



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 17 : Issue 7

July 2025

Your FREE Monthly
Community News!



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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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Monthly
Deadline
Between
15-20th

RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Summer Fun

Yeah, summer has officially started. I don't want to lecture anyone about how to NOT have fun, but we also want to be able to look back on the summer with fond memories, not stories of tragedy and pain.

If you are out on the water, whether it's on a sea-do or a boat, please wear your life jacket. It may interfere with you tan lines, but it will prevent a lot of accidents or injuries from occurring. When out on the water, keep a look out for others and operate your vessel in a safe manner at all times. Do not operate any motorized vessel with alcohol and/or drugs in your system. Not only does it impair your judgement, but it will null/void any insurance claims if there was an accident. In Canada, you do need to have a Pleasure Craft Operator Card, for all ages, type of watercraft and engine power.

To ride a limited-speed motorcycle or scooter (under 50 cc or power source that produces a maximum 1.5kW), it must be registered, licensed and insured for road use. You must have a class 5 or 7 licence, and must wear a helmet. To ride light e-bikes, you have to be 14 years old or older. To ride regular e-bikes, you have to be 16 years old or older. You must always wear a helmet and follow the rules of the road as drivers.

Finally, if you are away from your residence, ensure you have someone checking on your property and picking up your mail. As a rule, don't post photos of your vacation while you are away, as you are advertising that you are not at home. Nothing says "we are not home" better than a Facebook post and a picture of the family having the "time of their life in Hawaii"! You will probably say "I only share with friends and family", but who do they share with? Criminals are very active on social media.

Have a great summer! Hope to see you out there while our Community Policing volunteers walk around and promote our programs.



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Let's Talk: How To Work Together For Our Communities

By Donegal Wilson, MLA for Boundary-Similkameen

One of the best parts of my role as your MLA is hearing directly from people who care about our communities. Whether it's health care, land use, education, or something unique to your neighbourhood, your input helps guide the work I do on your behalf.

In today's digital world, it's easier than ever to click a button and send a pre-written message to every elected official. These types of mass emails, often called form letters, are usually part of online campaigns. While they can be useful for raising awareness, they don't always lead to meaningful dialogue.

My office receives between 20 and 40 of these emails each day. Some are well-intentioned, but unrelated to provincial responsibilities. Others are sent to every MLA across the province, regardless of geography. Many come from outside BC or even outside the country. We take note of the topics being raised, but we've made the decision not to respond to these mass-generated messages individually. That time is better spent helping people in our riding with real, local challenges - resolving health care concerns, advocating for community services, and supporting those navigating provincial systems.

That's why I want to encourage something better. If an issue matters to you, I want to hear from you. Take a moment to write me directly at donegal.wilson.mla@leg.bc.ca. Share what is happening in your community or how a policy is affecting you or your family. A personal story carries weight. It helps me raise those concerns more effectively in the Legislature and with my colleagues in government.

And if you're unsure whether something is a provincial matter, please don't hesitate to ask. My team and I are happy to help figure that out and get you pointed in the right direction.

At the end of the day, the best way for me to represent you is by hearing your voice - clearly, directly, and in your own words. Thank you for continuing to stay involved, and for everything you do to make Boundary-Similkameen such a vibrant place to call home.



Okanagan Falls



CANADA DAY FUN IN THE FALLS

8:00 am - 11:00 am

Pancake breakfast at the Seniors Centre

11:00 am - 1:00 pm

Inflatable bounce house sponsored by

Neuhouzz Real Estate Group

11:00 am - 1:30 pm

Bike Decoration and Craft Stations with the RDOS at Kenyon Park

12:00 - 1:30 pm

Hot dog lunch with the Lions Club at Kenyon Park, by donation

Cupcakes purchased from Belich's AG Foods

1:00 pm

Bike Parade starts under the Kenyon Park sign

3:00 - 8:00 pm

Market in the Park at Centennial Park

5:00 - 8:00 pm

Music at Centennial Park

Fire truck will be on site throughout the day for tours



✉ rec@rdos.bc.ca

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

🌐 rec.rdos.bc.ca



4th Annual Kaleden Community Day

By Rick Johnson

**Kaleden Community Day 2025:
A Full Day of Fun, Food, and Community Spirit.
Join us Saturday, July 12 at Pioneer Park!**

I am very proud to announce that Kaleden's favourite summer tradition is back for the fourth year! On Saturday, July 12, the community is invited to Pioneer Park for a full day of celebration, connection, and lakeside summer fun.

This free, family-friendly event is a joint project of the Kaleden Community Association and Kal-Rec, with generous support from the Community Foundation of the South Okanagan Similkameen, the Kaleden Community Church, and numerous local businesses and residents.

The day begins with a pancake breakfast and continues with a Community Expo featuring local organizations, Kaleden artisans, and information booths from groups like FireSmart, Don't Move a Mussel, and the Okanagan Bat Awareness Team.

Kids will love the bouncy castle sponsored by Newhouzz Real Estate Group, while adults can browse the raffle baskets, support local causes, and chat with community leaders, including your RDOS Area "I" Director Subrina Monteith and Kal-Rec members.

Midday brings a classic car rally, hot dog BBQ by Doug's Homestead, and a special roll-in ceremony and cake at the firehall for the Kaleden Volunteer Fire Department.

Afternoon fun includes drop-in lawn games, delicious bites from the Samosa Express food truck, and a relaxed community vibe down by the lake.

In the evening, bring your voice or instrument to the open mic, then stay for a lakeside concert by Johnny Carwash and the Desert Dawgz to close out the day.

The events of the day are still evolving and are subject to change. The best bet is to look for more details and schedule of events at kaleden.weebly.com.

Bring your family, your friends, and your community spirit ... we'll see you on July 12 at Pioneer Park!

SUMMER 2025

Get ready for an incredible summer at Black Market Wine! We've got intimate vineyard concerts, Friday Night Wine Flights, curated wine tastings, Vineyard tours, and more. Visit our tasting room in Kaleden, open daily from 11am-5pm. Email info@blackmarketwine.ca for further details.

www.blackmarketwine.ca



Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

As I continue to get questions around Bylaws for Electoral Area "I", I had staff prepare answers to some of the questions: dog control; noise; fireworks; and how to report concerns.

