



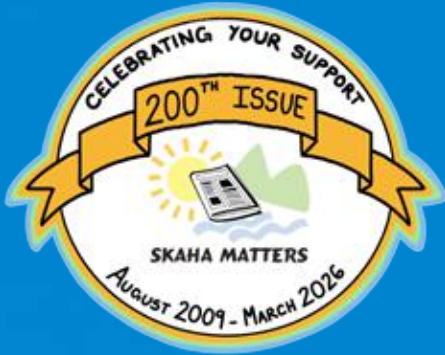
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"Bringing Community Matters To You"

Volume 18 : Issue 3

March 2026

Your FREE Monthly Community News!



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Celebrating Your Support ... 200 Issues Together!

By Myleen Mallach, Owner/Publisher of Skaha Matters

Wow, we have reached the 200th issue of Skaha Matters! And when I say 'we', I mean the hundreds of advertisers and writers, as well as the thousands of readers over this past 200 months. Some have been with us since the beginning, some have come and gone, and some are joining us for the first time this month. Regardless, each and every one of you are important and valued.

Back in August 2009 when I published the first issue, I knew I wanted to create something that would join us all together, and yet was viable over the long term. This was no solo effort. We did this together! I am forever grateful for your never-ending support. I love what I do and I am honoured to provide you Skaha Matters. I look forward to many years of "Bringing Community Matters To You!"

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

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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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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.



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Similkameen



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Neighbourhood Small Grants

By Kim English

Across the South Okanagan, something simple - and powerful - is happening. Neighbours are bringing their own ideas to life.

This March, through the Neighbourhood Small Grants (NSG) program, residents can apply for up to \$500 to host small, welcoming projects that strengthen connection and belonging. Think front-yard concerts, seed-sharing gatherings, youth art meet-ups, cultural celebrations, walking groups, skill-shares, or climate-readiness conversations over coffee. If it brings people together in a positive way, it likely fits.

NSG is coordinated locally by the **Community Foundation of the South Okanagan Similkameen**. What makes the program unique is that funding goes directly to residents with ideas to strengthen neighbourhoods. You don't need to be part of a formal group. You just need an idea and a willingness to invite others in. A few hundred dollars can cover supplies, food, venue costs, or materials that turn a "someone should ..." idea into a "we did" moment. Often, the impact ripples far beyond a single event. New friendships form. Skills are shared. People find common ground. In recent years, awarded grantees hosted everything from pollinator garden builds to elder storytelling circles, youth leadership projects to neighbourhood emergency-preparedness gatherings. Each of these projects reflect the strengths, cultures, and creativity of the people who live here. If you've been sitting on an idea - a way to gather neighbours, celebrate culture, share knowledge, or strengthen local resilience - this may be your nudge.

Applications open March 6 and close April 17. Join the free online NSG Info Session on **March 24 at 6:30 pm**. To register or learn more, contact kimenglish@cfso.net.

Big change doesn't always start big. Sometimes it starts with a few neighbours, a simple idea, and \$500 to make it happen.

March Update

By Donegal Wilson, MLA for Boundary-Similkameen

February has been a busy and meaningful month across Boundary-Similkameen, and I want to start by thanking everyone who continues to take the time to engage, write, attend meetings, and share their concerns. Your involvement is essential, and it directly shapes the work I do both here at home and in Victoria. The strength of our communities lies in people who are willing to speak up and participate, and I never take that for granted.

I continue to be actively engaged in the incorporation process for Okanagan Falls. Residents voted in favour of incorporation with the expectation of gaining local representation, accountability, and a clearer voice in decisions affecting their community. Unfortunately, progress on this file has remained stalled, and the lack of transparency from the Province continues to cause frustration and uncertainty for residents.

In January, I formally wrote to the Minister's office outlining the concerns I have been hearing from the community. That letter raised issues around the absence of clear timelines, the lack of consistent communication, and the real impacts this prolonged uncertainty is having on residents, businesses, and investment decisions in Okanagan Falls. I have continued to request meetings with the Ministry to seek clarity and push for a path forward that respects the outcome of the vote and the expectations that were set. This advocacy will continue until the community receives clear answers and meaningful engagement from the Province.

Water security remains another critical issue across our region, and one that I hear about consistently from residents. I want to sincerely thank everyone who has taken the time to sign the petition calling for action on local water concerns. To date, more than 700 signatures have been collected, clearly demonstrating the strength of feeling in the community. I look forward to presenting this petition in the Legislature on behalf of my constituents and ensuring these concerns are formally placed on the record.

I would also like to extend a special thank you to Crystal Ozaraci for her leadership and advocacy on this issue. Grassroots efforts like this are vital in rural communities, where issues can too easily be overlooked or delayed. Community advocacy strengthens my ability to press government for answers and action, and I am grateful to everyone who has spoken up.

This month also brought difficult news with the closure of Avery Farms' innovative vertical farming operation on the former mill site. Avery Farms represented the kind of forward-thinking, locally driven innovation that rural communities need - creating jobs, strengthening food security, and demonstrating how unused industrial land can be repurposed into productive economic activity. Seeing that operation close is deeply disappointing, not just for the employees and families directly affected, but for what it symbolized: resilience, entrepreneurship, and the ability of rural BC to lead in innovation when given the opportunity. We need to ensure that policies and funding frameworks support - not sideline - the very innovators willing to invest in our region.

As I return to Victoria, I do so with a clear focus: continuing to fight to ensure Boundary-Similkameen is heard and not forgotten in this government's decisions. Rural communities face unique challenges, whether it is water infrastructure, local governance, or access to services. We deserve attention, transparency, and timely action. I remain committed to being a strong, steady, and accessible voice for our region in the Legislature.

As always, I am open and available. If you have concerns, questions, or need assistance, my office is here to help. You can reach us by phone or email, or connect with us at one of my upcoming community events. Information on how to get in touch is always available on my website and social media channels.



DONEGAL WILSON
MLA BOUNDARY SIMILKAMEEN

Let's Talk About
What Matters To You

Donegal.Wilson.MLA@leg.bc.ca
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Donegal Wilson, MLA for Boundary-Similkameen, is shown in a portrait on the right side of the graphic.

RCMP Community Report



By Jo Anne Ruppenthal,

Community Policing-Resortative Justice Coordinator

Volunteering

Usually when I think of March, I think of Spring Break, better weather, and a nice transition into spring. But in this article, I am going to focus on community presence and what you can do to either give back to your town or be part of the solution to some of the issues that you see around you.

Penticton Community Policing Team has a number of volunteer opportunities for anyone from the age of 16 and up. You must be able to pass a Police Information Check or a Criminal Background Check to join, which is free to all potential volunteers. The first step would be to visit the City of Penticton website under 'Community Programs' and check out the various positions we have available. The second step would be to go to your local Police Detachment to request an application to volunteer. The third step is an interview with the Community Policing Coordinators, and then finally (if suitable) a position will be offered.

If you are between the ages of 16-19, the programs of Ambassador and Garage529 are great to build your resume and look great on Post Secondary applications. Also, for Grade 12s there is another program being offered at their high school called Peer2Peer; applications close for 2025 on March 15. This program offers a chance to speak with grades entering into high school about peer pressure, resistance strategies, and other tips they may have to navigate the stress of high school.

The Penticton Community Policing team can be reached at communitypolicing@penticton.ca for any questions, or visit us on Facebook at "South Okanagan Similkameen Community Policing", or call us at 250-492-4300.



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From The Director For RDOS Area "I"

Thank you to everyone who attended the community financial presentation by the RDOS last month. To view the RDOS budget and provide feedback, visit the RDOS Regional Connections website at rdosregionalconnections.ca.

Anyone who operates a vacation rental should have registered on the provincial registry list and applied for a business licence through the RDOS before beginning rentals in 2026. If you have any questions please reach out.

Subrina Monteith
Director of RDOS Area "I"


I've had some conversations regarding the multipurpose courts in Kaleden. The decision to charge for reservations was made to reduce the financial impact on all residents when the courts need to be resurfaced again in the near future. Kaleden Parks and Recreation Commission is implementing an asset management strategy with a dedicated reserve for a large infrastructure that users contribute to versus the entire tax base having to burden the entire cost through taxation. The booking system will be operational shortly with signage posted at the court and in the recreation guide. To make a court reservation, you would book and pay online, be given a code to enter in the keypad and begin your court usage.

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 Volunteer Fire Department



By Jean Dube

Emergencies are unexpected, but good preparation can save precious minutes.

If you live in the Kaleden Fire district and have recently installed an automatic gate opener on your property, please contact the Kaleden Volunteer Fire Department to advise us of the code to your key pad. This will allow First Responders to gain access in the event of an emergency. Your code **will not** be shared and is only kept for the use of the fire department in time of urgency.

Also, the KVFD offers all residents of Kaleden and St. Andrews an opportunity to purchase reflective 911 Emergency address signs. These reflective signs will improve response time for emergency services and increase awareness of your properties access.



Signs are double sided, green and white in colour and come either **vertical** or **horizontal**. The cost to residents is \$30. Please leave your name, address, phone number or email and indicate your preferred direction of the sign to be vertical or horizontal. A member of the KVFD will contact you when your sign is ready and payment can be made at pickup.

Remember to clear any tall grasses and trim branches, so your house number is visible. Help KVFD to locate you quickly, if and when needed most.

Please email kaledenfire@rdos.bc.ca or call 250.497.8231.



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New To Kaleden?

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



Kaleden FireSmart Tip

By Linda Dahl

Most of the information on this page is usually for adults and what they can do to FireSmart their properties by removing burnable debris and we provide tips on ways to keep their community safe.

Now that FireSmart has an Education Program, I want to share ways you can help your children understand what FireSmart means and how it effects them and what they can do, how ever young.

BC FireSmart has an excellent site called "FireSmart for Kids". At the site, you can get links to the Education Program, Educational Materials, Library program, Kids Home Assessment, Ember the Fox Colouring Book and a video about Ember, the FireSmart mascot. Take time to visit the site and engage your children in this vital program.



