the questions you'd normally only ask at your own kitchen table. Every attendee gets their own copy of The Roadmap to SOLD, a step-by-step detailed document to the home-selling process, to follow along and keep.

I've had clients in the past tell me they wish they'd had this kind of conversation a few years earlier, not because they would have

sold sooner, but because they would have made better decisions along the way. Having the information gives you the ability to plan and to better protect your family and loved ones.

If you have questions in the meantime, or if a complimentary home equity review would be useful for your planning, text or call to discuss or set up a consultation. Until next month - be well, healthy and strong.

Free Information Event at Penticton Seniors Centre, located at 2965 S Main Street in Penticton, on **Monday, April 13, 2026** from **1:00-2:30 pm**. Treats, coffee and chat to follow.



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Spring Into Wellness With Detoxification

By Dr. Tamara Browne, ND Naturopathic Physician,
Licensed and Registered by The BC Ministry of Health



Regular therapeutic detoxification is an important part of a healthy preventive lifestyle. We live in an increasingly toxic world and despite our best efforts, toxins are impossible to avoid. Research shows that all humans now harbor many chemical toxins. The U.S. Centre for Disease Control found 148 different chemicals in the blood and urine samples of 2400 Americans randomly sampled. 90% percent of samples contained toxic pesticides. Also, a Mount Sinai School of Medicine study found 167 different chemicals in the blood and urine samples of volunteers. The toxins included lead, dioxins, PCB's, phthalates, DEHP and more. Some of these toxins have been banned for more than 25 years! The human body was never designed to process this array of toxins.

Since it appears as though everyone carries a toxic load, and toxins contribute to degenerative and autoimmune diseases such as cancer, heart disease, diabetes, obesity, and arthritis, it is logical to follow steps to detoxify on an ongoing basis. If you suffer from fatigue, chronic pain, brain fog, or chronic illness ... detoxification may help you return to optimal health.

Following are guidelines which will help you to remain free from toxins, thus enabling your body to remain in balance and free from disease.

1. Take a good greens product with chlorella, and/or spirulina and other herbal detoxification aids (milk thistle, turmeric, green tea, oolong tea, rooibos tea, aloe, fiber, enzymes, probiotics, beets, etc.) daily. Dandelion is both a liver and kidney detoxifier.
2. Boost your glutathione levels with Whey protein (20-30 grams daily), selenium (200mcg selenomethionine, 1-2 times daily) and NAC (N-acetyl Cysteine) 500mg 3 times per day. Glutathione is the major antioxidant and detoxifier of the liver.
3. Vitamin C and polyphenolic plant compounds (the natural dark pigments in plants) stimulate the immune system, improve liver detoxification, and protect the body during detoxification. Take a minimum of 500mg Vitamin C, 3 times per day. Add polyphenols from sources such as green tea, dark berries, dark green leafy veggies, dark chocolate, red wine, olives, and extra virgin olive oil.
4. Drink 5-10 glasses per day of pure clean water or herbal tea. Green tea, oolong tea, and rooibos tea are all great antioxidants and detoxifiers.
5. Eat a whole foods diet rich in fresh, local, organic fruits and vegetables, protein, and good oils such as extra-virgin olive oil, virgin coconut oil, and marine omega-3 oils. Eat plenty of cold water wild fish such as Alaskan salmon. These are high in the anti-inflammatory, heart and brain healthy omega-3 oils. Cruciferous veggies such as broccoli, cauliflower, cabbage, and brussel sprouts are particularly good at improving detoxification. Aim for a 50% raw foods diet with the majority of foods being fresh, organic fruits and vegetables. Juicing organic vegetables daily can supercharge your organs of elimination (i.e. carrots, green apples, dark greens, beets, etc).
6. Exercise at least 30 minutes daily. You need to perspire and increase breathing during this time to eliminate toxins through the skin and lungs. Taking regular 30 minute saunas to sweat



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out toxins is also very useful.

7. Chelation can remove heavy metals such as mercury, lead, aluminum, and cadmium as well as other chemical toxins. Testing is required to determine if you carry a toxic metal load. A recent University of Michigan study published in *Environmental Health Perspectives*, found that mercury, even at low levels that are generally considered safe, was associated with autoimmunity. Emily Somers, Ph.D., Sc.M, lead author of the study states, **"In our study, exposure to mercury stood out as the main risk factor for autoimmunity"**.

Environmental Working Group Recommendations:

- Detoxification should be a regular part of your everyday lifestyle, not just an occasional therapy. Eating well, exercising regularly, sweating, flushing out toxins with clean water, and keeping stress levels low everyday will contribute to a lifetime of wellness and aid greatly in the prevention of disease and chronic degeneration. U.S. chemical companies hold licenses to make 75,000 chemicals for commercial use. The federal government registers an average of 2,000 newly synthesized chemicals each year.
- The government has tallied 5,000 chemical ingredients in cosmetics; more than 3,200 chemicals added to food; 1,010 chemicals used in 11,700 consumer products; and 500 chemicals used as active ingredients in pesticides (EPA 1997c, EPA 2002b, EPA 2002c, FDA 2002a, FDA 2002b, FDA 2002c).
- In 1998, U.S. industries reported manufacturing 6.5 trillion pounds of 9,000 different chemicals (EPA 2001), and in 2000 major U.S. industries reported dumping 7.1 billion pounds of 650 industrial chemicals into our air and water (EPA 2002a).

Please consult a licensed health care professional for individualized recommendations. This article is for informational purposes only and should not be considered medical advice.

Love And Luna

By Cheryl Gill, Many Hats Theatre Company Publicist

Many Hats Theatre is pleased to present the Western Canada Premiere of **Love and Luna** by Sandi Holland - April 10 to May 3. Ahhh, retirement. That well deserved time of relaxation and contentment after a lifetime of hard work and hectic schedules, but is it really all it's cracked up to be? **Love and Luna** tells the story of two couples; Murray & Linda, and Ian & Becky, each of whom is looking to fill those long hours with something new and meaningful that will lead to happiness and a sense of purpose in retirement.

Linda, a mom, and a retired baker, wants to do something that will bring joy to others, like a magical time she experienced as a child. Murray, a retired salesman, lost in retirement and driving his wife crazy, is searching for a way to give back and share some of his enthusiasm with people more lost and lonely than he is. Ian wants to break out of his mundane financial advisor image and step into the spotlight like never before, and timid Becky, who has always lived vicariously through her friends' lives wants to work up the nerve to live her own 'best life'. Their searches create new dynamics in all of their relationships creating a breeding ground for humour as they support one and other and show us that you're never too old to learn and have new adventures.

Love and Luna runs from April 10 to May 3 on the Cannery Stage at 1475 Fairview Road in Penticton. For tickets, visit our website at www.manyhats theatre.com. For further information or assistance with ticket purchases, please call 250-462-6428.



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Ask Cheryl

By Cheryl L. Snyder, RTC, MRT, CBT

Hello Everyone! Welcome to the beautiful month of April. Thank you for your patience awaiting responses to your emails. Thank you so much for all the lovely remarks and comments on my now two articles I'm tending to from my heart. The other being OKFVFD column. Welcome Spring, thanks for showing up just in time like you always do!

Dear Cheryl,

I've been told by a friend of mine that you know what to do for me in the stress department. Some days I'm unable to figure out the smallest of things - and the brain fog is overwhelming. I am a female and have been told I'm probably just menopausal, but this feels awful. I'm wondering if you can help?

Dear Anonymous,

Thank you for your patience in awaiting a response to your emailed question - I sincerely apologize, as it somehow ended up in my junk mail. I'm truly glad it found its way back to me.