Dogs ~ In Electoral Area "I" (Kaleden, Apex, Twin Lakes, and surrounding areas), dogs must be licensed and under the control of a competent person at all times. While leashes are not required in all areas, dogs must remain within sight and respond

immediately to verbal commands. Dogs must be leashed within parks unless otherwise indicated by signage. Persistent barking, dogs off-leash, or animals running at large may result in enforcement action, including fines or impoundment. Pet owners are also reminded to clean up after their animals on both public and private property. For questions or to report a concern, email dogs@pentiction.ca or call 250-492-3801.

Noise ~ Noise that unreasonably disturbs others - particularly during evening or nighttime hours - may be subject to enforcement under the RDOS Noise Bylaw No. 2921. This includes loud music, ongoing mechanical noise, and repeated disturbances from residential or commercial activity. Quiet hours are from 10pm to 7am. During this time, residents and visitors are expected to keep noise to a minimum. Be a respectful neighbour - keep music, tools, and gatherings at reasonable volumes, especially in the evening. Persistent or excessive noise may result in warnings, fines, or other enforcement actions.

Fireworks ~ The discharge of fireworks is not permitted in Electoral Area "I" without a valid permit. Unauthorized fireworks pose a fire risk and are subject to enforcement. If you witness the use of fireworks without a permit, you may report it to Bylaw Enforcement for follow-up.

Filing A Complaint ~ To file a complaint, please submit your concern in writing with details (date, time, location, and nature of the issue). Complaints are kept confidential.

- Animal Control (dogs): Email dogs@pentiction.ca or call 250-492-3801.
- Other Bylaw Matters (noise, fireworks, etc.): Email bylaw@rdos.bc.ca or call 250-492-0237.

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



A message From Fire Chief Tony Madeira

I am very honoured to share with the community that our new fire engine has arrived. It is the latest addition to the Kaleden Volunteer Fire

Department's fleet and represents how far we have come since the department's humble beginnings in 1972.

The department has always followed a tradition of strong fiscal responsibility. From the very beginning, our past leaders believed in purchasing fire apparatus without relying on bank loans. That same mindset continues today. Through careful budgeting and a dedicated reserve fund, built from a portion of our annual operating budget and local tax dollars, we have been able to purchase four (4) brand-new trucks over the years. This latest engine is our most significant investment yet.

I would like to recognize former Fire Chiefs, Darlene Bailey and Denis Gaudry, for their commitment to this approach. As your current Fire Chief, I will continue to uphold the legacy of maintaining a healthy reserve that allows us to plan for future equipment needs and an upcoming firehall upgrade.

At this time, our focus is on completing driver and pump training on the new engine. Our goal is to have this new truck in service for Kaleden Community Day on July 12. The engine's build meets the latest Underwriters Laboratory requirements and will serve our community well for decades to come. I am very proud to be part of this department and to serve our community.



Please join us for **Kaleden Community Day on Saturday, July 12 at Pioneer Park**, where we will be showcasing **KVFD'S new ENGINE**. Have a walk around and a great close-up view of the ins and outs of a fire engine and meet some of KVFD's local volunteer firefighters. At approximately 1 pm, the new engine will make its way up to the Firehall for an official "push in ceremony". This symbolic gesture dates back to the early days of firefighting. The tradition of pushing in a new fire truck continues as a way to honour the fire service and a way to celebrate the arrival of a new piece of equipment that will help firefighters better protect their community. We invite the community members to join us at the Firehall (303 Lakehill Road) for this momentous occasion.

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Enjoy an intimate multi-course dining experience featuring locally sourced, seasonal ingredients paired with a selection of award-winning Stag's Hollow wines, presented by our winemaker Keira LeFranc.

Visit our website for ticket details!

12
SEPT

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

Irrigation Season Has Its Ups And Downs! April's water consumption was just 4% less than 2024, but over 60% higher than in 2023, probably due again to earlier watering in vineyards. Conversely, May was 2% higher in 2025 compared to 2024, but 8% higher than in 2023, probably due to warmer weather. This trend is likely to continue, given the record-setting high temperatures in early June this year. The long-term weather forecast similarly predicted that May through July would be hot and dry, thus even higher water consumption is anticipated. Due to snowpack at 67% of normal in May, along with low precipitation and high temperatures potentially continuing, the Okanagan got a Level 2 (Very Dry) Drought Rating in early June. If drought does escalate, we all may have to reduce our water consumption by 20% or more. How will YOU meet that challenge?

Why Water Meters? KID now has 10 water meters, and they are being installed at select locations around Kaleden. Their primary purpose is to gather data on how best to conserve water. For example, meters may be used to assess water consumption in vineyards using overhead versus drip irrigation. The meters will be moved around to monitor different water usage patterns.

Sign Up For Voyent Alert! In collaboration with RDOS, KID will now use this system to provide targeted notifications to properties, informing you of water quality advisories, service outages and more. Choose one or more ways to get alerts: phone/voicemail, text, or email. No more searching for answers on social media needed! Visit voyent-alert.com/community/#registration.

Welcome To The Board, Nayda Paruk And Henry Sielmann! Our new Trustees are not new to volunteering or project and people management. Their talents and enthusiasm are welcomed!

What Is Soft Armoring? On the lakeshore behind the KID Pumphouse there's now a mix of rootwads and large rocks (see photo below), added to protect the north side of the pumphouse from erosion. Hard armoring (riprap rocks) was combined with soft armoring (rootwads). This is one tactic used in what is known as habitat complexing, and we hope the aquatic critters enjoy it!



Kaleden
Irrigation District

Office Hours: 9-12 Mon/Wed/Thur
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Important Safety Message: Ensuring Access For Your New Fire Engine

By Fire Chief Tony Madeira



We are excited to announce the Kaleden Fire Department has received its **brand-new fire engine!** This state-of-the-art apparatus will be our primary response vehicle for all emergencies in our community.



As our Firefighting crew train with this larger, more modern truck, we have identified a critical safety issue: **accessibility to some homes via driveways.** To ensure we can reach your property quickly and safely during a fire or medical emergency, we need your help. Our new engine requires a minimum **clearance of 12 feet of width by 13 feet of height** to safely navigate driveways. This means ensuring there are no overhanging branches, tall shrubs, or other obstructions that could block access for the engine apparatus. **Please take a moment to inspect and proactively clear your driveway** from the road to your house. This is a **serious safety consideration** for everyone in our community. In an emergency, every second counts, and if the truck cannot make it up your driveway, the truck will need to be parked further away, delaying our response. Your cooperation is vital for your safety and the safety of your loved ones.