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Kaleden Community Association Update

By Randy Cranston

KCA is looking at several projects for 2026, as a direct result of monies raised through the local bottle depot. Some of these include supporting the Kaleden Irrigation District with plaques on all the unknown graves in the cemetery, and the local FireSmart committee to help homeowners in 'firesmartening' their property, as well as Adirondack chairs and table on the library lawn. Projects on the KVR include interpretative signage about the Oriole nests unique to that area and replacing the signage on the signboard by Pioneer Park. We have also designated monies to support another post-secondary bursary through the Kaleden Bursary Fund targeting Kaleden youth who volunteer, and 4 KCA small grants to support any individuals who wish to organize events in the community.

Plans are also in the works to host a summer concert in the 1912 Hotel Park, as a fundraiser for the hotel.

There are lots of community events planned by other volunteer groups for the spring: Community Pitch In on April 25; Chip In Event on May 2; and KVFD Yard Sale on May 9.

We've also already set the date for the second annual light up event for Saturday, November 28!

In addition, the local Pickleball Club is planning to put two benches on the multi-purpose courts from monies they have raised over the years from those who play pickleball along with donations.



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



A high paced saucy vaudeville extravaganza!
The Myrtle Sisters Revue
 Sunday March 8 @ 7:30



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POCKET SYMPHONIES
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Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

No Snow, S'No Joke! ~ The February Snow Survey Bulletin reported that the Okanagan watershed's snowpack was 67% of normal, down significantly from 90% in January. As two-thirds of the annual snowpack happens by February 1, and little snow fell up to mid-February, the possibility of a severe drought in 2026 is looming. Unusually heavy snowfall over the next two months is required to fully recharge our watershed.

Back And to the Future, Continued ~ Last month, we left KID's story in 2006, with the extension of the Skaha Lake intake down to a depth of 24m. I can attest informally to a marked improvement in water quality at that time. When jumping into my morning shower, I no longer was hit with either a dead-lake odour or a strong chlorine smell. Some still complain that it tastes like lake water (really?), but KID's system is now the envy of other water utilities around Skaha Lake. Let's take a closer look at KID's water quality monitoring and results:

- **Ensuring Quality Water for Kaleden** ~ "Raw" (before chlorination) water can be sampled at the intake via a separate line. Chlorine is injected into the line just past the intake screens, to ensure adequate contact time for disinfection before consumption. KID samples weekly for coliforms and *E. Coli* (bacteria), chlorine and turbidity levels at five locations throughout the system. Comprehensive analyses of over 47 parameters also are done annually (see the Water Info section on the KID website for details). Long story short, KID water meets or exceeds Drinking Water Standards.
- **Preparing for the Future** ~ KID also routinely measures water clarity, using UVT (ultraviolet transmission). 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 constructing our upgraded water treatment plant - which probably will save some \$10 million!
- **Watching the Watershed** ~ The Province has monitored key pollution indicators (phosphorus, nitrogen and transparency) in Skaha Lake since the 1970s, with no significant detrimental impacts reported to date; for details, see the Okanagan Basin Water Quality Database on the Okanagan Basin Water Board's website. While KID remains vulnerable to upstream spills or wastewater plant failures, our deep intake and Intake Protection Zone (IPZ) should provide more protection and response time during such an event.
- **Climate Change Challenges Coming?** ~ In the long term, we can expect warmer and drier conditions; we already appear to be entering our sixth water-deficit year in a row. Lower streamflows probably will affect water quality in our mainstem lakes, including Skaha. Clearer water? Higher nutrient levels? Algal blooms? Could be a Pandora's Box, but KID's lake-based supply will be more secure than systems dependent on upland tributaries.

What, Roadblocks in Kaleden? ~ KID will be upgrading the Oak Avenue pipeline in mid-March, which will require some road closures. Voyent Alerts (you have signed up, right?) will be issued for them, and you can also check the KID website for updates.



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



Matt Taylor
Director for
RDOS Area "D"

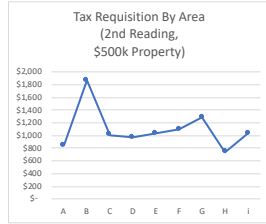


From The Director For RDOS Area "D"

2026 Budget Goes For 3rd Reading
~ The RDOS 5 year plan goes for 3rd reading at the March 5 Board meeting. Adoption is likely to occur at that time. Barring last minute changes, total property tax requisitioned across Area "D" is \$3,748,680, up 5.7% from last year.

While that translates to \$967.18 on a property valued at \$500,000 in Area "D", the impact on an individual's home

will vary. Individuals whose 2025 assessment increased more than the average increase in assessments throughout the whole of Area "D", can anticipate that their property tax would go up by more than the 5.7%. If a specific property's 2025 assessment increased by less than the average increase throughout Area "D", then property tax on that property would go up by less than the 5.7%. Area "D" property taxes are 'middle of the pack' when compared with taxes elsewhere in the RDOS, as seen in the chart.



Public Transit is perhaps a service for the Area to consider for possible savings going forward. Without doubt public transit is a good thing, and an asset to any community, but Area "D" is also collecting more than \$200,000 for transit from annual tax requisition - more than any other Electoral Area in the RDOS. While funds are primarily for the Route 20/21 with 5 round trips daily for Penticton/Okanagan Falls and communities in-between, the Area also contributes to a lesser extent to the Route 40/41 with 2 round trips daily on the Osoyoos/Penticton corridor. Given that BC Transit requires 2 years notice to process any route changes, a review of the transit service throughout Area "D" is on request to inform future decisions.

Interesting Fact ~ The Board of Directors for Okanagan Similkameen Regional Hospital District (OSRHD) oversees and funds a portion of the capital budget for the health region and provides support for strategic initiatives, like attracting professionals and supporting rural programs. Board members are those elected for the Regional District - Electoral Area Directors elected to represent each Area, and Municipal Directors appointed by municipalities.

The OSRHD Capital Budget and 5 year plan was adopted February 19. While the total budget is considerably larger, the total tax requisition across the RDOS was \$8,835,880 - that translates to \$115 on the property tax statement for the average assessed value of properties in the Regional District. Tax requisitions are budgeted to increase 10% per year for this and the next 3 years, an essential step taken by the Board to rebuild depleted reserves after building the new tower at Penticton Regional Hospital.

Okanagan Falls Incorporation ~ Meetings continue between the Regional District and representatives of the Province. At this time, I have no new information to share. Based on the last information bulletin issued by the Province, the Ministry of Housing and Municipal Affairs "anticipates the letters patent to be finalized by spring 2026, with the first election for the new mayor and council occurring in October 2026, coinciding with all general local elections taking place throughout the province".

Dry Year Coming Up - FireSmart Makes Sense ~ With limited precipitation so far this winter, we're expecting another unpredictable wildfire season and it's important to take steps now to FireSmart your property. To learn more about FireSmart,

please visit firesmart.rdos.bc.ca. Select the **Rebate Program** tab for information and application forms for grants of up to \$1,000. **Grow Okanagan Falls** ~ Three new businesses are opening or expanding. First, welcome to Paw Street Market and Manager Emma - newest store in the mall! With another successful store in Keremeos, this is the 7th BC location for the Canadian owned and operated franchise, specializing in meeting pets needs with service, knowledge and community spirit! Second, Okanagan Dental is expanding from the mall to the old credit union building. Signage is up at the new location and, although it will take some time to carry out renovations, the plan is for a large dental facility with advanced professional and diagnostic capabilities to serve the South Okanagan and Boundary Country. Third, the 3 Amigos Garage is opening up next to the Centex Gas Station. Services include general mechanics, plus high performance and restoration work.



So, there are signs of growth despite negative news reported earlier. As well, recent 'check-ins' with senior executive of some other large employers in the community report relatively strong bookings and cautious optimism for their businesses in the immediate future.

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"

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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

With spring just around the corner I've been thinking about the various festivals that will soon be coming to our region. I'm looking forward to being a volunteer as well as a participant in these many expressions of joy and delight! What about you? Will you be a volunteer helper by giving an hour or two taking tickets, cleaning up, being backstage, or assisting with parking? These are just a sample of the variety of tasks for which volunteers are needed.

A few weeks ago, I read a newspaper article citing a survey by the National Institute on Aging who interviewed adults over 50 years old in June and July 2025. In a report entitled "Perspectives on Growing Older in Canada" released on January 20, 2026, it was found that of those surveyed, 43% experienced social isolation and 59% loneliness. One in four respondents said they were very lonely and almost half of those over age 50 in the sample, were at high risk of isolation.

I want to ask the persons who took part in the study if they do any volunteering outside of the home. My hunch is the answer "no". This study was a sharp wake up call for me highlighting the importance of social engagement through volunteering. Both anecdotal and empirical studies report a high satisfaction among those who volunteer. Friendships are often made, new skills are developed, and opportunities to give to the community are lived out, thanks to volunteering.

There are often no age barriers to volunteering. Teenagers are often seen at The Hospital helping as Candy Strippers, young adults can be found at festivals working backstage, more mature adults are visible at the various races helping with crowd control, and older adults are noticeable serving meals for service clubs. These are merely examples of the myriad ways that all age groups join in through community participation. If this has piqued your interest, please contact the South Okanagan Similkameen Community Connections Volunteer Centre at 1-888-576-5661 and Subrina Monteith, our Executive Director, would be pleased to help you. Visit 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 and break the cycle of isolation and loneliness!

Okanagan Falls Volunteer Fire Department

By Cheryl Snyder



I would like to begin by sincerely thanking Cpt. Colin Pickell for his years of dedication in writing this column. Colin has kept our community informed and connected to the work of OKFVFD, and I am honoured to accept the baton and continue this role.

February was an exciting month for our department as we inducted four new full members: Justin, Bert, Stephan, and Martin P (below in order of name from left to right). Many of you have already seen these dedicated firefighters responding to calls in our community. We are proud to officially welcome them into our fire family.



We also recently completed Incident Safety Officer training in collaboration with Oliver Fire Department, with eight of our members now certified. This significantly strengthens our operational safety and ensures we have trained Safety Officers available at scenes when required.

As we move toward spring, there is no better time to begin FireSmart practices around your home. With predictions of a hot, dry summer, early prevention is key. Please visit firesmartbc.ca for helpful information on how you can reduce wildfire risk around your property. Preparedness starts at home. Please visit firesmartbc.ca.