I'm going to keep this simple and to the point.

What you're describing may be an opportunity to begin getting to know your body as a friend, rather than experiencing it as a foe.

I can relate more than you might think. I, too, am "that age" and have experienced similar symptoms - brain fog, emotional ups and downs, and those frustrating moments where even simple things feel overwhelming. Through proper medical support and some very basic blood work, I discovered that low estrogen was contributing to the foggy thinking and mood changes, while low progesterone was impacting my sleep ... leaving me "sleepless in Seattle" (or rather, Okanagan Falls!). Thankfully, I've got my wit back.

As I began to understand what my body was communicating, something shifted. The internal frustration softened. The sleepless nights eased. I found myself breathing more deeply and, in many ways, falling back in love with myself again - clearer, calmer, and more grounded.

I want to be very clear. I am not diagnosing you. However, based on what you've shared, your symptoms do shine a light on something worth exploring further with proper medical support.

Alongside that, there is powerful work in learning how to truly listen to your body. Your body does not lie to you ... but your mind can certainly try to override it. When we begin to reconnect with those signals, we move from reacting to symptoms to understanding them - and that is where prevention of dis-ease begins.

I look forward to connecting with you and supporting you in learning how to tune into your body in a way that feels empowering, not overwhelming. You're not alone in this.



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Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



Recovering from a stroke can be a long and often frustrating journey, but supportive therapies like regular massage can play a meaningful role in the healing process. While massage is not a replacement for medical care or rehabilitation, it can complement traditional treatments and help improve overall well-being.

After a stroke, many people experience muscle stiffness, weakness, or limited mobility, especially in the arms and hands. Gentle, regular massage in these areas can help reduce tightness and improve flexibility. The hands and fingers, which are often affected by reduced coordination or spasticity, may benefit from careful stretching and soft tissue work. This can make it easier to perform everyday tasks like holding utensils, buttoning clothing, or writing. Better blood flow brings oxygen and nutrients to affected tissues, which may support the body's natural recovery processes.

Massage can also help reduce pain and discomfort. Post-stroke pain - sometimes caused by muscle tension or nerve sensitivity - can make daily activities more difficult. Regular sessions may ease this discomfort, making it easier for individuals to participate in physical therapy and regain movement.

Beyond the physical benefits, massage offers important emotional support. Stroke recovery can be stressful and emotionally taxing, sometimes leading to anxiety or depression. The calming nature of massage helps promote relaxation, reduce stress hormones, and improve mood. Human touch itself can be incredibly reassuring, helping individuals feel more connected and cared for during recovery.

Another benefit is improved body awareness. After a stroke, it can be difficult for some people to sense or control parts of their body. Massage can gently stimulate the nervous system, helping the brain reconnect with affected areas over time.

When used alongside medical treatment and rehabilitation, regular massage can be a safe, comforting, and beneficial addition to stroke recovery - helping people feel better, move more freely, and regain a sense of control in their healing journey.

Creative Wellness Solutions provides a convenient massage with innumerable benefits on a comfortable massage chair. You do not need to climb onto a table or remove clothing and no oils are used. You can choose from a head and face, upper body, or legs and feet massage, or any combination.

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THE SPIRIT OF **LED ZEPPELIN** BY
BLACK DOG

With special guest recording artist **CRISPRR**

WEST COAST TOUR 2026 | Sunday, May 3, Venables Theatre

Black Dog - The Spirit Of Led Zeppelin

By Barry Allen

Don't Miss The Ultimate Led Zeppelin Tribute ~ Montreal's celebrated Led Zeppelin tribute act "Black Dog" is coming to the West Coast for the first time! Tickets are on sale now for their show at **7pm on Sunday, May 3, 2026 at Venables Theatre** in Oliver.

Black Dog - The Spirit of Led Zeppelin captures Led Zep's early years in a show that brings to life the essence of Led Zeppelin. From the first crushing riff of "Whole Lotta Love" to the final echos of "Kashmir" and "Stairway to Heaven", Black Dog delivers an authentic experience with the chemistry and respect the music deserves: raw, electric, and alive. "If Zeppelin defines the soundtrack of your youth, this is your chance to feel it all again", explains bassist Frank Larouche. "Close your eyes, you will swear you're back in 1973".

With over 250 concerts to their credit and an unwavering commitment to authenticity, this powerhouse quartet channels the raw energy, soaring vocals, and legendary musicianship that made Led Zeppelin unforgettable.

Special Guest ~ Kelowna's Own CRISPRR: The rising rock band was voted Kelowna's 2025 fan favourite. Get ready for their high-voltage set before the legends take the stage.

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Need Medical Equipment?
The HUB would like to remind local residents that medical equipment is available to borrow. There are crutches, walkers, hospital beds, raised toilet seats and other helpful items one might need. If you are looking for this type of equipment for the long or short term, please call the HUB at 250-460-3387.

Kaleden Branch: 101 Linden Avenue - 250-497-8066
Tuesday 1-5 pm / Thursday 1-8 pm / Friday 12-4 pm

Children's Programs:

Preschool Storytime on Tuesdays from 10-10:45 am from April 14 to June 2. This is a great family activity to share in the mornings with your little ones. We explore rhythm, counting, colours and more!

Stay and Play with our toys and books that are always on hand in the branch. From puzzles, and colouring pages, to LEGO and board books, we have a variety of engaging materials to enjoy while you visit.

Adult Programs:

SOW, GROW, AND SHARE: Promoting Biodiversity Through Local Seed and Plant Swapping. Ready to grow your garden? Join our community plant exchange! Whether you're a pro or "plant curious", this drop-in event is open to all. How it works: Bring healthy plants, cuttings, or labeled seeds, then take and discover something new to take home for your house or garden! **Drop by anytime on April 9 from 1-8 pm. No registration required.**



Submitted by Rachael Dowden, Kaleden Community Librarian

OK Falls Branch: 101 - 850 Railway Lane - 250-497-5886

Tuesday 10 am - 6 pm / Wednesday 10 am - 4 pm
Friday 10 am - 5 pm / Saturday 10 am - 2 pm

Plant Exchange: Saturday, April 25 10 am - 2 pm. Did you start too many seedlings or looking to free up some space on a windowsill? Swap them out and refresh your garden at our Plant Exchange! Bring what you have, take what you need and share our gardening successes.

Tech Talk - One on One: Tuesdays from 3-5 pm. (Last month to book your appointment until September 2026.) Tech Troubles? We can help! Got a burning tech question? Whether you are a curious beginner or a seasoned techie, this is the space to ask anything & learn everything from new cell phones to old PCs. This is a free program sponsored by Desert Sun Counselling. Please contact the Okanagan Falls library to make an appointment - 250-497-5886.

Book Club: If you love getting lost in thrilling plots and gushing over unexpected twists, this is the club for you! Join a warm circle of fellow readers for our monthly gathering where stories spark conversation and pages turn into new friendships. Meetings are on the 3rd Wednesday of each month from 1-2 pm.

Community Craft Corner: Wednesdays from 12-3:45 pm. Find your focus, find your people. Bring your current project - whether it's knitting, sketching, journaling, or building miniatures - and enjoy the gentle, creative energy of a shared space. Conversation flows as easily as the thread, in our welcoming and relaxed environment.

Family Story Time: Saturday, March 18 from 9:30-10:00 am. Family Story Time at the Library - where stories come alive! We'll dive into enchanting stories, sing along to interactive tunes, and bring tales to life with fun felt boards. Afterwards, stay and play and connect with other local families.