If you have any questions or concerns, please do not hesitate to email us at kaledenfire@rdos.bc.ca or call **250-497-8231** and leave a voice mail. Please note that we are a volunteer fire department and the firehall is not manned 24/7. Allow us 2-3 days to return your email or phone call. Your patience is appreciated. If you have an emergency, please **call 911**.

Thank you for your prompt attention to this critical matter.



BRITISH COLUMBIA
FireSmart

Kaleden FireSmart Tip

By Linda Dahl

One of the best ways to be FireSmart is to start young. The new FireSmart BC Education Program is an all-in-one teaching resource to introduce students in grades K-12 to FireSmart concepts, including how to make homes and communities more resilient to wildfire.

Kaleden FireSmart is introducing the program to our Elementary students at KES. We had a lot of fun teaching the kids about wildfire and did some hands on mitigation around the school.



Talk to your children about wildfires, about being prepared and including them in around the yard and FireSmart activities. They are knowledgeable and they are aware that we live in a vulnerable fire prone area.



Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

'Signs, Signs, Everywhere, Signs'
~ In contrast to that hit from the '70's, there are some really good interpretive signs about the amazing array of plants and animals in the gardens on the east side of Lions Park. They're researched and painted by students of "Heartwood Learning Community". Also, some beautiful banners are on the lamp standards in both

Kenyon Park and Christie Memorial Park. Take a look - they're really quite beautiful!

Zoning Changes ... Not! ~ At it's June 5 meeting, the RDOS Board declined to pass proposed zoning changes that would reduce the allowable density for Heritage Hills, Vintage Views and Lakeshore Highlands (e.g. secondary suites). These changes were intended to align zoning with what is presently possible given the limitations of the sewer and water systems.

The proposal was reconsidered at the committee level at the next meeting, and the new recommendation is to rescind the earlier proposed changes altogether. If the Board accepts the committee recommendation, then zoning in these areas will remain unchanged, allowing secondary suites and accessory dwellings. Building permits still may not be available however, until sewer and water system improvements are advanced.

Purchasers are always encouraged to request a 'comfort letter' from the RDOS as part of their due diligence. A comfort letter provides information regarding potential zoning and site limitations and whether a build or secondary suite is possible in light of current infrastructure problems.

Curbside Recycling ~ The new carts should be distributed by the time this is read. Directions on the carts advise residents where to find the 'New Curbside Calendars' or look for 'Curbside Collection' on the website at rdos.bc.ca.

Governance Make Over In Area "D" ~ Residents have approved significant changes to the way their services are governed in many communities in Area "D". No other area in RDOS has had a referendum or change in governance of its services in the current term that started in October 2022. And, there were only 2 referendums or governance changes in the previous term throughout all of RDOS.

Area "D" has had 4 referendums or governance changes in the current term: Vintage Views Wastewater (sewer in Heritage Hills and Vintage Views); Lakeshore Waterworks (water in Heritage Hills, Vintage Views and Lakeshore Highlands); Skaha Estates Improvement District (water in Skaha Estates); and Okanagan Falls incorporation. As we are living it, so to speak, most of us haven't given this much thought, but these are big changes and a lot of them when compared with other regional districts or municipalities.

Open House With The Director ~ An open house held May 21 was well attended by approximately 150 people. For each of 3 topics covered, there was a brief introduction, followed by questions from residents that were answered by myself or RDOS Chief Administrative Officer Jim Zaffino, who was also in attendance.

- Next steps for Vintage Views Wastewater and Lakeshore Waterworks utility systems - the decision to convert both



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systems to the RDOS was made April 12 and residents asked about when and how the conversion would occur.

- Decision factors in the potential conversion of the Skaha Estates Improvement District to RDOS - giving residents another opportunity to ask questions prior to their May 31 vote (at which they did vote to convert).
- Next steps for Incorporation of Okanagan Falls - residents were advised that next steps are controlled by the Province, although the Province has said it tentatively expects Letters Patent for the District Municipality in late September or early October and that could enable an election this calendar year.

Parking Is A Challenge For Businesses Looking At 'Downtown' Okanagan Falls ~ Some new businesses have had difficulty in opening - and in some cases been unable to proceed - as they can't provide the parking required by current zoning. Some municipalities have addressed this by changing the zoning to reduce the number of parking spaces required by businesses - as long as the building isn't being enlarged. The RDOS board is being asked to consider something similar for Okanagan Falls, to help new businesses open in some of the community's older storefronts.

Baseball At Keogan Park ~ Use of the baseball diamonds - yes, originally there were 2 - has been a problem for nearly 10 years. The Agricultural Land Commission (ALC) required significant upgrades in order for continued use in regular programmed or league activities. The RDOS Board recently agreed to apply to the ALC requesting that they reconsider use of the 1 remaining diamond. Many thanks to the community for supporting this request.

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

Matt Taylor, Director for RDOS Area "D"

Direct: 250-460-0980 | mtaylor@rdos.bc.ca | www.rdos.bc.ca

Okanagan Falls Volunteer Fire Department



By Colin Pickell

As last month's grass fire on Green Lake Road near See Ya Later Ranch reminds us, we are now in the full swing of wildfire season. Our department has been training regularly since the spring to refresh our skills, prepare our equipment, and discuss our responses at various locations around our fire protection district should something kick off. Practice nights have involved scenarios in different neighbourhoods to familiarize our crews on hydrant locations, high-risk terrain, and potential safety zones. We've established stand-by crews for every weekend from now until September to ensure we have resources in the district and aren't all away on holiday at the same time. We've made sure every truck is fully stocked with the tools and equipment necessary to mount an aggressive attack to keep a small incident from becoming a larger one.

Our department is doing all it can to prepare for wildfire season. There are things that you can do as a member of the community to help too. Consider getting a free FireSmart home assessment, to identify potential hazards and build wildfire resilience. Be responsible with things like cigarette butts and campfires. And please be patient if you see our crews blocking a road or approaching with lights and sirens - we always want to keep traffic interruptions to a minimum, while prioritizing the safety of our crews and the public. Please follow our directions and never drive through a closed emergency scene. We appreciate our community's support during what could potentially be a busy season for our fire department.