We extend our deepest condolences to the families, first responders, and community of Tumbler Ridge in their time of profound loss. We also share our heartfelt sympathies with the family of our former Chief, Rob Oliver. His years of leadership and dedication to OKFVFD will always be remembered. Please see his obituary in this issue.

Thank you for your continued support of your volunteer fire department. We remain ready to serve.

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MARCH 12, 2026

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MARCH 19, 2026



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📷 [@rdosrecreation](https://www.instagram.com/rdosrecreation)

🌐 rec.rdos.bc.ca



Okanagan Falls Business & Community Association Update

By Marshall MacKinnon

Okanagan Falls Business and Community Association (OFBCA) is hosting a **“Business After Business” event at the Rise & Shine Coffee House on Wednesday, March 25 from 6-8 pm**. The focus will be on business networking, promoting, and conversations with regard to community growth. The board will be providing an OFBCA membership sign up as well. For a small fee for businesses or individuals, they can 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. If you have any questions, suggestions or would like to volunteer, please send us an email to okanaganfallscommunity@gmail.com. We'd love to hear from you. Stay tuned for updates.

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.

OK Falls Parks & Rec Commission

By Bob Daly, Chair

Would You Like To Join Friends Of Okanagan Falls Parks?



“Friends of Okanagan Falls Parks” is a group of community-minded adults led by Parks & Recreation Commission members (with direction from Parks Staff) who volunteer to help with parks projects they choose, depending on the nature of the project and the availability of the volunteers.

While RDOS manages the Parks of Okanagan Falls, there are many jobs that Parks Staff are not able to do. This is where OK Falls “Friends of Okanagan Falls Parks” step up. Their commitment and efforts result in enhancements and attention to details that make our parks among the most beautiful in the Okanagan.

Projects over the past several years include: painting the fence between Kenyon Park and Sun and Sands; repairing and painting picnic tables in Kenyon and Lions Parks; cleaning and painting concrete parking abutments in Lions and Kenyon Parks. 2026 Projects include: cleaning and painting lamp standards in Christie and Kenyon Parks; refinishing benches in Lions Park; and sanding and painting sections of the Zen Centre.

You do not need any special skills, just a desire to make a contribution to our community. You are only obligated to those projects you choose, and to those for which your personal schedule allows.

If you would like to join “Friends of Okanagan Falls Parks” and be part of a group that makes a real difference to our community, please contact Bob Daly at bandsdaly@shaw.ca and provide your name, phone number and email address. We will add you to our membership list and contact you in the spring as projects are scheduled.



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Music & Market In The Park

By Grant Henderson, Past Event Coordinator

Much has happened with the Music in the Park committee since my last article in October 2025. In that article, I acknowledged and applauded the efforts of our founders, including some who were involved with the fundraising for the bandshell. In the last few months, two more of our founding fundraisers have passed away. It is with sadness that we must say goodbye to Betty Lynch, and her brother-in-law, Ted Lynch. Both of these fervent volunteers had much to do with the raising of the \$80,000 required to build the bandshell. Their community spirit and willingness to give of themselves toward a better town sets a beacon for others to follow. Given that Betty and Ted were related to my wife, the loss is particularly devastating.

On a much brighter note, a new lead coordinator has come forward to carry on the summer program. We are delighted to announce that Music & Market in the Park 2026 will be spearheaded by Mr. Bob Shanks of Okanagan Falls. I am very confident that Bob will do a great job of it, with assistance from other volunteers. The email address remains the same as before, and the Facebook page will be continued by Bob as the sole administrator of the page.

To say that coordinating and hosting this event for the past seven years has been fulfilling would be a grave understatement. The people we have met, the folks we've come to know, and those with whom we have worked, has filled our hearts with gratitude. It is a terrific feeling to see one's efforts become an annual community event and continue to excel. I must share my thanks once again with Marla Wilson, who set the path of success that we followed for the last seven years. And in closing, I wish Bob Shanks and his group all the very best in future events.

Email: musicintheparkokfalls@gmail.com

Facebook: Music & Market in the Park, OK Falls



Trail Of The Okanagans

By Mary Trainer

Dreaming of warmer weather and getting back on your bike? Until then, cosy up with one of these biking adventure books by Canadian authors. Find them online, at a local bookstore or the library.



- *The Cycling Adventures of Coconut Head - An 11-month, 8,178-mile trip across the U.S. and Canada* (1996) by Ted Schredd
- *A Life on Wheels - Biking Alone from Newfoundland to Latin America* (2007) by Martin Lobigs
- *Lands of Lost Borders - Out of Bounds on the Silk Road* (2018) by Kate Harris
- *Bikepacking in the Canadian Rockies* (2018) by Ryan Correy
- *With You by Bike - One couple's life-changing journey around the world* (2019) by Katrina Rosen
- *South Away - The Pacific Coast on Two Wheels* (2019) and *Shifting Gears - Coast to Coast on the Trans Am Bike Rack* (2023) by Meaghan Marie Hackinen
- *Hell of a Ride - Chasing Home and Survival on a bicycle Voyage Across Canada* (2024) by Martin Bauman
- *Shifting Gears - Coast to Coast on the Trans Am Bike Race* (2023) by Meaghan Marie Hackinen

More guaranteed good reads: *Where the Pavement Ends: One Woman's Bicycle Trip Through Mongolia, China and Viet Nam* (2001) by Erika Warmbrunn; and *Six Highways to Home: A Cycling Journey from Whitehorse to Victoria* (2014) and *Cycling Vancouver Island* (2022) by John Crouch.

These books might inspire you to create your own local adventures: *Let's Go Biking - Okanagan and Beyond* (2020) by Colleen MacDonald and *Cycling the Kettle Valley Railway* (2011) by Dan Langford.



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Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



Massage therapy and Epsom salts are simple, natural tools that can play an important role in supporting everyday health and relaxation. Used individually or together, they help ease physical discomfort, calm the mind, and encourage the body's natural recovery processes. In today's fast-paced world, incorporating small wellness habits like these can make a meaningful difference in how we feel.

Massage works by gently manipulating muscles and soft tissues to release tension and improve circulation. As pressure is applied to tight or overworked areas, blood flow increases, delivering oxygen and nutrients that help muscles recover more efficiently. This process can reduce stiffness, improve flexibility, and relieve common issues such as neck pain, sore shoulders, and lower back discomfort. Massage also activates the body's relaxation response, lowering stress hormones and promoting a sense of calm that can improve sleep and overall mood.

Epsom salts, made from magnesium sulfate, are widely used in warm baths and foot soaks. When dissolved in water, they create a soothing environment that helps relax tired muscles and soften the skin. A warm soak encourages circulation and allows the body to unwind after physical activity or a long day. Many people find that an Epsom salt bath helps reduce feelings of fatigue and promotes deep relaxation.

When combined, massage and Epsom salts can enhance each other's benefits. Soaking in an Epsom salt bath before a massage helps warm and loosen muscles, making them more responsive to treatment. After a massage, another soak can help maintain relaxation and ease mild soreness as the body adjusts and heals. Beyond physical relief, this combination supports mental wellness by encouraging intentional self-care. Taking time to slow down, breathe deeply, and care for the body can reduce stress and improve emotional balance. Together, massage and Epsom salts offer a gentle, accessible way to support relaxation, recovery, and overall well-being.

The Grease infused bath soaks are great for relaxing and detoxing the whole body. They are made of Epsom salts, citric acid, baking soda, coconut oil, whole plant extracts and scented oils. They are available in two scents; Orange Creamsicle and Lavender Eucalyptus.



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. We are a mobile service, so are able to come to you in your home (\$50 for a 30 minute appointment). Please call Dee-anne at **250-497-5974** to arrange an appointment or to discuss The Grease Cream, which is an amazing, all-natural, cannabis infused pain management alternative that actually works. Be sure to check out our website at www.CreativeWellnessSolutions.com for more information about our services, The Grease Cream and where you can read any past articles you may have missed.

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Ask Cheryl

By Cheryl L. Snyder, RTC, MRT, CBT

This past month of February has brought an abundance of emails and phone calls to me at Your Wellness Journey for sessions. I am truly grateful to all who have reached out. I could not answer to one email on the column, so chose to write to our community in general. The consistent theme that has emerged this month is grief - deep, complex, and asking to be acknowledged.

My heart is with the students, families, educators, first responders, and the entire Tumbler Ridge community following the tragic events at Tumbler Ridge Secondary School. I am holding close in my thoughts all those who have lost loved ones and everyone whose sense of safety has been shaken by this heartbreaking loss.

At Your Wellness Journey, I support children and adults who have experienced the loss of a parent, sibling, or dear friend. I know that moments like these bring unimaginable grief, confusion, and fear, especially for young people. No child should have to navigate loss alone. I am sending strength, comfort, and love to all who are grieving. As parents and educators supporting children through this horrific event, please reach out to qualified counsellors who can assist you and the young people in your care through such deep grief. There has been significant ripple impact from this tragedy, and support matters now more than ever.

What I am seeing in sessions right now is not weakness - it is human hearts trying to process what matters deeply. Grief can show up in many ways: sudden emotional waves, irritability or numbness, difficulty concentrating, changes in sleep or appetite, feeling overwhelmed or unlike yourself. For children and teens, grief often appears through behaviour changes rather than words. They may not yet have the language for what their bodies and hearts are carrying. If someone in your home is struggling right now, gentle support can make a meaningful difference: keep routines as steady as possible, allow feelings without rushing to fix them, limit overexposure to distressing media, stay connected with trusted supports, reach out for professional help when the load feels too heavy.

There is no timeline for grief. Healing happens in relationship, in safety, and in compassionate presence. Please know - you are not meant to carry grief alone.



The Vital Importance Of Digestive Tract Health

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



Maintaining a healthy digestive tract (GI tract for short) is critical for preventing and treating a long list of illnesses. Most of us know this intuitively, but may not know that it is also proven scientifically. Intuitively, we understand that good digestion ensures optimal assimilation of the food we eat, allowing adequate nourishment of our cells. What may not be so intuitive is that the GI tract is central to maintaining a robust immune system, healthy brain chemistry, a healthy liver and pancreas, preventing gallstones, ensuring detoxification

pathways are open and working well, lowering inflammation, and keeping our cardiovascular system in top shape (amongst other valuable roles).