Seed & Puzzle Exchange: Have extra seeds from your garden? Puzzles you've already completed? Bring them here! Take what inspires you, leave what you don't need. It's a simple way to diversify your garden, discover a new challenge, and connect with fellow enthusiasts.



Winter Olympics Reading Challenge Winner: Congratulations Anneke!

Check out our **Events Calendar** at orl.bc.ca/okanagan-falls for a sneak peek on upcoming and current events.

Submitted by Artessa Wiker, Okanagan Falls Community Librarian

Okanagan Historical Society Update

By Karen Collins, OHS Penticton Branch President

The Penticton Branch of the Okanagan Historical Society (OHS) invites the public to a Speaker Event at 1pm on Saturday, April 18 at Okanagan College in PL107 Lecture Theatre. Tickets are \$10 each. Cash only at the Dragon's Den on Front Street or at the door.

Craig Jones will be presenting on his research for his forthcoming publication "First Nation: Grand Chief N'Kwala and the struggle for the Interior Plateau". N'Kwala, also known as Nicola, served as Grand Chief of the syilx Okanagan Peoples and the fourth Chief of the Pelkamulox Dynasty. He was a key historical figure in the crucial decades between the arrival of the first Europeans and the onset of colonization, as well as a legendary warrior and deft diplomat and leader. Jones' research, which draws on journals, letters, and narratives from the earliest fur traders and missionaries, alongside accounts of N'Kwala preserved by Indigenous elders and historians, offers a fresh perspective on Indigenous governance, the origins of modern British Columbia, and long-standing assumptions in Canadian history regarding Indigenous Rights and Title.

Celebrate Spring with us!

April 11 & 12, 2026 11am-5pm

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Highlights From Kaleden Elementary School

By Principal Jessa Arcuri

March has been a short, but wonderfully busy, month at KES. Our students have enjoyed the early signs of spring, and as the term wraps up, many are eagerly counting down the days to a well-deserved Spring Break. Throughout the term, we have celebrated what it means to be a Kaleden Coyote - brave, smart, curious, creative, caring, and kind. It has been inspiring to see these qualities come to life each day in the way our students learn, play, and care for one another.

At the beginning of March, we were treated to a special visit from the Summerland Secondary Concert Band, led by Mrs. Edis. What a joy it was to welcome her high school musicians and share in the energy and talent they brought to our school. We also welcomed the Pentiction Vees, who visited classrooms, signed autographs, and challenged our intermediate students to a game of hockey - though the Vees gave it their all, the Kaleden Coyotes certainly gave them a run for their money!

Our younger students have been especially delighted with their new basketball hoop - perfectly sized for building confidence and practicing those ambitious three-pointers. With basketball season now wrapped up, students are looking forward to the excitement of cross-country running and track and field. This year, KES is proud to be hosting the **Kaleden Run for grade 4, 5, and 6 students** from across the district. The event will take place at **Pioneer Park** on the morning of **May 22nd**, and the park will surely be buzzing with energy, encouragement, and community spirit.

Finally, we want to extend a heartfelt thank-you to our wonderful PAC for making our Apex Tubing trip possible. Our students had an incredible day on the hill, made even sweeter with hot chocolate, hotdogs, and roasted marshmallows. Your support helps create memories our students will carry with them for years.

Wishing all our families a warm, restful, and adventure-filled Spring Break. We look forward to returning refreshed and ready for more learning together.



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Kaleden Elementary PAC Update

By Tenna Fisher, PAC Chair

As spring arrives in Kaleden, the community welcomes students back to school following Spring Break, celebrates Easter with family and friends, and looks ahead to an exciting community event planned for April - one that combines great food, local partnerships, and support for local students.

The Kaleden Elementary School PAC is hosting its **inaugural Rib Fest Dinner Fundraiser on Saturday, April 25, 2026 at Frog City Café**. This adults-only evening promises a fun night out, while raising much-needed funds to support educational programming and resources for students at Kaleden Elementary School. The PAC plays an important role in the school community, working closely with staff and families to enhance students' learning experiences through fundraising, events, and advocacy. Funds raised by the PAC help support classroom enhancements, school activities, and extracurricular opportunities that directly benefit students.

This April fundraiser marks a new and exciting initiative for the PAC. Guests will enjoy a collaborative dinner menu featuring **succulent, fall-off-the-bone baby back ribs** from Kaleden's own **Doug's Homestead**, paired with Frog City Café's well-known sides and dessert. The evening will also feature live music from a local Kaleden DJ. Adding to the fun is a **Silent Auction** running from **5-8pm**, showcasing generous donations from local businesses and community members. All proceeds from the night will go directly back into Kaleden Elementary School to support and supplement student learning.

The event is organized by the **Kaleden Elementary School PAC, hosted and sponsored by Frog City Café, and sponsored by Doug's Homestead**, highlighting the strength of local partnerships and community spirit.

If you or your business would like to donate toward the Silent Auction, please email the Kaleden Elementary School Parent Advisory Council at kaledenparentadvisorycouncil@gmail.com.

Kaleden Quilters & Crafters Invitation

By Vivian King

We are offering **Free Quilting Classes for Beginners** with the Kaleden Quilters and Crafters. All material is provided (you can choose your colours from our supply), plus rulers, cutters and patterns. If you have your own sewing machine, you can bring it. We do have a few sewing machines to use.

The **Spring Session runs every Wednesday from March 4 through April 29** from 1-4 pm in the Kaleden Community Hall. The cost is \$20/person or drop-in for \$4/day. Coffee and tea are always available. Ladies of all skill levels are invited to join us for an afternoon with other quilters and crafters.

We would love you to join us! Let us know if you are interested, or for more information, please call Vivian at 250-497-1164 or email viv20king@gmail.com.



New To Kaleden?

We would like to welcome you & provide you with a package of community information. Please call 250-460-3387.

School Trustee Report For SD67

By Karen Botsford, School Trustee

Budget 2026-2027 ~ The development of the 2026-27 budget is underway with the Budget Committee reviewing the Guiding Principles, the Terms of Reference, budget process and enrollment projections at the March 3, 2026 meeting. The committee consists of the Board of Education (7 trustees), Senior Leadership Team, two representatives from Okanagan Skaha Principal and Vice Principal Association, two representatives each from Okanagan Skaha Teacher's Union, CUPE, District Parent Advisory Council, and the indigenous community. On the district website there is a link on the letsconnect.sd67.bc.ca page for more information on the budget and to participate in the budget survey (survey closes April 10). The Ministry of Education and Child Care announced funding during Spring Break and the next committee meeting will be April 1.

Professional Learning ~ Professional learning events were held in late February and early March including a session focused on Artificial Intelligence in Education, as well as locally supported numeracy and indigenous workshops. In addition, a third *Assessment for Learning* session for teachers new to the profession, an *Applied Design, Skills and Technologies* workshop and 3 full days of numeracy workshops. The district continues to provide learning opportunities and professional development for educators.

Ready, Set, Learn ~ Ready, Set, Learn events are being held across the district in elementary schools, welcoming families with children who will be enrolling in kindergarten over the next few years, alongside community partners who support young families and children. This program is designed to support parents/caregivers in helping preschoolers get ready for school. I would encourage you to attend the session being held in your school. Here is the contact information for you to make further inquiries and to register: Kaleden Elementary on April 29, 2026 at 10:30-11:30 am - contact 250-770-7692; and West Bench Elementary on April 22, 2026 at 11:00 am -12:00 pm - contact 250-770-7698.

Speed Reader Boards ~ During Spring Break speed reader boards were installed near the Kaleden, West Bench and Naramata Elementary Schools. The school district and the RDOS worked together on the project with funding provided by ICBC and the RDOS. The reader boards are a great visual to remind drivers to slow down in school zones.