YOU'RE INVITED to our 75th Anniversary Party! See our poster to the right! Mark your calendar for Saturday, September 27th from 2-8 pm in Centennial Park. See you there!

**OKANAGAN FALLS
VOLUNTEER FIRE DEPT**

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**75TH
ANNIVERSARY
PARTY**

**SEPTEMBER 27TH, 2025
2 - 8PM**

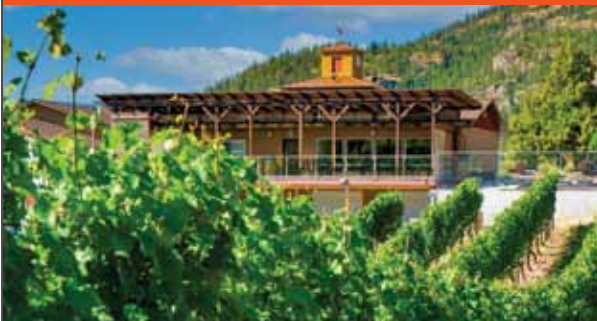
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Friends Of Okanagan Falls Parks

By Bob Daly

On May 30, a dozen "Friends of Okanagan Falls Parks" turned out to sand and paint the picnic tables in Kenyon and Lions Parks. Then, on June 10 and 11 ten more "Friends" pressure washed and painted the concrete parking abutments in the same parks.



Friends of Okanagan Falls Parks complete painting picnic tables in Kenyon and Lions Parks. In photo from left to right: JD Thomas, Bob Shanks, Barb Shanks, Judy Garner, Bob Daly, Rick Wilson, Wesley Symons, Paul Symons and Linden Symons. Missing from photo: Sheila Daly, Matt Taylor and Kelvin Hall.



On left - Friends of Okanagan Falls Parks, Judy Garner and Allison Symons, painting concrete abutments at Kenyon Park. On right - The finished product.

"Friends of Okanagan Falls Parks" is a group of talented and community-minded people led by Okanagan Falls Parks and Recreation Commission members (with direction from Parks Staff) who volunteer for park projects, depending on the nature of the project and the availability of volunteers. While RDOS manages the parks of Okanagan Falls, there are many jobs that Parks Staff are not able to do. This is where Okanagan Falls Community Volunteers step up. The commitment and effort of the "Friends of Okanagan Falls Parks" results in enhancements and attention to details that beautify the parks and bring their level to exceptional.

Past projects from 2024 include cleaning and painting of the cement skirting around the Bandshell and replacement of a bench in Centennial Park and the pressure washing and painting of the fence in Kenyon Park. This years' "Friends" projects have begun with the sanding and painting of picnic tables in Kenyon and Lions Parks and pressure washing and painting of the cement parking abutments. The next projects for 2025 include refinishing the benches in Lions Park and the donation and installation of new bike racks for the parks.



South Skaha Housing Society Update

By Michael Livingstone, SSHS Chair

Affordable Housing Opportunity At South Skaha Place

The South Skaha Housing Society, a local non-profit dedicated to providing affordable rental housing for individuals aged 55 and over, is pleased to announce a vacancy in one of its two-bedroom apartments at South Skaha Place in Okanagan Falls. This unit is ideal for a couple or household of up to three people, and a small pet is welcome. Monthly rent is set at an affordable \$1,254.

Applicants must be able to live independently, meet Canadian residency requirements, provide proof of income and references, and have a reliable source of income. To apply or learn more, please contact Locke Property Management at 528 Main Street, Penticton, call 250-492-0346, or email sshsbod@gmail.com.

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Get Ready For An Election

By Randy Ludwar

Summer has officially arrived, and it is hoped that everyone finds time to enjoy the local parks and beaches. In the coming months, residents of Okanagan Falls will be heading to the polls to vote for a new mayor and council. Although the current status has not been publicly released, it has been confirmed that the report and recommendation from the RDOS has been submitted to the Ministry of Municipal Affairs.

It has been shared that the process of completing the Letter of Patent is taking longer than originally expected. Since Sun Peaks became the last community to incorporate over 12 years ago, various government acts, regulations, and First Nations engagement processes have been updated. These changes must be reviewed and included in the drafting of the Letter of Patent.

An election may be scheduled as early as this fall, although a delay until the spring of 2026 - or possibly until the general municipal election in October 2026 - is possible. This decision will be made solely by the Ministry of Municipal Affairs.

Anyone considering running for office should be aware that specific rules and regulations must be followed. These are outlined by the Ministry of Municipal Affairs and Elections BC. Proper due diligence will be required by all potential candidates.

More information, including official requirements, campaign rules, and nomination procedures, can be found online:

- Province of BC - Local Elections Hub: Visit www.gov.bc.ca and search "General Local Elections" or "Running for Local Office".
- Candidate's Guide to Local Elections in BC: Available as a PDF through the Ministry of Municipal Affairs.
- Elections BC: Provides detailed guidance on campaign financing, advertising, and disclosure rules.

Thank you and have a good summer.



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Okanagan Falls Business & Community Association Update

By Marshall MacKinnon

The Okanagan Falls Community Association held its Annual General Meeting on May 6. A new board of directors is now in place and they are excited to get to work with fresh ideas and a new found focus.

You will notice one big change and that is our name, which now includes "business". The Okanagan Falls Business & Community Association (OFBCA) goal is to make an impact in the community with beautification, events, improvements, and to shed light on local businesses, such as who they are and what they do.

We look forward to sharing more on what we're up to and how you can get involved. Stay tuned to Skaha Matters as things unfold.



New OFBCA Board Members - Back row left to right: Riley Kascak, Graham Watkins, Ethan Ribalkin, Amy Bydal, Jim D'Andrea. Front row left to right: Marshall MacKinnon, Peter Beauchamp and Lynda Grinnell. Missing from photo: JAK Meyer and Paul White.

Music & Market In The Park

By Grant Henderson, Event Coordinator

I think most people have fond memories of summer music blasting from the car radio, as we cruised the streets in the sunshine and a very shiny car. This year's summer music program will undoubtedly bring back some of those fond memories and perhaps establish some new ones.

This year's line-up promises to offer a nice variety of music for our 10th Anniversary of Music in the Park. There are seven shows scheduled for 2025, rather than the usual six.