Modern processed foods, man-made chemicals, certain drugs, and stress all contribute to the plethora of GI issues that are common place today. GERD (or reflux disease contributing to heart burn), indigestion, bloating, cramping, gallbladder disease, pancreatitis, irritable bowel, and inflammatory bowel diseases are common problems that are essentially symptoms of an overtaxed GI tract that is ill equipped to handle the burden of modern living. In fact, inflammatory conditions including arthritis, skin rashes, asthma, allergies and cardiovascular disease may be rooted in GI problems.

Reversing digestive problems starts with managing the microbes that live in the GI tract (these are the *bacteria, viruses, and fungi* that make up the intestinal *micro-biome*). Probiotics are the “good” bacteria that live in our intestinal tract and confer a wide array of health benefits.

Keeping a healthy micro-biome is essential to optimal health. Historically, various societies have empirically known this and have incorporated dietary habits that support the maintenance of these good bacteria. Healthy microbes are abundant in naturally fermented foods including yogurt, kefir, kombucha tea, miso, and vegetables pickled in brine without heat (Korean kimchi and European sauerkraut are examples of this). The use of *antibiotics* without the concomitant use of *probiotics*, in either a supplement or in a naturally fermented food form, is the leading cause of *dysbiosis* (overgrowth of harmful intestinal microbes) which often includes yeast overgrowth and other pathological GI infections. Other contributing factors are a high carbohydrate diet, particularly a high sugar and refined grain diet, a diet high in processed foods, a high alcohol intake, and a diet low in antioxidants and fiber.

Research has uncovered some interesting associations between dysbiosis and disease. The immune system is particularly sensitive to the micro-biome and many immune related illnesses have improved with correction of dysbiosis. Examples of health benefits are:

1. Improved immune cell counts in the elderly to better fight infections.
2. Reduced upper respiratory tract infections in children, adults, and athletes.
3. In children with eczema, a 30% reduction in symptoms and an improvement in immune function.
4. Asthmatic children had improved lung function, as well as decreased symptoms of asthma and allergy.



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Dr. Tamara Browne, Naturopathic Physician

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5. Patients with rheumatoid arthritis had reductions in pain and improvements in function.
6. Probiotics taken during pregnancy and early infancy reduce the risk of offspring developing eczema, allergy, and asthma.

Other causes of poor digestion include low stomach acid production, poor pancreatic enzyme production, poor bile production and flow from the liver, and sluggish peristalsis (intestinal movements). A proper medical history can uncover these issues, which can be confirmed by lab testing. Natural treatments aimed at supporting the function of the entire digestive tract, rather than blocking functions, prove to be superior for improving health, as well as preventing chronic illness. An example of this is using digestive aids such as bitters to increase stomach acid, pancreatic enzyme production, and bile production and flow.

This article is for informational purposes only. Please contact a knowledgeable health care professional for health advice and guidance.



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.



What To Ask Before Buying A Condo In Today's Market

By Sergej Sinicin of neuHouzz Real Estate Group



Condo ownership in BC is going through a shift. New short-term rental restrictions, combined with stronger tenant protections, have changed how many investors view condo and apartment ownership. Across the South Okanagan, some investors are choosing to sell properties that no longer fit their long-term plans. This has led to



increased condo inventory in communities like Penticton, Summerland, and Kelowna.

That growing selection is drawing interest from a wide range of buyers. Retirees are looking for low-maintenance living close to amenities. First-time buyers are seeing more attainable options compared to detached homes. Empty nesters are downsizing, while staying connected to the lifestyle and community they enjoy. With more condos available, these groups often have a broader choice of buildings, layouts, and price points than in recent years.

More choice also means more responsibility to look closely at what you are buying. Buying a condo is different from buying a detached home. You are not only purchasing the unit itself, but also buying into a shared financial structure, shared decision-making, and a set of rules that affect daily life and long-term value.

Understanding The Strata Documents ~ Strata documents provide a detailed look at how a building is managed. They include information on the reserve fund, strata fees, insurance, bylaws, meeting minutes, and any known maintenance or legal issues. Together, these documents tell the story of how the building plans, spends, and responds to problems.

A prudent real estate professional not only will read thoroughly through the 2 years of meetings, but also may use specialized tools or review systems designed to flag key issues within a large strata package. These programs can help highlight areas that deserve closer attention, such as low reserve funds or repeated maintenance concerns. However, buyers absolutely must still take the time to read the information themselves and have it reviewed by a lawyer before removing subjects.

Watching For Special Assessments ~ Every strata owner dislikes this four-letter word - LEVY! A.K.A., a special assessment can occur when a strata corporation does not have enough money in its reserve fund to cover a major expense.

When this happens, owners are required to contribute additional funds, sometimes on short notice. Common triggers include roof replacements, elevator repairs, plumbing failures, or major exterior work. Reviewing past assessments and asking about planned projects helps reveal whether the building is proactive or reactive when it comes to maintenance.

Knowing What Strata Fees Actually Cover ~ Strata fees vary widely from complex to complex. Some include water and heat. Others do not. Services such as garbage collection, snow removal, landscaping, and common-area upkeep are generally included, but not guaranteed. Understanding what is covered allows buyers to calculate their true monthly cost, rather than relying on the fee amount alone.

Pet Rules & Restrictions ~ Strata corporations set clear rules around pets. These rules may limit the number of pets, their size or type, or require approval before bringing a pet into the building. Even if a building is pet-friendly today, changes to bylaws in the future could affect your pets. Typically, a pet you already own

would be grandfathered in, meaning it can stay, but new rules may limit your ability to add another pet. Understanding the pet policy upfront and getting approval in writing helps avoid surprises and makes it easier to plan for your furry family members.

How The Strata Is Governed ~ The strata council plays a central role in the building's health. The council oversees maintenance, budgeting, rule enforcement, and long-term planning. Reviewing the bylaws, understanding how often meetings occur, and knowing whether owners can attend meetings offers insight into how decisions are made. Owners can and should plan to be involved in their strata council, whether by attending meetings, participating in discussions, or even standing for election. A well-run strata often reflects strong communication and consistent leadership.

A Final Thought ~ Condos remain a popular option in communities like Penticton, Summerland, and Kelowna. They offer a lower-maintenance lifestyle, shared amenities, and often more central locations. But in a market shaped by changing rental regulations and shifting investor priorities, the details matter. Asking the right questions before buying a condo is not just helpful, it is essential.

I also want to Thank You all for continuing to read these articles. I hear from many people in the community that they find them very informative. If you're ready to discuss condo living, relocating or list your property, visit neuHouzz.ca, pop by the office 645 Main Street in Penticton, or call 778-764-1373. Cheers!



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 Sesame Balls and Spring Rolls (veggie).

1030 Main Street, Okanagan Falls

Eat For Health, Not For Pleasure

By June Kwok, Chinese Treatment Specialist

Eating healthy food in a slow and thoughtful manner is proper for your body's nature and will heal your mind, body and soul.

If you want your digestion to be optimized, then eat slowly (chew each bite 25-30 times). This will help the stomach to perform less work. Over the course of a lifetime, this can be compared to the proper maintenance and operation of a motor vehicle; longevity is synonymous with correct care. If you want to lose weight and improve your health then it is advisable to drink some (previously boiled) warm water, prior to eating a meal.

Onions and garlic are great for blood cleansing and they work best when chopped up - the smaller the pieces the better. It is advisable to wait for 15 minutes before cooking them after chopping. Broccoli and cauliflower are also great for health, but require more time and patience. After they have been cut up, it is best to wait for 30 minutes before cooking. This increases their health impact. Apples and onion are a perfect match for improving blood circulation. They go well together in a salad or soup.

Bananas (best if they are still a little green) can cleanse your colon. Two bananas per day will suffice to garner the desired results. All yellow bananas can recharge your energy; little brown spots provide relaxation for your mind as they indicate an increase in sweet nutrients. Ripe bananas are good for all kinds of recipes with their good taste and high nutrition.

Drinking water while eating makes food easier to swallow, but it can also expand the food already inside the stomach. It is better to drink your water 20 minutes before and after a meal. This allows the food to remain solid and also provides a feeling of fullness.

We always advise people to not eat too fast, too late, too salty, too sweet, too good, too full or too spicy. Health is our number one priority in life and eating properly is the most important component.

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.



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**Should You Purchase Travel Insurance
 When Going On A Trip?**

By Vi Creasey

Yes, travel insurance is absolutely necessary when leaving BC. Our Government feels that it is so important that every invoice that a travel consultant issues, must have it noted that travel insurance has been offered. As a client, you are not obligated to purchase Travel Insurance, however, you will usually be asked to sign a waiver, saying that you have declined.

An out of country medical claim can cost you hundreds of thousands of dollars and is usually life altering. If you are under 60, for the small amount of the premium, it is definitely not worth taking the risk. Over 60 years of age, you will be asked to fill in a medical questionnaire. Depending on how you answer the questions, will determine the cost of your insurance. Please be aware that you can also have a deductible on your insurance. This will help bring the cost down if necessary. Deductibles can be as high as \$10,000.

Cancellation/Interruption insurance is also available to purchase. This type of insurance is especially valuable if anything goes sideways with your vacation plans. As an example, in January, a Reliable Travel client was going to Mexico. She travelled from Prince George to Vancouver with her luggage checked all the way to Manzanillo. However, when she got to Vancouver, her flight onward was cancelled. She had to stay in a Vancouver hotel four nights, take a taxi to the hotel, and eat for four days. Also, she had no luggage, as West Jet had passed her luggage to the new airline. With her Cancellation/Interruption policy, she was entitled to the cost of her hotel, the cost of her cabs, cost of her food, plus \$400 to spend on clothing and other essentials.

When travelling, please call Reliable Travel for a free quote for all your insurance needs. We are here to help.

Reliable Travel has a group trip planned to South Africa next February. If South Africa is on your bucket list, please give Reliable Travel a call.



ReliableTravel.ca
 250-488-9313
 Vi Creasey: vicreasey@shaw.ca
 Diane Chatfield: dchatfield@tpi.ca

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.