Spring has arrived! Enjoy all the outdoor activities with family and friends.

For more information, please contact Karen Botsford, School Trustee for SD67, by sending an email to kbotsford@sd67.bc.ca.



Need A Ride?
If you live in the Kaleden Area and need a ride, please call 250-460-3387.

Recovery For Everyone

By Van Hill

What? A Recovery Meeting ~ This is a secular meeting based on smartrecovery.org and AA agnostic. Smart has many tools that are based in CBT (Cognitive Behavioral Therapy) and techniques which can help individuals recognize some of the thinking/feeling traps that may have unreasonable levels of control over their behaviors. We also utilize the book "The Proactive 12 Steps" for recovery discussion.

When & Where? ~ Wednesday evenings at 7 pm at 216 Hastings Avenue, Penticton (Heritage Train Station). Doorbell at front. For more information, please contact Van Hill at 250.300.5222.

Galaxies

By Tom Landecker

Galaxies are big groups of stars held together by gravity: we live in one, the Milky Way. There are at least 100 billion stars in the Milky Way, and perhaps twice that many. It's a middle-of-the-road galaxy, neither the largest nor the smallest. The Milky Way is almost as old as the Universe, because galaxies formed soon after the Big Bang, 13 billion years ago. Images from the most powerful telescopes, Hubble and the James Webb Space Telescope, show very distant galaxies, to the limit of their sensitivity. There are about two trillion galaxies in the visible Universe.

We can see the closest galaxies with our eyes - without a telescope. Two small galaxies orbit the Milky Way, but they are visible only in the southern hemisphere. In our northern sky, there is a close twin to the Milky Way, just visible to good eyes in the constellation of Andromeda. Telescopes, even small ones, bring other galaxies into view.

Galaxies come in a variety of shapes and sizes. Some have smooth football shapes. Many have beautiful spiral patterns, like a Catherine wheel. If we could look at our Milky Way from outside, we would see that it is a spiral galaxy, and we would see that it's not a perfect spiral, it's a bit messy. It's like a pancake, flat and thin. The stars are concentrated into spiral "arms" inside that thin pancake, and our Sun is an ordinary star, nothing unusual, in one of those arms.

In the centre of the Milky Way, the stars are so crowded together that they have merged, forming a massive black hole, more than four million times as massive as the Sun. A black hole is black. Nothing escapes from the surface of a black hole, not even light. Then how do we know how massive it is?

Although the black hole itself is invisible, its gravity extends beyond its boundaries. Nearby stars orbit the black hole, and, by measuring their speeds as they travel in their orbits, we can easily calculate the mass of the black hole. Its diameter is 50 million kilometres, one third of the distance between the Earth and the Sun. There's a lot of matter there, crowded into that (relatively) small space. Most spiral galaxies have similar massive black holes at their centres.

In each galaxy, matter continues to be sucked into the black hole by its overpowering gravity. On its way in, the matter gets very hot, and the centres of galaxies then become bright objects, easily detected with radio telescopes. A global network of radio telescopes, stretching from Antarctica to Europe, grabbed an image of the black hole in our own Milky Way, showing a ring of this hot gas, and, in the middle, the dark outline of the black hole. A much larger black hole in another, distant, galaxy has been imaged too. We're learning more, every day.

Interesting websites:

- science.nasa.gov/universe/galaxies/
- aasnova.org/2022/05/12/first-image-of-the-milky-ways-supermassive-black-hole/
- chime-experiment.ca

The Dominion Radio Astrophysical Observatory is operated by the National Research Council Canada and is located at 717 White Lake Road in Kaleden. For more information, please call 250-497-2300.



KALEDENHUB
for knowing and responding to individual and family need in the community
If you live in the Kaleden area and have needs, please call the HUB. Our frozen meals (mostly soup) are available immediately. We can also provide grocery shopping - Please allow a few days advance notice.
HUB NUMBER: 250-460-3387

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

Students and staff at Okanagan Falls Elementary are returning from Spring Break refreshed and ready for a busy and exciting month ahead. April will bring a variety of fun activities and learning opportunities for students.

Upcoming events include an Easter egg hunt, omelet day, dance and music lessons, in-line skating lessons, a Pow Wow, and family conferences. These activities provide wonderful opportunities for students to learn new skills, celebrate together, and connect with their school community.

The school would like to extend a sincere thank you to the PAC for sponsoring the dance and music lessons this spring. Appreciation also goes to the Lions Club and AG Foods for their support of omelet day and for helping arrange a special visit from the Easter Bunny.

This month also marks the departure of a valued staff member. Mrs. Lee, who has been an important part of the school community for many years. She has said goodbye, and we wish her well in her well-deserved retirement. Staff, students, and families are grateful for the care and dedication she has shown over the years and wish her all the best!!

The school also thanks falcon families and community members for their continued support of the PAC through the recent seed fundraiser and the many meat draws held at the Legion. Community support plays an important role in helping provide extra opportunities and activities for students.

Our school looks forward to a fun and active April and appreciates the continued support from the community.



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Okanagan Falls PAC Update

By Kari Hill, PAC Chair

Spring is shaping up to be a busy and exciting season for PAC! A big thank-you to Anvil Storage in Gallagher Lake for donating March's PAC Snacks. Our meetings are always better with charcuterie on the table, and we truly appreciate the support!

BBQ at Belich's AG Foods ~ Join us on Saturday, April 11th starting at 11am for a PAC BBQ fundraiser out front of Belich's AG Foods. A big thank-you to Belich's for generously sponsoring the BBQ. Come grab lunch and support our school!

Movie Night with RDOS ~ We're teaming up again with RDOS for a community Movie Night on Friday, April 17th. Doors open at 6pm. This event is open to all families in the community, so bring the kiddos and enjoy a fun evening together.

Meat Draw at the Legion ~ Our next PAC Meat Draw will be on Saturday, April 18th at the Legion.

S.O.A.R Into Spring Market ~ Mark your calendars for our S.O.A.R Into Spring Market on Sunday, May 3rd at the Elementary School. It's shaping up to be a fantastic community event, complete with a fun 50/50 draw and a gift card raffle bouquet.

Supporting Our Students ~ PAC is also proud to be sponsoring Music with Yanti and Dance with Jake Evans, bringing exciting arts programming to our students this spring.

As always, thank you to our amazing community for supporting Okanagan Falls Elementary PAC and helping create memorable experiences for our students.

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School Trustee Report For SD53

By Sholeh Pickell, School Trustee

A huge congratulations to the cast of SOSS' "Rock-of-Ages" for putting on an outstanding production and to SESS Sr. Boys Basketball team, who are now Single A Provincial Champions.

The district has been focusing on hands on strategies for supporting well being such as the #changeyourmood initiative. This ran for five weeks, engaging Grade 6 students from across the Okanagan Similkameen District. Participants explored foods that can influence mood to incorporating laughter and physical activity to their daily lives, over 125 students participated in the initiative. Along the same lines, in partnership with Desert Sun and the United Way, our district ran a pilot after-school program in Keremeos, called School's Out, which wrapped up at Spring Break. The program supported vulnerable youth by promoting healthy habits, building cooking skills, and providing homework support. Given its success, we are exploring opportunities to continue the program. School's Out already operates year-round in Oliver and Osoyoos. Grade 6 teachers from across the district gathered to collaborate and share their experiences with the numeracy screeners. The screeners help teachers quickly identify students who may have gaps in their understanding, allowing the teachers to provide timely and effective support. Through this collaborative session, teachers were able to strengthen consistency in how the screeners are used across the district and share instructional activities to support student learning. In early April, Grade 2, 3, and 5 teachers will participate in similar sessions, led by numeracy consultant Katie McCormack. Lastly, the Outreach Van, called The Travelling Library, was revealed on March 8th! The team arrived and worked hard on the van's transformation. The exterior is unmistakable with its whimsical paint, while the interior is inviting, comfortable and well lit. We are excited to get it on the road in April to support isolated families across our region, providing not only access to literacy but also with supports offered through OSNS. There are too many to thank for their generous financial donations and for their time to see this project through, which began approximately two years ago. However, a huge shout out to Melia Dirk, Director of Early Learning, is needed for spearheading the entire project. Children throughout our area will benefit greatly from this supportive and collaborative initiative. Please follow the Instagram page for pictures and updates - @the.travelling.library.sd53.