During the month of July, we have lined up the following live music: Tuesday, July 1 is Memory Lane (formerly Mozz Lane); Sunday, July 13 is Blueshounds; and Sunday, July 20 is Desert Rockers. Music starts at 5 pm, while the Market starts at 3 pm and both run until 8 pm. All events are held in Centennial Park at the Bandshell.

The idea for a Bandshell and a summer music program was spawned in the late 1980s. In 1990, an Okanagan Falls resident by the name of Isabelle Hester passed away leaving instructions and funding to construct the concrete stage that now supports the structure. Fundraising by the Okanagan Falls Women's Institute for the Bandshell began in 2011 and continued until the \$80,000 price tag was accumulated in 2015. Our first concert was held in March of 2015 with lousy weather and a very small crowd.

Over the last decade, Music in the Park has expanded to include an outdoor market of local crafts, locally grown produce, and a variety of other artsy stuff. And, the Okanagan Falls Lions Club has been selling their world-famous cookies to raise money for their local school breakfast program.

All that being said, my wife and I will be moving away from Okanagan Falls sometime after this year's concert series is complete. We are truly hoping that a few people will step forward to continue the coordination of this very popular community event. If interested, email musicintheparkokfalls@gmail.com. It would be a terrible shame if it fell by the wayside after we move away.

As usual, the concerts are free to attend and a reminder that alcohol is not allowed in the park. Do help us to make this the best summer program ever by showing your support through attendance and the purchase of some Lions cookies and other wares from our talented vendors. Bring the whole gang. It's going to be a great year!

Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



As we age, maintaining a healthy lifestyle becomes increasingly important to our overall well-being. Among the various forms of exercise and wellness practices, two activities stand out for their accessibility and numerous benefits: walking and massage. For seniors, these practices not only promote physical health, but also enhance emotional and mental well-being.

Walking is one of the simplest forms of exercise available, making it an ideal choice for seniors. It requires no special equipment or membership and can be done almost anywhere. Regular walking can improve cardiovascular health, strengthen bones and muscles, and enhance flexibility and balance. This is especially important as falls are a leading cause of injury among older adults. By incorporating walking into their daily routines, seniors can reduce their risk of falls, improve their mobility, and maintain their independence.

Beyond physical benefits, walking has profound psychological advantages. The rhythmic nature of walking can be meditative, helping to clear the mind and reduce stress. Moreover, walking in natural settings, such as parks or gardens, has been shown to elevate mood and encourage feelings of tranquility. Engaging with nature can provide a mental boost, fostering a sense of connection to the world around us.

Massage, another beneficial practice, complements the physical activity of walking beautifully. While often associated with luxury spas, massage can be a crucial component of health maintenance for seniors. It helps relieve muscle tension, improve circulation, and enhance the range of motion in stiff joints. Many seniors experience discomfort from chronic conditions, such as arthritis or muscle stiffness. Regular massages can alleviate these symptoms, helping to ease pain and enhance overall comfort.

The emotional benefits of massage are equally significant. Touch is a fundamental human need, and the gentle, supportive nature of massage can reduce feelings of loneliness and isolation - common issues faced by many seniors. The calming effect of massage can lower anxiety levels and promote relaxation, which in turn can lead to better sleep quality and overall improved mood.

For seniors who might be hesitant to start walking or who have mobility issues, there are options available. Walking aids, comfortable supportive shoes, and even walking in a controlled environment, such as a mall or community centre, can make walking more accessible. Additionally, seeking the assistance of a licensed massage practitioner who has experience working with seniors is crucial to ensure that massage is done safely and effectively, tailored to individual needs.

When combined, walking and massage offer complementary benefits. Walking activates and strengthens muscles and joints, while massage helps recover and maintain those muscles by reducing soreness and improving flexibility. This duo also enhances circulation and boosts immune function, which is crucial for seniors who may have slower healing responses. Moreover, engaging in both activities can foster routine and structure - important factors for mental and emotional wellbeing in older adults.

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Wishing You A Wonderful Summer!

By Diane Chatfield

As we enter this beautiful season, we wanted to take a moment to express our heartfelt appreciation for your continued trust and partnership. We hope that this summer brings you not only warmth and sunshine, but also relaxation and joy. May you find time to unwind, recharge, and enjoy the things that matter most to you. We look forward to helping you plan your perfect vacations! Wishing you a wonderful summer filled with happy moments!



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Vi Creasey
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Diane Chatfield
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Notes About Challenging Life Transitions And New Possibilities

By Angi Lobos-Taylor,
Registered Professional Counsellor

Approximately 64% of adults in Canada, likely under-reported (and 89.7% in the US), have experienced at least one potentially traumatic event, according to the Statistics Canada Survey in 2023, from a single injury or illness to catastrophic experiences. Not all of those develop PTSD (Post Traumatic Stress Disorder); however, 5% of Canadian adults report that they have been diagnosed with PTSD.

Mental, emotional, physical, and financial wellness are the pillars of good health, and in later years, money and safety worries are likely the most significant sources of stress.

Why is it that, observing people subject to the same traumatic experience, some develop PTSD while others navigate their way through and recover? Each person has an individual and unique experience of an event, enduring conditions, or a series of events, and a unique resilience and ability to process and integrate it.

Trauma can affect multiple biological systems, including brain circuitry, the immune, metabolic, and endocrine systems, which is why it is crucial to seek help early to prevent further injury.

Resilience can be measured in terms of a person's or community's ability to survive, adapt, and continue life despite the presence of risk factors or threats. A key part of surviving a traumatic experience is identifying the strengths that come to the forefront when facing challenges, as well as being able to ask for help (friends, neighbours, counselling services, spiritual services, and support groups, among others), offer support and service to others, cultivate optimism, express gratitude, and maintain a connection to positive cultural traditions and identity.

Trauma may also bring about unexpected positive changes for a person, family, or community. With any challenge, there is potential for growth.

Remember that you are not alone when you are facing a life challenge.