Kaleden Branch: 101 Linden Avenue - 250-497-8066

New Hours: Tuesday 1-5 pm / Thursday 1-8 pm / **Friday 12-4 pm**

Children's Programs:

Preschool Storytime on Tuesdays from 10-10:45 am. 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.

MARCH MADNESS: Can you complete this challenge by visiting your local libraries?

March Break is here and we have so many awesome activities for you to enjoy from March 14-28. To make it more interesting, we invite you participate in our MARCH MADNESS challenge. Visit any of the participating ORL branches to pick up a challenge card and see how many activities you can complete. Kaleden is hosting the following activities as part of this challenge:

Reel Surprise ~ Lights, Camera ... Surprise! A Movie Night in a Bag. Just Press PLAY! Check out one of our Reel Surprise bags and let the library plan your next family movie night! Each bag includes a selection of family-friendly DVDs, popcorn, and a few fun snacks - but here's the catch ... the movie titles are a mystery until you get home. Visit The Kaleden Library from March 17-27 to pick up your surprise bag!

LEGO Cupped Challenge: A LEGO building challenge for all ages ~ Celebrate March Break with a LEGO Building Challenge for all ages! Drop in and put your creativity to the test. Each participant will receive a scoop of LEGO bricks and, using every piece, will build their most imaginative creation. Visit anytime we're open from March 17-27 to challenge your building skills.

Submitted by Rachael Dowden, Kaleden Community Librarian



Need A Ride?

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

CatMatch



Looking For Adoption Heroes! AlleyCATS gets quite a few cats that need extra time and space to reveal their true selves. We call these our scardey cats. Sometimes these cats will spend more time UNDER your couch than on it, but given enough time they will eventually figure out that the top of the couch is the place to be! If you think you have what it takes to give a cat a chance at becoming a couch potato in your home, please contact us! **Visit alleycatsalliance.org today!**



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Friday 10 am - 5 pm / Saturday 10 am - 2 pm

Tech Talk - One on One: Tuesdays from 3-5 pm. 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 and 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.

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 14 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.

Spring Break Boredom Buster:

March 17, 18, 20 & 21 ~ Stuck at home with nothing to do? Spark your curiosity at the Okanagan Falls Library! Dive into hands-on STEAM activities that will challenge your brain and fuel your imagination. It's the perfect boredom buster for inquisitive minds. Stop by and turn "I'm bored" into "This is awesome!"

March 24, 25, 27 & 28 ~ Boredom meets its match! Drop in to the Okanagan Falls Library for casual, creative fun. Explore a variety of crafts with different materials - make something unique to take home. Walk in, craft something awesome, and beat the break boredom. No registration required!

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.

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

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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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School Trustee Report For SD67

By Karen Botsford, School Trustee

Education Committee's Kaleden Elementary School Visit on February 18 ~ The Education Committee provides trustees with information on programs and initiatives, and highlights the great work being done in the district to support student success. Three times a year the committee tours a school and as chair of the committee, the school visits are always a highlight for me. Being in the schools, grounds trustees in our governance work and reminds us of our collective focus on student success. On February 18, we toured Kaleden Elementary, one of the district's rural schools. Being one of the smallest elementary schools, staff and students benefit from the family-like community where everyone knows one another. At the entrance to the school, there is a carving of a coyote created and donated by Ron Manning (retired principal). Coyote is the mascot for Kaleden, and students have been reflecting on and expressing words relating to the qualities and characteristics of coyote. The words are at the entrance displayed on student artwork.

Trustees visited the kindergarten classroom where students who have been learning some nsylxcæn words and numbers, introduced themselves, demonstrated counting and played a game with us. We were treated to a gallery walk of Grade 5/6 student led presentations of individual repurpose projects (a hat rack, sweater rack, pencil holder, bird feeder, copper and aluminum flowers, key chains, hanging rainfall water collector, and a 3D printer remote control car to name a few). Students were articulate when describing their projects and it was fascinating to see and hear how they took their projects from idea to fruition and the repurposed items used in the execution of their projects. Principal Arcuri toured us through the remaining classrooms and spaces being used for Fine Arts, multipurpose, and 3D printing. Students are learning how to use design software to 3D print their own creations. We met with the teachers over lunch, and it was great to be able to hear their perspective on the work they are clearly passionate about. Thank you, Kaleden Elementary School, for a warm welcome and great tour!

Meeting with the British Columbia School Trustees Association (BCSTA) President and CEO on February 18 ~ 60 school district trustees are members of the association. The BCSTA "champions good governance practices among school boards through exceptional professional development and province-wide advocacy, all dedicated to student success. As the sole nonpartisan organization representing democratically and locally elected boards of education, BCSTA has been a steadfast champion for good governance in public education for 120 years." Trustees, Superintendent Manuel and Secretary-Treasurer Nicole Bittante met with President Tracy Loffler and CEO Trevor Davies on February 18. We presented highlights of the board's work over the past four years including some of the following: the development of the 2023-2027 Strategic Plan; adopted a renewed Long-Range Facilities Plan (2024-2033) including reconfiguration and "right sizing the district"; integrated Truth and Reconciliation into governance; improved graduation rates and narrowed equity gaps. We spoke about advocacy and the importance of adequate funding from the Ministry of Education and Child Care. Districts have been experiencing shortfalls, as cost pressures due to inflation have not been funded. Every budget cycle is a challenge for boards and the BCSTA works hard to bring 60 districts voices to the ministry. To meet face to face in our district with the BCSTA helps our board be seen and heard and represented.

Enjoy Spring Break later this month for the final term awaits!

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

Highlights From Kaleden Elementary School

By Principal Jessa Arcuri

Winter has officially arrived in Kaleden, even after a stretch of warmer weather. KES students have been embracing the season with plenty of outdoor adventures, including cross-country skiing at Nickel Plate and tubing at Apex. The fresh snow brought excitement to the playground as students built snowmen and snow forts. Indoors, learning has been just as vibrant. Students have been practicing counting to 10 in nsylxcæn along with exploring the many languages represented in our community like Italian, Polish, and Russian. Our Grade 2 scientists have been busy sharing their experiments, filling classrooms with dancing worms and popping "popcorn" as they explored chemical reactions. A special thank-you goes to Ms. Rivest for demonstrating how heat can be created through her homemade laundry-soap chemistry. The Grade 5 and 6 students have explored where our stuff comes from and presented their repurposed projects. Grade 3 and 4 students learned about the lunar moon and discovered how different cultures understand and celebrate its phases, connecting science with stories from around the world. On February 20, our primary classes celebrated the 100th day of school with a full day of counting activities and real-life examples of 100 - and even a few teachers and students dressed as if they were 100 years old. With all of the learning that has happened in February, the most valuable and prominent lessons have been around caring and kindness, as students continue to show empathy, support one another, and build a school community where everyone feels welcome.



Kaleden Elementary PAC Update

By Tenna Fisher, PAC Chair

We're wrapping up February with lots of love still in the air from Valentine's Day and leaping headfirst into March! It's hard to believe that Spring Break is already right around the corner.

We hope all of our Kaleden families have a safe, relaxing, and fun Spring Break - whether you're traveling or enjoying some fresh air and outdoor adventures closer to home. March is a wonderful time to recharge and soak up those early signs of spring.

We look forward to welcoming everyone back in April refreshed and ready for the final stretch of the school year.

Stay tuned for some exciting news about a PAC fundraiser happening in April. More details coming soon!

Wishing you all a wonderful and safe Spring Break!

Jupiter

By Tom Landecker

Winter in the Okanagan isn't a good time to be looking at the night sky. Nevertheless, you may have seen Jupiter lately. The big planet has been very bright in the sky right through January and February, and the show will go on into March. At sunset now, Jupiter is already high in the sky. Why is Jupiter so bright? Planets don't shine with their own light - all we see is sunlight reflected off the planet's surface. Jupiter is very big, so it reflects a lot of the Sun's light back to us.

The inner planets, Mercury, Venus, Earth, and Mars, are solid, made mostly of rock. The outer planets, Jupiter, Saturn, Neptune, Uranus, are not solid, they are big balls of gas. Why?

The Sun and all the planets formed at the same time, about 5.5 billion years ago. As gravity pulled the interstellar gas into a sphere, which became the Sun, the leftover stuff formed a disk extending far out from the Sun. The planets formed in that disk. At first the disk was very hot, but it slowly cooled, and things started to condense from the hot gas. The first things to become solid were the materials that formed the rocks of the inner planets. By the time Mercury, Venus, Earth, and Mars had solidified, all that was left in the disk was gaseous material. That stuff became the outer planets.

Jupiter is big, over 300 times as massive as the Earth, and two and a half times the mass of all the other planets combined. Jupiter is mostly made of Hydrogen. The Sun is 74% Hydrogen, 24% Helium. The remaining 2% includes all the other elements, Oxygen, Carbon, Nitrogen, Iron, and so on. In its makeup of elements, Jupiter is almost the same as the Sun. Jupiter is like a tiny star.

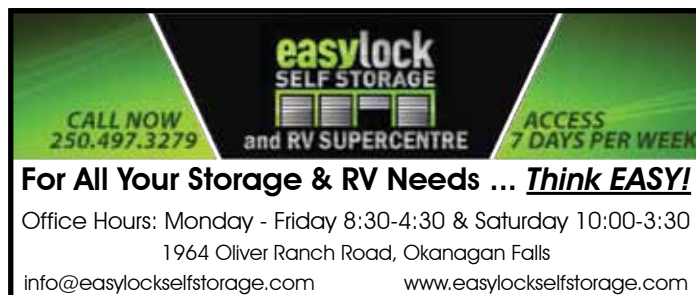
Could Jupiter shine with its own light? Could Jupiter become a star? Yes, if it had formed with 75 to 80 times as much mass as it has now, it would generate its own internal energy, and shine in the sky as a dim red star. What if Jupiter had formed with half the mass of the Sun? Then Jupiter would be a fairly bright star, just a little less brilliant than the Sun. Is such a thing possible?