For more information, please contact Sholeh Pickell, School Trustee for SD53, by emailing to spickell@sd53.bc.ca.

Okanagan Quilters

By Barb Shanks

Okanagan Quilters meets every Thursday from 9:30 am - 2:00 pm from September to June in the Okanagan Falls United Church Hall (rear entrance). All quilters and crafters of all abilities are welcome to join. Coffee and tea are supplied. Yearly dues are \$50 or drop-in is \$5. For more information, contact Barb Shanks at 250-488-8174 or email barb.shanks@gmail.com. We would love you to join us!



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Dinner for Six \$129.95

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Five Colour Foods For Five Organs

By June Kwok, Chinese Treatment Specialist

In Chinese tradition, we believe that foods of different colours are more quickly and effectively accepted by the body. Each colour corresponds to a specific organ: Red - Heart (Fire); Black - Kidneys (Water); Green - Liver (Wood); White - Lungs (Metal); and Yellow - Spleen (Earth). If you want to strengthen a weak organ, eat more foods of the corresponding colour. For example: Heart (red foods) - eat beets, red yams, tomatoes, red bell peppers, red apples, cherries and strawberries; Liver (green foods) - eat leafy greens (spinach, kale, chard), broccoli, green beans, green apples and kiwi; Kidneys (black foods) - eat black beans, black sesame seeds, black rice, black fungus (wood ear mushrooms), blueberries and blackberries; Lungs (white foods) - eat white radish (daikon), almonds, pears, cauliflower, garlic, onions and mushrooms; Spleen (yellow/gold foods) - eat pumpkin, corn, yellow beans, sweet potatoes, millet, bananas and pineapple.

Ideally, include foods from all five colours in your meals whenever possible, as this brings harmony to your body's energy and health. Most importantly, your mindset and emotions play the biggest role in health. There is no such thing as "perfect health", as we all have some weaknesses. Think of the body as a car and the soul (or mind) as the driver. If the driver understands the car's limits, notices its weak parts and maintains it properly, the car can run well for a very long time.

Contact Special Chinese Alternate Treatment Clinic for Pain, Stress & More. Free 5 minute consultation advice inside Angel Place Restaurant in Okanagan Falls at 1030 Main St. Call June Kwok at 250-486-2199 or email purechihealing@gmail.com.

Kaleden Museum & Archives

By Mike Gane

How K.I.D. Came To Be - Part Two

(Based on Mike Gane's 100-year review, *Kaleden Irrigation District History*, on the KID Website)

Switching Sources ~ In the last issue, we left KID's story in 1963, when Kaleden ratepayers voted to update the gravity-fed system with funding assistance from ARDA (Agricultural and Rural Development Act). In June of 1964, it was decided to convert to a system pumping from Skaha Lake to supply 535 acres. In April of 1965, the laying of 35,300 ft of new distribution mains began, and construction of the intake commenced the following January, with the aid of a war-surplus DUKW (more about this unique vehicle in the next issue).



Amphibious DUKW taking intake out into Skaha Lake

The intake was set at a depth of about 30 ft, and connected to the pumphouse, which housed four units totaling 725 HP and capable of pumping 5.75 million gallons/day.



Laying pipe up Lakehill.



Constructing Greyledge head tank.

The new system was officially opened by the Honorable Frank Richter on June 30, 1966.

Growing Pains ~ Storage capacity and water pressures were boosted in 1982 with the construction of the Linden Reservoir and a pump station. Ratepayers voted for a reservoir twice the size currently needed, anticipating greater water demands as Kaleden grew. By 1993, KID had outgrown its existing office and garage/storage shed (less than 800 sq ft combined). The old garage/storage shed was demolished, and a 726 sq ft extension

was added to the north side of the existing 306 sq ft office (which was then repurposed as workshop and storage space). The new building opened for business in July of 1994 and still serves the ratepayers.



Down comes the old building & up with the new! (old office retained on right)

In 2000, KID's engineering consultant recommended that the 40,000 USG Greyledge head tank be replaced with a much larger (343,000 USG) reservoir to provide adequate capacity for fire flows and better balancing of storage for the service area. In 2003, the reservoir was constructed with dual chambers for staged cleaning and repair of the reservoir, without interruption of flow and minimize turbidity introduced into the distribution system.



Cypress Reservoir and valve chamber.

Diving Deeper To Do Better ~ In 2006, KID upgraded the Skaha Lake intake to improve water quality and temperature. A new 210 m pipeline was laid from the pumphouse out to a depth of 24 m. The intake consists of two screened drums attached to a horizontal T. A chlorine injection line runs inside the pipe from the pumphouse and ends 1 m from the intake screens; this was done to provide adequate contact time for disinfection, but also may provide some protection against future fouling by mussels.



Fabricating the intake and pipeline.



Ready to install the intake and pipeline.

What's Next? BC Drinking Water Quality Guidelines obligate KID to upgrade water treatment to two forms of disinfection, which requires construction of a new treatment plant. In advance of a referendum, more information will be provided in this and future issues of Skaha Matters to ensure that voters are informed ... stay tuned!

If you wish to donate items to the Kaleden Museum, please contact Mike Gane at 250-497-5674.

Island Time On Isla Mujeres

By Diane Chatfield

The ferry ride from Cancún takes only about 20 minutes, but stepping onto Isla Mujeres feels like entering a completely different world. The rush of the mainland fades quickly, replaced by the slow rhythm of golf carts buzzing down narrow streets, the smell of fresh seafood drifting from beachside restaurants, and the soft sound of waves rolling onto white sand.

Isla Mujeres, a small island in the Caribbean Sea off Mexico's Yucatán Peninsula, lives up to its name as a peaceful escape. Translating to "Island of Women", the name dates back to the 1500s when Spanish explorers discovered statues of female Mayan deities scattered across the island. Long before tourists arrived, the island held spiritual importance for the Maya, who honored Ixchel, the goddess of fertility, medicine, and the moon.

Today, Isla Mujeres welcomes travelers with colourful buildings, warm hospitality, and a pace of life that encourages visitors to slow down. Most people explore the island by golf cart, cruising past murals, small shops, and palm-lined roads. Visitors will also find a wide range of accommodations to suit different travel styles and budgets. Small beachfront hotels and cozy guesthouses are common across the island, many offering balconies with views of the Caribbean Sea. Travelers looking for a more luxurious experience can stay in upscale resorts with pools, spas, and private beach access, while budget-conscious visitors often choose charming family-run inns. No matter where guests stay, the island's relaxed atmosphere and friendly service make it easy to feel at home.

At the northern end of the island lies Playa Norte, often considered one of the most beautiful beaches in Mexico. The water is clear and shallow, stretching out in shades of turquoise and blue. Visitors spend their afternoons swimming, snorkeling, or relaxing beneath palm trees, while watching sailboats drift across the horizon.