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Assessing Adrenal Health

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



The two adrenal glands sit just above your kidneys, and although they are quite small, they produce a number of vitally important and powerful hormones that help our mind and body manage stress in a healthy way. Stress is inevitable, and comes in many forms. Often, we are not aware of the stress our adrenal glands are busy trying to mitigate every moment of our lives. They quietly go about their business in order to keep the

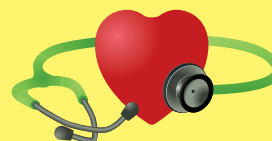
body functioning smoothly and in a balanced manner. But when the stressor is sudden, or ongoing for an extended period, we can feel the effects of adrenal hormones quite profoundly. We have all felt the sudden jolt of adrenaline causing our heart to pound, skin to sweat, and mind to panic when we feel suddenly at risk of harm. This is our body's way of helping us through danger via the fight, flight, or freeze system. With sudden danger, we just need to act! But once out of danger, this system should settle back into a state of calm vigilance. Not always the case, however, in our modern stress-filled world. Chronic ongoing stress whether physical, mental, emotional, or a combination of these, causes the adrenal glands to become weaker and less capable of helping us cope with future stressors. Often the stress is imagined, but nonetheless, our body recognizes it and responds as if it is real. This is where mindfulness training and reframing our perception of reality can help to lower our stress levels and help preserve our adrenal function.

The following are the four stages of adrenal fatigue, which have been identified:

Stage 1: Alarm Reaction ~ This is the stage that occurs suddenly in response to a fright or other stressful event. The body responds aggressively by releasing several adrenal hormones that help to shunt fuel to the vital organs such as the heart and muscles, allowing the body to protect itself through "fight, flight, or freeze". Although, in the short-term this response is protective, if it continues for an extended period, it can lead to the underproduction of adrenal hormones and the following, more advanced stages of adrenal fatigue.

Stage 2: Resistance Response ~ With continued levels of stress, the body continues to produce adrenal hormones at an accelerated pace, overwhelming the adrenal glands and their ability to produce adequate levels of stress balancing hormones. Cortisol continues to rise, but other hormones that are responsible for healing and repair decline. This can lead to fatigue, body aches, depression, poor sleep, digestive disturbances, elevated blood pressure, heart palpitations, immune dysregulation and more. All of these symptoms are a result of the body losing its ability to maintain balance and harmony.

Stage 3: Adrenal Exhaustion ~ As the name implies, this result of ongoing, chronic stress leads the adrenal glands to become exhausted of all hormone reserves and the inability to produce hormones at a pace to keep up with the demand. This causes the body to shut down nonessential functions in an attempt to preserve functions essential for life. For instance, the heart and lungs are favoured over the digestive tract, liver, pancreas, nervous system, and immune system. The higher brain functions such as executive decision-making decline, as more basic survival instincts are preserved. This person feels extreme fatigue, but may be unable to sleep (tired but wired), has less tolerance for exercise, and suffers from brain fog, fibromyalgia, and/or chronic fatigue syndrome, amongst other chronic imbalances in health.



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Stage 4: Adrenal Failure ~ This is a rare and serious state that leads to organ failure and an inability to maintain functioning on a physical and psychological level. Recovery from this state takes a lot of time, patience, and diligence in adhering to a recovery protocol. Various lab tests and physical exam features help to determine if poor Adrenal gland functioning is contributing to illness. Therapy requires holistic measures involving lifestyle, diet, nutrient replacement, adaptogenic herbs, stress management, and/or counselling. Treatment depends on the stage of the adrenal dysfunction, but often requires lifestyle changes that should be adhered to for life. The most critical therapeutic for creating and restoring optimal adrenal function, is behavioral. The fundamentals of healthy adrenals rest upon adhering to a regular circadian rhythm ... a regular wake-sleep cycle and eating and hydrating schedule, healthy social and leisure environments, stress reduction, healthy foods, regular exercise, and doing the activities you love. The modern term "triggered" has been used to describe the sensation of adrenal gland over-stimulation by reactivation of traumas. Therapy to desensitize a person to previous traumas through expanded awareness, development, and understanding, overcoming fear through building resiliency and strength around the trauma, empowering the body, mind, and spirit towards full actualization and power, and reorienting one's view can all help to put the trauma where it belongs - squarely in the rearview mirror. Dropping the baggage can free the body to repair and regenerate, starting with restoring adrenal gland function.

Naturopathic Doctors are uniquely trained to evaluate adrenal health. Seeking help from an ND can help you to prevent illness and maintain health with thorough assessment and accurate, science-based natural treatments that are safe and effective and easily incorporated into anyone's lifestyle.

This article is for informational purposes only and is not medical advice. Please seek the guidance of a licensed health care professional for individualized care.

CHERYL SNYDER

- Registered Therapeutic Counselor
- Registered Grief Counselor
- Registered Addictions Specialist

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Ask Cheryl ...

By Cheryl Snyder, RTC, MRT

Thank you from the bottom of my heart for all the heartfelt wishes I have received for my new "Ask Cheryl ..." column. I have received many questions as well as comments. I am only able to offer basic answers and these are in no way any resemblance or comparison to physicians assistance or counselling in attendance form. Please feel free to reach out as some have to book an appointment for any desired support. Our mental health is very delicate and sometimes it can act very mischievous to us. I'm here to support a betterment of you as a whole.

Anonymous has asked: "My husband is very void of emotion and cant seem to express his feelings around the biggest loss of our lives. We lost our baby grandson just one year ago. I read you know a lot about grief. I'm unsure where to start?"

First, I want to gently say how deeply sorry I am for the loss of your grandson. This kind of loss shakes every part of life in the deepest parts of our hearts and souls. The way partners grieve, often so differently from one another, can look like we may not be "doing it right". The comparison sometimes that is experienced with grief can be quite a blow that adds to the already devastation felt in the presence of a death that makes no sense.

You are not alone in wondering what to do when your husband appears shut down or emotionally unreachable in grief. It's sadly very common, especially in men raised to "be strong" or protect their families by holding feelings in.

As I responded in our email together, there are starting places that look different for everyone. No one can have grief without first having love. The emotions are no different in the hurt you are both feeling, grief is finding its way to move into a place where transformation may take place. This is a big process and doesn't happen overnight. In my lived experience with my deepest painful grief, I found a way to embrace it when I wanted someone to "take that pain away", because it felt too hard to do on my own. Reaching out for support is the best first step.

Taking your own journey of grief and perhaps allowing your connection with your husband, being there for him, even in the times of silence will assist greatly.

I look forward to seeing you and thank you for allowing me to witness your healing on this path of grief. Thank you anonymous for your courage and bravery to be supported.