Yes, it's very possible. There are many star systems like that, two stars locked in a dance around each other. We call them binary stars. About one third of the 100 billion stars in the Milky Way are in binary pairs, or in more complicated multiple star systems. If our Earth was in a star system like that, we would have two Suns in the sky, and we might orbit one star for part of the year and the other star for the rest of the time. I think I'm happy with just one Sun.

Interesting websites:

- www.skyatnightmagazine.com/news/planet-parade-february-2026
- en.wikipedia.org/wiki/Abundance_of_the_chemical_elements
- 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.



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Okanagan Falls

Home Alone SAFETY For Kids!

(9-12 years)
Safety for Kids. Students receive the Home Alone Safety for Kids manual and certificate upon completion.

Okanagan Falls Community Centre
8:30 am - 3:30 pm, March 25
Fee: \$65
Registration required.
Minimum 10 participants required.

Follow the QR code to register

Babysitting Course

(11-15 years)
The Canadian Red Cross Babysitting course for youth teaches child care, first aid, and accident prevention.

Okanagan Falls Community Centre
8:30 am - 3:30 pm, March 26
Fee: \$65
Registration required.
Minimum 10 participants required.

Follow the QR code to register

Okanagan Falls PAC Update

By Kari Hill, PAC Chair

A big thank you to Gallagher Lake Café for providing February's PAC Snacks. Our meetings are always better with a little local love.

Movie Night Thanks ~ Thank you to RDOS for another great movie night collaboration. We're already looking forward to the next one on April 17. Special thanks to Jillian and Kris and the Community Partners Association for being our go-to technical support. Our movie nights truly wouldn't be the same without you!

Meat Draw At The Legion ~ Join us for our March Meat Draw on Friday, March 13 at 5 pm at the Legion. Come say 'hi', enjoy the fun, and maybe head home with dinner!

Seed Fundraiser ~ We're currently running a seed fundraiser. Keep an eye on community social media pages for details on how to support and grow something great this spring!

BBQ with Belich's AG Foods ~ Belich's AG Foods is sponsoring another BBQ fundraiser on April 11! Our last BBQ was a massive success, and we're already counting down the weeks to this one.

Soar Into Spring Market ~ Mark your calendars for our "Soar Into Spring Market" on May 3 at the school. Vendors wanting to be part of the market, please reach out to Chelsea at 778-531-8711.

Where Your Support Goes ~ All PAC donations and gaming event proceeds go right back into our amazing Elementary School - helping fund field trips, music, introductions to new sports, dance programs, and creating great memories for our students.

A heartfelt thank you to our wonderful Principal, Mrs. Poole, and to all of our faculty and staff. Together, you've created a supportive and inclusive school our community is so lucky to have. And last but not least, a huge shout-out to all the parents who volunteer for the school and with PAC. We couldn't do it without you!

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

Our school community has been buzzing with pride and activity over the past few weeks! We were thrilled to win the Most School Spirit competition at the Veas game, a true reflection of the enthusiasm and heart our students, staff, and families bring to everything we do - we are a small, but mighty school! Adding to the excitement, we were honoured to welcome members of the **Penticton Veas** to our school. The team spent time reading with students, played a friendly game of ball hockey with some of our Grade 6/7 students, and even joined us outside for recess, where some got to learn a new game called Gaga Ball. A big thank you to the Veas for such a memorable and meaningful visit!

We have recently wrapped up a successful basketball season, enjoying friendly competition with other schools across the district, and are now moving into our gymnastics program. Thank you to Springer's Gymnastics for coming to our school and providing high-quality gymnastics instruction for our students.

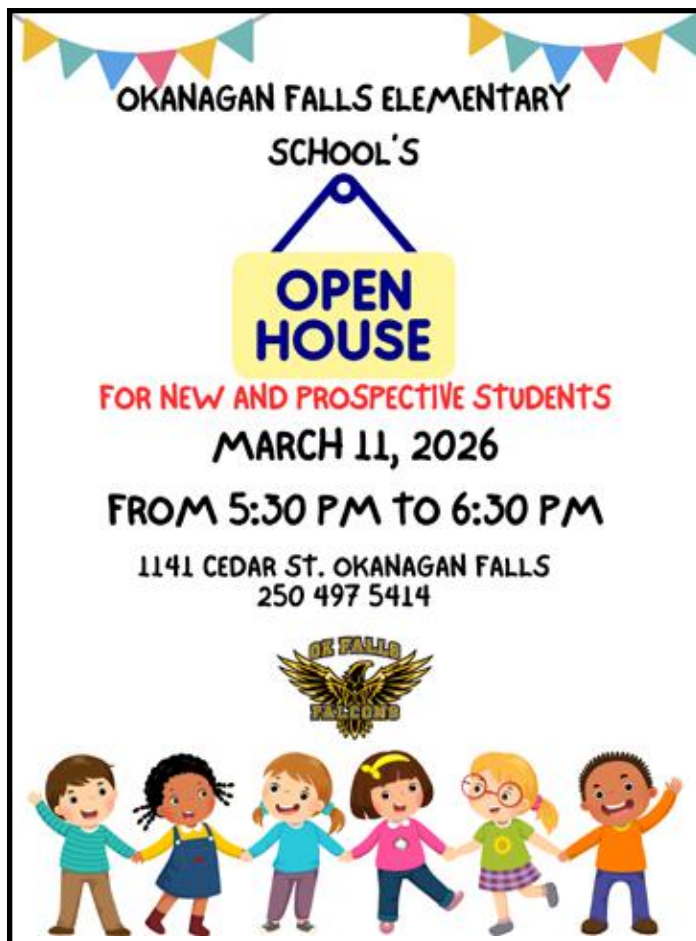
February also brought us a fantastic **Snow Day at Apex**, made possible by the incredible support of our PAC and the many parents and guardians who volunteered their time. We are truly grateful for the strong partnership we share with our families - it makes experiences like these possible.

As we look ahead, March is a short, but busy, month with Spring Break approaching. We will be hosting a drill week, parkour field trips, and our **Ready, Set, Learn / Open House** event for incoming kindergarten students and new or prospective families. This is a wonderful opportunity to meet staff and become familiar with our school. Please contact the office if you are interested in registering for either event. Kindergarten registration is ongoing; however, having our numbers in early helps us to plan for next year.

We are also excited to share that we will have **bus service to St. Andrews and Skaha Estates** for the upcoming year, as well as before - and after - school care. Families interested in care are encouraged to contact the school as soon as possible to be added to the lists, as spaces will fill quickly.

Finally, we invite **local businesses** to support our school community by donating items or services for our **Welcome To The Community Bags** that we are introducing. This is a great opportunity to advertise your business, while helping us warmly welcome new families to the area. If you are interested in contributing, please contact the school office for more information.

Thank you for your continued support of our school. We are lucky to be part of such a caring and connected community.



School Trustee Report For SD53

By Sholeh Pickell, School Trustee

In our district, there are many exciting events coming this spring with the Rock of Ages musical on March 5, 6, and 7 and the district Powwow hosted at Southern Okanagan Secondary School on April 17 and 18 to name a few.

A highlight I'd like to share with you is from our most recent Education Committee meeting on February 10, 2026. There was a presentation from Sarah Browning, Vice Principal at Osoyoos Secondary School, and Maggie Fonteyne, District Literacy Support Teacher. These two gave the committee an in-depth peek into all the strategies our district is doing to assist educators in identifying gaps in instruction and see where students are missing steps needed to increase the literacy levels in their learning. I felt heartened to hear of all that is being done to help bridge the gap between where learners are and where they need to be. These efforts and strategies will be monitored for successes and challenges and shared further in our Framework for Enhancing Student Learning report (FESL). The FESL will be published in September 2026 and updated on our district website, where currently you will find FESL 2025. Personally, I felt encouraged to hear from these two presenters, as they offered tangible actions to assist our educators and our learners in reaching where they need to be. I have been feeling concerned about student achievement regarding literacy, and even though it's early days, the presentation highlighted where we are already noting some positive shifts.

The District and School Board are seeking input into the creation of the 2026/27 Okanagan Similkameen SD53 Budget. See our website for the link to our survey.

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



Okanagan Falls Lions Update

By Bob Wilson, Past President

I'm sitting here writing and the snow is falling. It is the 16th of February and we're being blessed by Mother Nature with some moisture at long last. Hopefully, it comes without the associated cold temperatures.

New Year's Day, Robbie Burns Day and Valentine's Day are now past us and our club sat down for a Christmas Dinner (late due to other commitments by the club members over the season) at the Okanagan Falls Legion - they cooked and we ate! We had a gift exchange (stealing from the previous recipient allowed) and a short meeting to get some business concluded.

Lion Kyle reported on the School Breakfast Program - all is well, we are serving 30+ children, three times a week until the end of this school year and returning in September. Thanks to Lions, Mike, Kyle, Colleen and Kris for their early morning service.

We should have approximately 1200 pairs of donated glasses shipping this month to our eyeglass facility in Calgary, where they are cleaned, graded and repackaged for world vision clinics around the globe. Thanks to all who contributed their used eyewear, including FYI Doctors and the Seniors group in Osoyoos and Buy Low store in Keremeos.

So onward we go into another month, with the Lions Easter Egg Hunt coming up in early April. We'll keep you informed, while Lion Dave is getting all the goodies ready!

Thank you Okanagan Falls & District for all your support over the years. We couldn't do it without you. See you around town. You know who we are. 'Til next time ...

Blood, it's in you to give! The next Blood Donor Clinics will be held March 9, 10 & 11 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/okanaganfallslionsclub.

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

We have been very busy this February. Thank you to all who attended our Annual General Meeting and for new Members signing up. We would like to welcome two new corporate members, La Bella Vita (hair, make up and nails) and Your Wellness Journey (counselling and mental health). Both of these businesses are located in Okanagan Falls. If your business would like to get involved, please contact us.

We have installed a new gate archway at the Bassett House entrance and it looks great! We are also in the process of installing an outhouse for the Bassett House (finally!), as well as refreshing the Kenny McLean room.

If you haven't seen the new Thrift Shop renovation, come on by and say 'hello' to our friendly volunteers. Don't forget to drop off your bottle and can recycling to the Thrift Shop. This is a great fundraiser for us and we appreciate community support.