Adventure seekers will find plenty to explore beneath the surface as well. Just offshore are coral reefs filled with tropical fish, making snorkeling and diving popular activities. Nearby, the famous underwater sculpture museum offers a unique experience where art and marine life blend together beneath the sea.

At the southern tip of the island, the scenery changes dramatically. Rocky cliffs overlook the open Caribbean, and the ruins of a small Mayan temple dedicated to Ixchel sit quietly above the waves. It's one of the first places in Mexico to see the sunrise, and many visitors gather there early in the morning to watch the sky slowly brighten over the ocean.

Despite its growing popularity, Isla Mujeres still feels like a place where time moves more gently. For travelers seeking more than crowded resorts and busy nightlife, Isla Mujeres offers something different: a chance to slow down, breathe in the salty air, and experience the easy rhythm of island life. Booking a trip is easier than ever. Contact Reliable Travel to learn more about travel packages, accommodations, and planning your island getaway. With expert guidance and personalized service, your dream vacation to this Caribbean paradise can be just a call or email away.

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**LOOKING FOR
A SIMPLER WAY TO
GET ORGANIZED?**

APR 17 @12PM

Location: Kaleden Community Hall

Join Maria Gagnon professional organizer from Voila! as she shares practical tips on organizing, sorting, and categorizing your closet—along with guidance on downsizing before a major life transition and how to thoughtfully let go of what you no longer need.

KSC
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Voilà!
A SIMPLE WAY TO GET ORGANIZED

Lunch by donation

Kaleden Seniors Committee Update

By Karla Avendaño, KSC Coordinator

Our Lunch and Learn last month was full of surprises when, unexpectedly, our guest speaker fell ill at the last minute and we found ourselves having to break the news to the participants. Fortunately, we are blessed with an amazing community, and members from Kaleden FireSmart and the Kaleden Volunteer Fire Department came to our aid. Our neighbour, Barb Leslie from KVFD, presented a very informative and comprehensive session on FireSmart gardening for our region and how to keep your home safe from fire hazards. A big thank you to Barb Leslie and the FireSmart crew for the information shared and for the work they do in our community. Thank you as well to everyone who attended.



Save the date for Friday, April 17th! Maria Gagnon, professional organizer, will share tips for seniors on moving and downsizing, closet organization, and more. Time: 12 pm. Location: Kaleden Community Hall. More details on the poster. If you would like to receive updates from us, email us at kaldenseniors@gmail.com.

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

We are gearing up for our May opening and we have been working hard! The Kenny McLean renovation is almost complete and we can't wait for you to see it! Another project we have been working on is an outhouse facade for the Bassett House along with an outdoor storyboard display. This project is also almost done!

A big thank you to Ed and Mary Findlater who have sponsored the repainting of the McCormick Deering tractor. It's going to look so spiffy! We have many other sponsor opportunities, if you would like to get involved. If you would like your name attached to an exhibit, please contact okfallscurator@gmail.com.

Stay tuned for our Community Day event on Saturday, May 9th. This is an opportunity for our local families to come and enjoy the museum with a BBQ, museum tours, lawn games and a Mother's Day craft for the kids! This event was enjoyed by many last year, so we hope to see you there!

If you are looking for volunteer opportunities, please contact 250-497-7047. We have room for two board members and there's always lots to do. We have a great group of people here, so come join in on the fun and be a part of something you can be proud of. We are the little museum with BIG plans!

Check out our Thrift Shop, as we have cleared out winter items to make way for spring and summer wear.



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The Royal Canadian Legion Branch #227

By Bev Van Uden

If you have never been a Legion Member, now is a great time to join. You will receive both 2026 and 2027 for the price of one year! Come to the branch to sign up. 2026 memberships are due.

Mark Your Calendar for June 27 ~ We will be having the Gecko Band from Puerto Vallarta for our 100 Year Celebration. More information to follow next month about times and ticket sales.

OPEN Monday-Saturday from 2 pm to closing. Open Sundays at 11 am for pool. Check out the game. Everyone welcome!

Meat Draws - Fridays at 5 pm & Saturdays at 3 pm ~ Thanks to Belich's AG Foods for supplying our meat! All profits from the meat draw are donated to charity.

Drop-in Darts ~ Saturdays at 2 pm. Registration at 1:30 pm.

Music Bingo with Russ on Saturday, April 4 ~ Lasagna, Caesar salad and garlic toast for \$10 each.

Pancake Breakfast on Sunday, April 19 from 8-10 am ~ Adults \$10, Kids under 12 years \$5, and under 3 years are free!

General Meeting on Tuesday, April 21 at 7 pm ~ Always the 3rd Tuesday of the month.

Volunteers ~ We love volunteers, so if you want to volunteer, come on down to the branch and let us know.

Bottle Returns ~ Drop off cans and bottles by the garage door at the Legion. Thank you.

For Updates ~ Call the branch at 250-497-8338, check the board outside, or check our Facebook page at "Royal Cdn Legion - Branch 227 Okanagan Falls BC" or our Instagram at "Veterans227".

We are a Little Legion with a Big Heart!




Okanagan Falls Lions Update

By Bob Wilson, Past President


This will be a short report. My computer is not cooperating with email at this time, so I am writing this submission on my tablet.

What say you all? Great winter so far and a lot of sympathy for the people east of here, all the way to the Atlantic.

The time is here again. Mark your calendars! April the 5th is Easter Sunday! The Great Easter Egg Hunt at Lions Park starts at 1 pm. Watch for the posters around town and hope for great weather. This year, an additional Easter Colouring Contest! Pick up the blank page at Belich's AG Foods, colour it however you wish, and drop it off again for judging. Prizes will be announced just prior to the Easter Egg Hunt start. Lion Dave is busy packing his van with goodies, with a big smile.



Annual Lions Easter Egg Hunt
Sunday, April 5 ~ Starts at 1 pm
Lions Park in Okanagan Falls



School breakfasts will continue following Spring Break. I'm sure that Lions Mike, Colleen, Kyle and Kris have got their plans together for the early mornings.

We shipped approximately 1300 pair of donated eyewear this month, so we start filling the boxes again. Thanks to all who donated.

Next is the Music in the Park, coming in July this year.

See you around town, you know who we are. Until next time, stay safe and keep well.

Blood, it's in you to give! The next Blood Donor Clinics will be held April 6, 7 & 8 at the Penticton Senior Drop In Centre from 1:30-5:30 pm. The Canadian Blood Services needs both donors and volunteers, visit www.blood.ca or call 1-888-236-6283.

The Okanagan Falls Lions Club meets the second Monday each month at 7 pm starting in January upstairs in the Okanagan Falls Legion. Come and join us and see what we are all about. If you have any questions, please call 778-439-2275. Visit www.e-clubhouse.org/sites/okfalls/ or www.facebook.com/okanaganfallsionsclub.



South Skaha Housing Society Update

By Michael Livingstone, SSSH Chair

Things are moving along quite quickly now, and it's encouraging to see steady progress on the site. As of this writing, the crew is busy assembling the wood framework for the first residential floor. The pace has been consistent, and if everything continues as planned, the framing for this level should be complete by the end of the month. Once that milestone is reached, work can begin on the second-floor framework, which will really start to give the building its shape and presence.

It's amazing how much difference an actual visible structure can make. After months of groundwork, utilities, and preparation - most of it happening below the surface - it's nice to finally see something rising up that shows what the project will become. There is still a long way to go, of course, but the framework going up is a clear sign that things are moving in the right direction.

I want to remind everyone to drive carefully when passing the construction area. There will be vehicles, equipment, and workers entering and exiting the site throughout the day. The last thing we need is an accident slowing things down or putting anyone at risk. Thank you to everyone for your patience, your caution, and your continued support as this project moves forward.