Thank you all again for all the inquiries and for booking with me at Your Wellness Journey. I look forward to all the upcoming questions and am grateful for any support I may be able to offer.



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Previous rumors of a marauding T-Rex having been spotted in the area last month turned out to be true! Fortunately for the students of Kaleden Elementary School, their brave Principal Ron Manning was there to keep his charges safe from the clutches of the menacing dino!



We're looking forward to our **Summer Reading Club** with a great line up of fun events this July. Come and join us for the following:

Wednesday, July 2 at 11am: Colour Your Summer Magic Show ~ Prepare to be dazzled by the magic of colour! Award-winning magician Leif David brings you an action-packed 45-minute children's comedy magic show filled with surprises and excitement. In the "Colour Your Summer!" Magic Show, you'll witness objects magically change colours, and an impossible rainbow of magic created right before your eyes.

Wednesday, July 9 at 2pm: Rhythm and Invention: Music with Conner ~ Join professional musician Conner Wright for a lively afternoon of music-making. Craft your own simple instruments, then explore rhythm and sound as you play them together.

Wednesday, July 16 at 3:30pm: Owl-righty Then ~ Have a hoot learning about the charming burrowing owl with the Burrowing Owl Conservation Society. Enjoy fascinating facts and finish with a fun owl-themed craft.

Wednesday, July 23 at 2pm: Bubble Wonders Performance ~ From bubbles inside bubbles to the dazzling bubble caterpillar, this show is packed with wonder and inspiration. Bring your curiosity and be ready for surprises.

Submitted by Judy Komar, Kaleden Community Librarian

Mrs.D's Playschool in Kaleden

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For more information,
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OK Falls Branch: 101 - 850 Railway Lane - 250-497-5886

Tuesday 10 am - 6 pm / Wednesday 10 am - 4 pm

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

Summer is here ... longer days, school-free adventures, and the joy of the **Summer Reading Club** await! Curious what's brewing at the Okanagan Falls Library this summer for the kids? Get ready - your summer is about to explode with colour!

Wednesday, July 2 from 2:30-3:30pm: COLOUR YOUR SUMMER: MAGIC SHOW! ~ Award winning magician Leif David will wow you with an action-packed children's comedy show!

Tuesday, July 8 from 6-7pm: COLOUR YOUR SUMMER: NINJA STYLE! ~ Get ready to unleash your inner ninja with Sensei Rusty.

Tuesday, July 15 from 6:30-7:30pm: COLOUR YOUR SUMMER: ANIMAL FRIENDS ~ Enter the realm of the Little Reptile Queen and her Fury Friends and Scaly Sidekicks.

Tuesday, July 22 from 6:30-7:30pm: COLOUR YOUR SUMMER: DRUMMING WITH BOBBY ~ Calling all drummers, dancers, and music lovers! Join us for an unforgettable rhythm journey with master drummer Bobby Bovenzi.

Tuesday, July 29 from 6:30-7:30pm: COLOUR YOUR SUMMER: CARNIVAL OF COLOURS ~ Colourful Carnival Extravaganza! Join the Okanagan Falls Library at 1141 Cedar St. for a carnival full of games, crafts, prizes and a whole lot of fun. This event is sponsored by RDOS-Recreation and local businesses.

Attention, grown-ups! Summer isn't just for the kids. Your favourite library programs are still here, keeping your summer smart and satisfying. Don't worry - your favorite programs are still going strong!

Book Club - July 16 from 1-2pm ~ This month, we're discussing "The Berry Pickers" by Amanda Peters. New members are always welcome! For details on joining, contact the Okanagan Falls Library.

Seed Exchange ~ We have an abundance of seeds ready for swapping - help us fill Okanagan Falls with vibrant blooms and homegrown harvests. Join our seed exchange and watch your garden (and our community) flourish!

Puzzle Table and Exchange ~ Need a Quiet Escape? Find your peaceful moment at the library! Enjoy some relaxing time with our community puzzle or participate in our Puzzle Exchange Program.

Friends of the Library ~ Love Your Library? Become a Friend! Help us fundraise through book sales, raffles and more. No experience needed - just enthusiasm for supporting literacy!

Submitted by Artessa Wiker, Okanagan Falls Community Librarian



Our active organization is looking to recruit members from Oliver, Osoyoos and Okanagan Falls who can commit some time to being an active part of our 10 year old organization.

We are encouraging all community members, especially those with board leadership experience and those looking to support us in fundraising efforts, to contact us.

Please email us at with your contact information, so we can chat more! Highwaytohealing@live.ca

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Summer At The Observatory

By Tom Landecker

Tired of the beach? Eaten too many cherries? Kids bored? Think of a trip to the Observatory.

Every weekend until October 26th, our Observatory is open for tours on Saturdays and Sundays from 10 am to 3 pm. Tour guides are there to show you our Visitors' Centre and some of our buildings, to explain how our telescopes work, to explain what the Observatory does and where our work fits in with international research. We are located on White Lake Road, just 7 kilometres west from Highway 97 between Kaleden and Okanagan Falls.

We have a special lecture series this summer held at 1 pm on the second Saturday of each month - July 12th, August 9th, and September 13th. The lectures cover general topics in astronomy, the work we do with our own and other telescopes, and the engineering work that we do. These lectures are for everyone, kids included. Lectures will run for 30 or 40 minutes, and you will have the opportunity to ask questions on any topic.

Our telescopes will be operating while you are there, so please turn off your cell phones as you approach the Observatory. A cell phone is a radio transmitter, and to our very sensitive telescopes it is a very loud one. We could detect your cell phone if it was on Mars!

When I tell someone that I work at the Observatory, it is not unusual that I immediately get back a story about a Sunday afternoon visit. A very distinguished professor in a scientific field once told me that their career was shaped by a visit to our Observatory - when they were in Grade 3! I knew a brilliant engineer who grew up on a farm on the prairies, near a small town. The family came to the Okanagan on vacation, and to the Observatory one Sunday. The interest in engineering was already there, but suddenly they could see it as a real possibility.

Our Sunday tour guides include high-school students from Penticton. Your kids might be inspired, just talking to those kids.