Thrift Shop
Now Open 10-3 Wed-Sat
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Okanagan Falls Heritage & Museum Place - 1145 Main St



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- 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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Branch 227 Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

BIG NEWS - Legions are 100 years old! Since 1926, the Legion has stood with Veterans, honoured the fallen, and strengthened communities across the country. 2026 is a historical year for the Legion - 100 years of service, community impact and remembrance. Did you know that Okanagan Falls has honoured one of our veterans with naming Christie Memorial Park?

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 and for more information.

Save The Date ... We will be getting the Gecko Band from Mexico for our **100 Year Celebration on June 27**. More info next month.
2026 Memberships Are Due ~ They can be paid that the bar.

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

Shuffleboard ~ Tuesdays and Thursdays at 2 pm.

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 Draws are donated to charities.

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

Music Bingo on Saturday, March 7 ~ Ribs, rice and chow mein will be on the menu for \$10 each.

Pancake Breakfast on Sunday, March 15 from 8-10 am ~ Adults \$10, Kids under 12 years \$5, and under 3 years are free!

General Meeting on Tuesday, March 17 at 7 pm ~ Always the 3rd Tuesday of the month.

Games Night on Saturday, March 21 ~ Should be a great night. Food will be available.

Volunteers ~ Would you like to help? Drop by the Legion 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 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 March 2026:

- Canasta** ~ Mondays at 10 am
- Crafts & Coffee** ~ Mondays at 1 pm
- Evening Pool** ~ Mondays at 6 pm
- Tuesday Bingo** ~ Tuesdays - March 3, 10 & 17 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
- General Meeting** ~ Monday, March 2 at 1 pm
- Pancake Breakfast** ~ Saturday, March 7 from 8-10 am
- Country Music Jamboree** ~ Sundays March 8 & 22 at 1 pm
- St. Patrick's Day Spaghetti Dinner** ~ Sunday, March 15 at 4:30pm
- Drop-in Bingo** ~ Saturday, March 21 from 1-4 pm
- Pot Luck Dinner** ~ Saturday, March 28 at 5 pm
- Scrabble** ~ On hold for now - looking for players
- Carpet Bowling** ~ On hold
- Theatre Group** ~ On hold for now - looking for players
- 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.



South Skaha Housing Society Update

By Michael Livingstone, SSHS Chair

Work on Phase 2 is steadily moving along. The crew is just about ready to pour the first suspended slab, being the concrete floor that will support the first residential level and act as the ceiling for everything on the ground floor. That includes the elevator lobby, parking area, office, amenities room, and the rest of the main-level spaces. If the weather behaves, that pour should be done and curing by the time you're reading this. The only thing that could slow things down is a stretch of freezing temperatures, since concrete really doesn't like to cure in the cold. Once this slab is finished, the team will move on installing all the essentials, such as pipes, electrical, water, sewer, and other infrastructure, that need to be in place before the first residential level can rise. So far, it's steady progress and the project continues to move upward.



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.



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THUR MAR 19 @ 7:30

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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.

March 20-22, Friday-Sunday: Elks Provincial Dart Tournament. Everyone welcome to come watch. Thursday evening is a drop-in fun dart tournament, everyone welcome.

March 29, Sunday: Easter Craft Market, 9am-2pm.

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. Meat provided by Belich's AG Foods. March 8 hosted by Oliver Curling Club, and March 22 hosted by SOSS Textiles.

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, March 10 at 7pm. 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

Kaleden Museum & Archives

By Mike Gane

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

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

The Year is 1908 ~ And James Ritchie, founder of Summerland, has acquired 3,000 acres of arid land on the west side of Skaha Lake. And he has big plans for its development. Crucial to the success of this enterprise is water. So, he obtained Water Rights for Shatford and Sheep Creeks, and starts work on a gravity-fed irrigation system for what was to become Kaleden in 1909.

Water was dammed and diverted from Shatford Creek, and crossed the valley at Allen Grove via a woodstave pipe siphon. From there, it flowed by ditch and wooden flume to Marron Creek to a concrete intake that was built (that intake remains beside Highway 3 at about 2.4 km west of the Highway 97/3 intersection). The hilly nature of Kaleden did not allow use of ditches and flumes, and dictated use of a piped distribution system. The woodstave pipes were wrapped with wire, then covered with pitch and two layers of burlap. Remnants of the original pipe still exist around Kaleden. While more expensive, the piped system gave Kaleden with a year-round water supply, while "ditched" communities had to store their winter supply in cisterns.

Winds of Change ~ Many changes have been made to the water system and its governance over the years. The earth dam at Marron Lake was reinforced and a new cement-core dam was constructed at Eneas Lake in 1912. The depression in 1913, and especially the outbreak of WW1, put an end to planting. During the development period and up to 1916, no tolls or taxes were levied. Once a third of the planted area had been sold, it was realized that maintenance of the irrigation system needed funding, and the provincial Water Rights Branch authorized a tax levy of \$2.00/acre.

The orchards suffered considerably from a lack of care until 1922, when Sir William Hutchison Poe acquired all the Kaleden Development Corporation's property (some 200 acres had been purchased by others). At that time, Kaleden became an Improvement District (KID) under the provisions of the Water Act. An agreement was reached between KID and Sir William that he would fund repairs of the existing irrigation system, and the earth dam at Marron Lake was replaced with one having a concrete core, and its height was raised from five to 25 feet to increase storage capacity.

By 1931, the orchards were producing fruit, and it became evident that Shatford Creek could not be counted on for an adequate supply of water. The system was expanded in 1932 by diverting water from Shingle Creek and erecting two dams to form upper and lower Brent Lake, which provided an additional 1,000-acre feet of storage. Unfortunately, most of that additional water never made it to KID. Over 1,000 acre-feet was diverted to property owners along the system's route, in exchange for rights of way and for which no tax was levied. The system now had four dams, and stretched over 12 miles from Shingle Creek to the Marron Creek intake, with another 10 miles of pipe from the intake and throughout Kaleden.

By the 1950s, the system had deteriorated to the point where replacement of certain sections was essential. Maintenance costs exceeded the revenue obtained from taxation and the sale of lands. Loans were obtained through the Water Rights Branch, allowing KID to replace the Allen Grove siphon, 1000 feet of wood flume, the excavation of a channel to replace 1700 feet of wood flume, and 4876 feet of wood pipe within Kaleden.

The next change to the system was in the orchards; sprinklers replaced the furrow method. Kaleden's pressurized system made

the change easy, and over 90% of the orchards had adopted this method by the 1960s.

Old timers recalled disturbing plant and animal life that popped out of the taps, as well as water shortages when a blowout occurred on the woodstave pipe, or a section of flume was knocked out by a falling tree.

ARDA to the Rescue! In 1963, Kaleden ratepayers elected to rehabilitate the irrigation system with the assistance of the Agricultural and Rural Development Act (ARDA). In June of the following year, it was decided to convert to a system pumping from Skaha Lake, and work began to install a pumphouse consisting of four units totaling 725 HP, capable of pumping 5.75 million gallons per day over a total of 535 acres.

More on this project and further improvements next month, along with the story of the duck (DUWK) that drove from Seattle to swim in Skaha Lake!



James Ritchie inspecting the irrigation works.



Early planting crew.



Brent Lake dam construction.

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

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ in-person and online

Movie Night on March 1 at 7:30 pm ~ "Seen The Film" for parents and professionals. Email connect@space2flourish.ca for more info. 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 - regular services from Jan 4th onwards.

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: March 1 - Rev. Laura Turnbull; March 8 - Rev. Liz Bowyer; March 15 - Sarah Tupholme; March 22 - Rev. Paul James; and March 29 - (Palm Sunday) - Rev. Dr. Donald Schmidt. Coffee fellowship following the services.

More information available at okfallsunited.ca.

1108 Willow St, Okanagan Falls | 250-497-1171 or 250-460-2560

Our Lady of Lourdes Catholic Service

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

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



KSC KALEDEN SENIORS COMMITTEE
EARTH LOVERS
GARDENING TALK
EVERYONE WELCOME

MARCH 13 @12PM
KALEDEN COMMUNITY HALL

JOIN KATHRYN MCCOURT FROM FRIENDS OF SUMMERLAND ORNAMENTAL GARDENS FOR AN INSPIRING GARDENING TALK, FROM CLIMATE-PROOFING YOUR GARDEN, SOIL HEALTH AND MORE.

LUNCH PROVIDED BY DONATION

Kaleden Seniors Committee Update

By Karla Avendaño, KSC Coordinator

Last month's event was an engaging and enjoyable World Café on climate change and sustainability, where members of the community had a chance to express their opinions, discuss current topics, and collaborate as a group. A heartfelt thank you to Rob Friberg for the presentation and facilitation of the event, and to everyone who participated.



Save the date for March 13 at 12 pm. Kathryn McCourt from Friends of Summerland Ornamental Gardens will be speaking about gardening at Kaleden Community Hall. Lunch will be provided by donation.

If you would like to receive news from us, please email us at kaledenseniors@gmail.com to receive updates.

Movie Night

for Parents and Professionals



View Trailer

Sunday March 1 - 7:30pm



Spark the healing journey
to transform your family...

seen
The Film

Kaleden Community Church (443 Lakehill Rd)

\$10 per person or by donation. Free Popcorn!

For more information: connect@space2flourish.ca

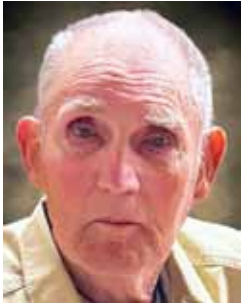


Sponsored by Space2Flourish and
Kaleden Community Church



Donald Arthur Thomas Tasker

March 31, 1935 - January 1, 2026



It is with great sadness that we announce the passing of Donald Arthur Thomas Tasker. Don passed away peacefully with his son by his side on January 1st, 2026, at Westview Place in Penticton, at 90 years of age. Don is predeceased by his wife, Elaine; his parents, Leonard and Alberta; his sister, Beverly; and his son, Ronnie. He is survived by his son, Len (Dianne); grandsons Jesse (Courtney), Sean, Cruz (McKayla), and Harley; great-grandchildren Raiden, Jade, Easton, Ella, and his brother Gary. Don was born on March 31, 1935 in Oliver, BC where he grew up around the family orchard.