Okanagan Falls Seniors Activity Society

By Heather Jackson

We are located at 1128 Willow Street in Okanagan Falls. The local bus stop is right across the street from our front doors. Check out our website at www.okfallsseniorscenter.ca. Follow us on Facebook at "Okanagan Falls Seniors Center".

Activities in April 2026:

- Canasta** ~ Mondays at 10 am
- Crafts & Coffee** ~ Mondays at 1 pm
- Evening Pool** ~ Mondays at 6 pm
- Tuesday Bingo** ~ Tuesdays - April 7, 14 & 21 at 1 pm
- Evening Pool** ~ Tuesdays at 5:30 pm
- Mexican Train Dominos** ~ Wednesdays at 1 pm
- Afternoon Pool** ~ Thursdays at 1 pm
- Bridge** ~ Thursdays at 1 pm
- Cribbage** ~ Thursdays at 7 pm.
- Line Dancing** ~ Fridays at 1 pm
- Pancake Breakfast** ~ Saturday, April 4 from 8-10 am
- General Meeting** ~ Monday, April 6 at 1 pm
- Spring Flea Market** ~ Saturday, April 11 from 9 am - 3 pm
- Country Music Jamboree** ~ Sunday, April 12 at 1 pm
- Drop-in Bingo** ~ Saturday, April 18 from 1-4 pm
- Pot Luck Dinner** ~ Saturday, April 25 at 5 pm
- Scrabble** ~ On hold for now - looking for players
- Carpet Bowling** ~ On hold
- Theatre Group** ~ On hold for now - looking for participants
- Lending Library & Puzzles** ~ For members when hall is in use
- Booking Agent** ~ Please call Heather at 250-497-1171.



Are you over 50? Just \$25/yr to join!
Enjoy activities. Meet new people. Get out and have FUN!
Become a member of the OK Falls Seniors Society!
For more information, call 250.497.8199 or 250-462-5233.



Elks Lodge Oliver #267

By Dee-anne Stone, Secretary

We are a volunteer organization of men and women serving our community. All welcome!

- Open:** Tuesday to Sunday, 1pm to closing.
- Friday Lunch:** 12-2pm, Home-made soup and sandwiches.
- TAPS:** Every Wednesday and Thursday 9am-1pm. A program for seniors offered free of charge featuring activities such as chair yoga, music bingo, karaoke, arts and crafts, and computer literacy lessons. A home-cooked lunch for \$7 and free round-trip transportation is provided.
- Meat Draw** ~ Every Sunday at 3pm. No Minors. Meat provided by Belich's AG Foods. April 12 hosted by SOSS Textiles and April 26 hosted by OES PAC.
- Breakfast** ~ 2nd and 4th Sundays from 8:30-11am. Bacon, eggs, sausage, home fries, pancakes, toast, coffee and juice all for \$10.
- Darts** ~ Drop-in darts - toeline Sundays at 2pm and Wednesdays at 5:30pm. Come early to sign up.
- Mahjong** ~ Wednesdays at 1pm.
- General Meeting** ~ Tuesday, April 14 at 7pm. ELECTIONS will be held at this meeting. Second Tuesday of every month.
- Hall Rental** ~ We have a large hall with a kitchen available for rent. Email for inquiries.
- Contact** ~ 250-498-3808 or oliverelkslodge267@gmail.com
477 Bank Avenue, Oliver | Facebook: Oliver Elks Lodge #267

Desert Sun Counselling & Resource Centre



**Supporting Seniors
In Our Communities**

Proudly serving
Okanagan Falls • Oliver • Osoyoos

Better at Home Program

Helping seniors remain independent at home with light housekeeping, grocery help, rides, and more.

Community Lift Bus

Affordable transportation for seniors and vulnerable adults to appointments, shopping, and errands.

We're here to support seniors every step of the way.

Call us today at 250-498-2538

www.desertsuncounselling.ca



Emergency Food Hampers can be made available from Okanagan Falls Helping Hand throughout the year with proper qualifications.

We meet on the 3rd Thursday of the month at 4:30 pm at the Okanagan Falls Community Church from September - May.

To apply, or for more information, please call **778-559-2412** and leave a message. Your call will be returned.



DELHI 2 DUBLIN
SUNDAY APRIL 12 @ 7:30



SOLIDARIDAD TANGO
Friday April 17 @ 7:30

VENABLES
THEATRE
VENABLESTHEATRE.CA

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ in-person and online
 Good Friday Service at 10 am & "The Passion" at 6:30 pm.
 Easter Sunday Early Rise Service at 8 am & Potluck Brunch at 9 am both at Pioneer Park. Easter Service at 10 am at Church.
 Visit kaledenchurch.ca for updates and the link to our live worship.
 443 Lakehill Rd. | kaledenchurch@gmail.com | 250-497-5995

Okanagan Falls Community Church

Sunday Worship Service & Children's Teen Church at 11 am
 With Pastor Jon Manlove - Come celebrate Easter & two baptisms.
 Ladies Bible Study ~ Tuesdays at 10 am
 Worship services recorded at OKFCC.net. Everyone is welcome!
 1356 McLean Creek Rd, Okanagan Falls | 250-497-5131

Okanagan Falls United Church

Sunday Service at 9 am ~ Speakers: April 5 - Rev. Dr. Donald Schmidt; April 12 - Rev. Laura Turnbull; April 19 - Rev. Paul James; & April 26 - Sarah Tupholme. Coffee fellowship following the services.
 More information available at okfallsunited.ca. Everyone welcome!
 1108 Willow St, Okanagan Falls | 250-497-1171 or 250-460-2560

Our Lady of Lourdes Catholic Service

Good Friday Mass at 11 am. Easter Sunday Mass at 11 am.
 Sunday Mass at 11 am ~ All services held in St. Barbara's Church.
 1039 Willow St | Father Gabriel Chinnaperiannan | 250-494-3110

St. Barbara's Anglican Church

Good Friday Service at 3 pm on Friday, April 3
 Easter Sunday Service at 9:30 am on Sunday, April 5
 Sunday Service at 9:30 am ~ Join Rev. Rick Paulin on the 2nd and 4th Sundays of the month. Morning Prayer on the 1st and 3rd Sundays. Everyone is welcome! Email for more information.
 1039 Willow St, Okanagan Falls | st.barbaraanglican@gmail.com



**What's Your Big Idea
for a More Connected
Neighbourhood?**

Do you have a creative idea to bring people together and celebrate your community?
 You could receive up to \$500 to bring your idea to life!

Learn how to apply! Attend an NSG Info Session!

<p>Online Info Session Tues, March 24 6:30 PM to 7:15 PM RSVP kimenglish@cfso.net</p>	<p>Okanagan Falls Tues, March 31 - 12:00 PM - 12:45 PM Regional Library</p>
<p>ACCEPTING APPLICATIONS MARCH 6 to APRIL 17, 2026</p>	<p>Osoyoos Sat, April 11 - 10:30 AM - 11:15 AM Regional Library</p>
	<p>Oliver Sat, April 11 - 1:00 PM - 1:45 PM Regional Library</p>

www.cfso.net/neighbourhood-small-grants





RISE AND SHINE!

It's Brunch Time & Now ...
 It's Dinner Time Too!



SPRING HOURS:
7-3 Mon-Thu | 7-7 Fri-Sun
 Fully Licensed Outside Patio
 837 Main St & Hwy 97
 Okanagan Falls
 778-515-1113

New Sunday Funday Drink Specials!
 Check our Facebook page for details.

Our outside patio is now open and fully licensed. Stop by and enjoy!

Follow us on Facebook and Instagram.



SOS VOLUNTEER CENTRE South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

"I love to spend time making biscuits and fancy coffees at the SOS coffee shop at the hospital", mentioned a volunteer of the South Okanagan Similkameen Community Connections Volunteer Centre at one of our Board meetings. Another said, "I get such satisfaction out of helping the children at the breakfast program at my nearby school every Friday morning". A third volunteer said, "My volunteering is very different. I help people with their taxes in March and April at the Access Centre".

There are many unique ways of volunteering. A friend told me about a volunteer opportunity she was going to enlist in which entailed helping people with early stages of dementia write their memories and life story. Another acquaintance is pursuing a crocheting learning time with adolescents at her local church. She will be teaching 12-16 year olds how to crochet and the youth will help with daily living tasks such as yard clean up, helping walk her dog, and other small projects around the home. All will be volunteering and contributing! A third interesting volunteer experience involves assisting at the Curling Club by sharing one's gifts. A local club has found a wonderful way of including a former curler in it's ongoing life by having him create posters, draft schedules, etc. all the while sitting in his wheelchair.

One is never too old, too limited physically, too restricted in talent, or inexperienced to volunteer! There is a place for you. Why not check out the many opportunities at the South Okanagan Similkameen Community Connections Volunteer Centre? Perhaps you are looking for a prospective volunteer. The Volunteer Centre is the place to contact.

Call the Volunteer Centre at 1-888-576-5661 and Subrina Monteith, our Executive Director would be pleased to help you. Look us up on our webpage at www.volunteercentre.info or email at info@volunteercentre.info. You'll be glad that you decided to volunteer in 2026!

Let's commit ourselves to a lifestyle of involvement as volunteers. **National Volunteer Week is April 20-25.** Check out the many interesting articles, workshops, and events. Please join us at the **Pancake Breakfast** at Rotary Park on Okanagan Lake from 8-10 am on **Saturday, April 25th.** We look forward to seeing you there!



Flowers Or Fish Heads?



Send yours to skahamatters@telus.net

Your full name and location area is required on any submission.

(Please Note: Some discretion on content inclusion may be involved.)

Flowers to Skaha Matters and Myleen Mallach. Congratulations on over 200 editions! ~ *From Okanagan Falls Elementary PAC*

Flowers to the ladies of the Kaleden Quilters and Crafters for hosting a surprise party to welcome baby June to the Kaleden community. We feel so loved and welcomed into this wonderful community! ~ *From Megan W. of Kaleden*

Fish Heads to the neighbour on Maple Street who unloads into his dumpster for his business. It's bad enough when you make a racket at the proper times, but it is not okay unloading windows into a dumpster at 6:15 am. Please be more aware of the time and the neighbours around you. Thanks. ~ *From Barb P. of Okanagan Falls*



A Celebration of Life for Ted Lynch will be held at Frog City Café at Linden Gardens in Kaleden on Friday, May 1, 2026 at 3:00 pm.

Horseshoes Is For Everyone

By Larry Martin

Horseshoes is a sport for all ages and abilities. If you want to give it a try, the Penticton Club (adjacent to the Penticton Seniors Centre) will be hosting free sessions for groups and individuals based on demand throughout the season, starting mid April.

Play for fun or play to compete in local, provincial, national and international sanctioned events. You don't have to be a club champion to play in sanctioned events. There are categories for all skill levels, where entry is based on the average % of ringers you score in a game ... much like a Golf handicap ... each player is assigned a ringer % and will be grouped with others of similar skill.

Similar to Golf T-offs, elders, women, and juniors have the option to throw to the pit from 30 feet rather than the traditional 40 feet.

If you are over 55 years of age, here is something that could be of interest. This year at the 55+ BC Games in Kamloops, horseshoes will be one of the sports. Players in the South Okanagan Zone 5, from Penticton, Summerland, Vernon and Winfield clubs, will be one of the largest participant groups. This competition is open to all skill levels. The 55+ BC Games are the largest multi-sport event in British Columbia. More info at 55plusbcgames.org.

If you would like to give Horseshoes a try, contact the Penticton Horseshoe Pitching Club or email fs-lemartin@shaw.ca.



Oldest player vs Youngest player at an interior Zone tournament in Vernon.

Credible Cremation Services

Sensible Prices for Practical People

Basic Cremation Only - Other charges apply
 \$1460.00 - Penticton area
 \$1535.00 - Kelowna area

250.493.3912

Pre-Need ~ Lesley@crediblecremation.ca
 At-Need ~ Robin@crediblecremation.ca

110-1960 Barnes St, Penticton, BC V2A 4C3




Lesley H. Luff
Robin M. Earle

Pre-Planning For The Inevitable

By Lesley H. Luff, Okanagan Falls & Osoyoos

With all of the turmoil going on in the world today, one is left with no clear view of what the future may hold, and the feeling that we are not in control. As Canadians, we have always had pride in the fact that we "plan ahead for a rainy day". The one thing that we can plan ahead for is our inevitable demise!

For those who are still contemplating their final arrangements, here are some questions for your perusal: 1) Have you made a Will? 2) Have you named an Executor? 3) Have you decided on cremation or burial? 4) Have you informed your family? 5) Have you documented all your personal information? 6) Have you listed bank accounts, investments, life insurance, RRIFs, RRSPs and any other sources of income? 7) Noted your Social Insurance Number and Personal Health Number? 8) Noted your Birth Certificate, Passport and Driver License? 9) Noted your Parent's Full Names and Places of Birth? 10) Have you made your Pre-Arrangements?

If you have answered "yes" to all of the above, you are to be congratulated for being well prepared. However, if you feel it is time to make your final arrangements, please contact Lesley our Senior Pre-Need Director and ask for a Price Quote.

"Sensible Pricing for Practical People"

Credible Cremation Services

110-1960 Barnes Street, Penticton V2A 4C3

250-493-3912 - Lesley Pre-Need & Robin At-Need

Lesley@crediblecremation.ca | Robin@crediblecremation.ca



No idea what it will cost. The price changed three times since I've been filling up.

SEE YA LATER RANCH

Did you
miss us?

Come
say Hi!



**WINE SHOP OPEN 7 DAYS A WEEK
BISTRO OPEN THURSDAY TO SUNDAY**

UPCOMING SPRING EVENTS

Mother's Day Brunch

May 10th

Celebrate Mom with Brunch & Mimosas, reservations required.

Celebrate Spring with a Sip

May 9th & 10th

\$10 Rosé & Cocktail flights in wineshop.

Friday Night Dinner Series

Month of May

\$30 Per person including a glass of wine, reservations required.

2575 Green Lake Rd.
Okanagan Falls (250) 408-9091
WWW.SYLRANCH.COM



Kaleden Area 'I' Community Cleanups



Kaleden Cleanup (All ages)

Pick up bags and get your route at the Community Hall. Supplies provided.

Volunteer: Linda

Kaleden Community Hall

Saturday, April 25, 9:00 am

Twin Lakes Cleanup (All ages)

Pick up bags and get your route at Hwy 3A and Twin Lakes Road. Look for the RDOS tent. Supplies provided.

Volunteer: Raydene

Hwy 3A and Twin Lakes Road

Saturday, April 25, 9:30 am

Take part in your local cleanup

Email rec@rdos.bc.ca for more information

Protect your home from wildfire

Book your FREE

BRITISH COLUMBIA

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HOME ASSESSMENT



Up to
\$1000

REBATES AVAILABLE
for conducting
work on your
property!

Sign up at FireSmart.RDOS.bc.ca