In the early 50s, Don met Elaine, and they were married in 1956. Don and Elaine lived in different small communities in BC, moving around, following his work, before settling in Okanagan Falls, where they built the family home they lived in for almost 60 years.

In 1959, Don and Elaine's first son, Len, was born, followed by their second son, Ron, in 1963. Don and Elaine were very involved in their boys' activities; they stood behind whatever the boys decided to take part in, no questions asked, whether that was school sports or soccer. 1969 brought the beginning of the hockey chapter of their lives. Don worked out of town a lot, but when home was one of their most reliable and supportive fans. Hockey was like a very close extended family, with many great friendships made and kept. Don worked in the construction industry from a young age and continued for the rest of his career. Don's work would take him all over the province, into Alberta, and out of the country to Nassau and Turks and Caicos, constructing over 300 bridges and other structures. Don had a great working relationship with all the members of his crews, many of whom became good friends and still are to this day.

Another venture he undertook, including his brother Gary, was opening a restaurant in Okanagan Falls; The Roadrunner. Some may remember this from years ago. Curly fries, anyone?

Don and Elaine also opened and operated a machinery and rental business, D and E Rentals, for several years in Okanagan Falls, where their youngest son Ron, worked out of for a while.

Don was a proud member of the Okanagan Falls Fire Department, as were many of the residents in the area. Don always liked to reminisce about the famous barbecues held annually in the park. It would be a real show for the kids to watch when the fire siren rang, and all the dads jumped in their vehicles to race to the hall. Amazingly, there were no crashes, at least on record.

Don and the family were close to all of their neighbours, but had a special bond with the Haddow family across the street, Bob, Carroll, Debbie, Joy, Robert and Raymond. A close friendship that continues today; they even ended up as neighbours in Westview Place! We all share fond memories of the many pranks and antics between Don and Bob, a lot of which should probably remain private. I am sure that, as Don now reunites with Elaine and Bob, pranks are already being worked out, and Elaine will have to referee alone without Carroll's help.

A dream of Don's was to own a large RV unit, and he made this happen after the sale of his property and shops. Don and Elaine joined an RV club, and another extended family was found. This also spawned the more sophisticated garage sale searches, looking for that diamond in the rough. Don and Elaine enjoyed the social part of all these extracurricular outings and activities and maintained great friendships with those involved to this day.

Don was a very giving man, almost to a fault. He was always ready

to lend a hand to anyone who needed it, even strangers. These stories are too many to list.

Don was lost after the passing of his wife, Elaine, in 2024, and was often seen sitting alone out on the patio at Westview Place, talking to her, and tracing the path she had walked daily in his power wheelchair. They can be at peace now that they have been reunited. The family would like to thank all the staff at Westview South in Penticton for the amazing care that they gave to both Don and Elaine during their residency there. They would also like to thank Nunes-Pottinger for making a very difficult time a little easier. To Dad and Mom, rest in peace. We love you.

A celebration of life for Don will be held in May 2026 in Okanagan Falls; exact times and place will be published closer to the time. In lieu of flowers, please consider a donation to the Alzheimer society.

Condolences and tributes may be directed to the family by visiting www.nunes-pottinger.com.

Robert Bradley Oliver

April 27, 1956 - January 18, 2026



Robert Oliver, age 69, passed away on January 18, 2026 after a long and courageous battle with cancer. He died as he lived - surrounded by love, humour, and the deep respect of those who knew him well.

Rob was predeceased by his parents, Hank and Audrie Oliver, who taught him the importance of service to his community. For more than 43 years, Rob dedicated himself to the fire service, answering the call with steadiness, heart, and a quiet confidence earned through experience. He proudly served as Fire Chief in Okanagan Falls, later continuing his career with the Willowbrook Fire Department, where he finished his tenure not just as a firefighter, but as a trusted mentor - someone others turned to for guidance, perspective, and reassurance. His legacy lives on in the many people he trained, supported, and stood beside.

By trade, Rob was a Pattern Maker, a craft that suited him perfectly. He was an entrepreneur at heart - helpful, inventive, endlessly handy, and always able to figure out how to make something work. If something needed fixing, building, or improving, he was already thinking three steps ahead.

Above all, Rob knew how to enjoy life. He had a sharp sense of humour, an easy laugh, and a genuine love of a good time. He could be found camping under open skies, soaking in the energy of live concerts, or heading to Las Vegas - one of his favourite places - where the lights, laughter, and excitement matched his spirit. In earlier years, he loved riding motorcycles, embracing both the freedom of the road and the camaraderie that came with it.

Rob is survived by his wife, Lori, his partner of 42 years, with whom he built a life rooted in love, loyalty, and shared adventure. Their marriage was a testament to commitment, laughter, and standing together through all seasons of life. He is survived by his daughter, Haley, who he taught to be capable, resourceful, and independent. Rob is survived by his son, Dustin, who he taught to work with his hands and take pride in doing things well, daughter-in-law Amanda, and two beautiful granddaughters, Roman (5) and Nova (2) whom he much-loved.

In lieu of flowers, please kindly donate to the Willowbrook Volunteer Fire Department. A Celebration of Life will be held on April 18, 2026 in Okanagan Falls, BC.

Condolences and tributes may be directed to the family by



Ted Lynch

Sadly Ted Lynch, a beloved husband, father, grandfather and friend passed away on Thursday, January 29, 2026 in the comfort of his home in Okanagan Falls surrounded by his family.

Ted's life was a testimony to his love of family and friends - laughter, hard work, dedication, adventures and community service. Ted was born on May 1, 1933 in Penticton, BC and lived the first 9

years of his life in Okanagan Falls and Hedley. His family moved to Vancouver in 1942 and following his graduation from John Oliver High School, he was hired by British Columbia Telephone Company (now Telus). With his love of learning, Ted was quickly transferred from labourer to the position of apprentice Telephone Switching Equipment installer.

In 1959, Ted was transferred to the Dominican Republic and after a short period of time he was offered a permanent position with the Dominican Telephone Company where he remained until 1977, having risen to the position of Director of Services for the entire country. Upon his return to British Columbia with Telus, he held the position of District Service Manager in several locations throughout the province. Shortly after his retirement, Ted returned to live in the Okanagan.

Ted was an avid lover of nature and all its beauty and loved walking the hills around Okanagan Falls. Ted and Lynette enjoyed travel with their several trips to Mexico, and especially their visits back to Lynette's homeland of South Africa and her family.

Ted's generosity was most illustrated in his dedication to helping his friends and serving his beloved community. He was instrumental and very much involved in the design and construction of the Centennial Park Bandshell. Whether his years of devotion to the Okanagan Falls Irrigation District, Helping Hand, or Friends of OK Falls Parks, Ted put all of his energy into each project and his friends and the community have benefited greatly.

Ted leaves behind his beloved wife Lynette, step-son Craig (Deb) and granddaughters Mykara and Ella, who lovingly refer to Ted as "Papa". Ted is also survived by former spouse Doreen (mother of their daughters Leslie (David), Shelley (Norm) and Carol), beloved grandson Ryan and granddaughters Victoria and Catherine. Also, survived by Jocelyn. Ted was predeceased by his brothers Wayne (Betty) and Bob (Mariiisa). Surviving extended family members include nephew Wade Lynch and niece Tara Henderson, as well as many cousins from the pioneer Thomas families of Okanagan Falls.

The family wish to express our sincere gratitude to Dr. Bull and Dr. Kavosian for the care they have given Ted over the last two years.

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

In lieu of flowers, the family requests that donations be made in Ted's name to BC Children's Hospital, or the South Okanagan Similkameen Medical Foundation, organizations that Ted held close to his heart.



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Lesley H. Luff Robin M. Earle

Pre-Planning For The Future

By Lesley H. Luff, Okanagan Falls & Osoyoos

Just as death and taxes are inevitable, so it seems are price increases. Unfortunately, Credible Cremation Services is also faced with increasing costs. This price increase will of course affect those families who are facing immediate funeral or cremation costs, as well as those who still have not pre-paid for their future arrangements.

\$1460.00 - Penticton area covers only Professional Fees, Transfer of the deceased from Penticton Hospital and the Cremation Fee. Other costs such as Cremation Casket, Death Certificate, CPABC levy and GST must also be paid for.

\$1535.00 - Kelowna area covers only Professional Fees, Transfer of the deceased from Kelowna Hospital and the Cremation Fee. Other costs as shown above also apply.

Pre-Planning - Makes sense. Saves you money. Allows you peace of mind. Saves your family from making emotional and difficult decisions on your behalf.

Do it Now! While you still have time to make decisions for yourself.

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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 Ron Ramsey on the sale of your business, G&R Auto Repair. On behalf of the many, many people in our community - and others passing through - who have benefited from your help and services. Thank you and all the best with your next chapter!

~ From Matt T. of Okanagan Falls

Flowers to the friendly and capable fellow skaters from Olalla who helped me off Yellow Lake and stayed with me until the ambulance arrived after I hit my head on January 27. I'm recovering well and deeply grateful for their calm, collective care - supporting my 14-year-old son with a significant emergency and reminding us what it means to be part of a village. Sure wish I was wearing a helmet!

~ From Lisa N. of Kaleden

Flowers and congratulations to Myleen and her 200th edition of Skaha Matters. Thank you for keeping the community informed.

~ From the Okanagan Falls Legion



SEE YA LATER RANCH

March 1st | Open Daily for Tastings
 March 13th & 27th | Friday Night Dinner Series Special
 Fri. March 20th | Spring Doormat Workshop
 Sun. April 5th | Easter Hunt & Brunch - Book early!

**UPCOMING
 SPRING
 EVENTS**

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Okanagan Falls



Spring Equinox Yoga Class with Marsha

You're invited to join us for a very special Spring Equinox Yoga sequence that focuses on cleansing, opening the heart, and finding balance.

Celebrate the transition from winter's darkness to spring's warmth. This practice will conclude with a beautiful 30-minute sound restoration session.



Zen Centre
 Friday, March 20th
 Time: 6:30 - 8:30 pm

Fee: \$20.00 + GST
Registration Required

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