On the evening of Thursday, August 15th from 7-11 pm, we will hold our Perseid Meteor Shower party. Every year at this time the Earth, travelling in its orbit around the Sun, runs into a cloud of debris left behind by a passing comet. The moving Earth runs into these bits and pieces, most of them no larger than a grain of sand, at a speed of 30 kilometres per second (per second, not per hour!). The tiny grains enter our atmosphere at this speed, they are heated by bumping into the molecules of our atmosphere until they glow white hot, and they burn up. Each such collision generates a flash of light - we call that event a shooting star. You can see shooting stars any day of the year, but at the mid-August shower there are many, many more of them. It's a spectacular event. Stay tuned for more details coming next month.

Interesting websites:

- nrc.canada.ca/en/research-development/nrc-facilities/dominion-radio-astrophysical-observatory-research-facility
- earthsky.org/astronomy-essentials/everything-you-need-to-know-perseid-meteor-shower/
- 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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School Trustee Report For SD67

By Karen Botsford, School Trustee

Mission: Empowering all learners to thrive. Vision: Cultivating conditions for powerful learning, where every learner feels valued and inspired to contribute to an equitable and sustainable society.

The month of June is always packed with activities as the school year ends. I was fortunate to attend performances and graduations, as well as many meetings (June 1-18).

Indigenous Grad and Pentiction Secondary Grad Ceremonies

~ Held at Okanagan College, the Indigenous Grad Ceremony included grads from Summerland, Pentiction, Princess Margaret Secondary and Connect Ed. The Okanagan song and a blessing opened the ceremony in a good way. Speeches from the siya Speakers, (a grad student from each school) were very moving. Laine Greyeyes, Chief Greg Gabriel, and Elder Gail Kronlachner from the South Okanagan Metis Association spoke of the significant milestone the grads have achieved and the journey to get to graduation. They reminded grads to thank grandparents, parents, aunts, uncles and all those who supported them on the journey. Following a beautiful Blanket Ceremony, awards were presented, and a community meal was shared.

The Pentiction Secondary Graduation Ceremony was held at the SOEC. The school band accompanied the procession of the Class of 2025 (246 grads). Laine Greyeyes provided the blessing and Chief Gabriel, and Principal Travis Bond addressed the grads. During the commencement, the grad bios were read, and 131 awards were presented. Kudos to the Pentiction Scholarship and Bursary Foundation who are celebrating 40 years of supporting Pentiction students for awarding approximately \$350,000 to Pentiction Secondary students.

I will also attend Princess Margaret and Summerland Secondary Grad Ceremonies both held after this report was submitted.

School Plans ~ All the Principals and Vice Principals presented their school plans to the Trustees in a round table format. I was impressed with the amount of detail and the action being taken to support school goals. All school plans incorporate key elements of the District Strategic Plan. Colleagues were able to attend other presentations over the course of the night, which was great for the exchange of ideas. The school act requires that the board approve the plans and make them available to parents/caregivers. The plans were approved at the May 28 Board meeting and are available on the District website with a link on the Board of Education page.

Pen High Rock Of Ages ~ What an incredible show! I went to the final performance and the cast gave it all! Incredible acting from a very talented cast, and the choreography was just amazing and well executed. The music brought back many memories and Trustee Van Alphen and I had several belly laughs. I enjoyed every minute and so did the cast. I was impressed that there were 2 casts and over 60 students involved in the production. A heartfelt speech from a cast member acknowledging Justin Glibbery and his upcoming retirement was met with thunderous applause. I also experienced the productions *Addams Family*, and *Aladdin*. Who knows what next year will bring - you should go!

Our administrators and staff have worked hard this year to prepare for the school reconfiguration next year. I thank all the staff for the incredible amount of work and attention to detail ensuring that our students are supported. We are excited and look forward to the new K-7 and 8-12 model.

Rest, rejuvenate, have fun and stay safe!

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 Ron Manning

The first day of school for next year will be Tuesday, September 2nd. Students will attend from 8:23 am - 11:23 am on that first day of school, except for Kindergarten students who will be on a gradual entry schedule. This schedule will be mailed out to all parents of Kindergarten students in July. The regular bell schedule will begin on Wednesday, September 3rd and students from grades 1-5 will attend from 8:23 am - 2:23 pm.

On another note, I will be retiring at the end of this school year and I wanted to take the time to thank everyone in the Kaleden community for making me feel so welcome these past 3 years. As I reflect on my time at Kaleden Elementary, my heart is full of gratitude. From the moment I walked through the doors, I felt welcomed - not just as a principal, but as part of a family. The students have filled my bucket constantly and made me laugh every day; the staff have been an incredible team whose dedication and heart made every challenge easier and every success sweeter; and the families have shown unwavering support, trust and warmth that made this role so meaningful. Kaleden is a special place, and it's been a true privilege to be a part of its story. Thank you for the laughter, the learning, and the love - I will carry these memories always.

The new principal will be Mrs. Jessa Arcuri. She is coming from Wiltse Elementary where she was the Vice Principal for the past 2 years. Before that, Mrs. Arcuri was the Vice Principal of Skaha Lake Middle School for 4 years. She is looking very forward to working with the Kaleden community.





Kaleden Hub
250-460-3387

New To Kaleden?

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

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

June was an exciting month at Okanagan Falls Elementary, packed with fun and memorable moments! Thanks to our generous PAC, students enjoyed drumming lessons with Bobby Bovenzi and an epic FUN DAY that included a pizza lunch. Valley First Credit Union visited with financial literacy presentations, Division 5 shared passion projects and raised funds for the SPCA, a water safety presentation, an ice cream writing challenge (that included ice cream created by Violet, in partnership with Tickleberry's!!!) and we celebrated with events like district track and field, Anything But a Backpack Day, Indigenous Day, and a beach side A&W lunch. We said farewell to our grade 7 students, as they have completed their time as Falcons and will now soar off to South Okanagan Secondary School in Oliver.

A huge thank you to PAC, Bobby Bovenzi, Tickleberry's, Valley First Credit Union, A&W, Pizza Pizza, our dedicated staff, and all the families and community members who helped make this year so special. We can't wait for more adventures next year!



most vulnerable learners, schools are well-positioned to expand our food security initiatives. Key upcoming plans include:

- Re-engaging with BC Agriculture in the Classroom (AITC): Many schools hesitated with recent changes to the program, but with new online ordering and better alignment to District goals (e.g., sourcing 30% of food locally), we plan to increase participation to support both local and provincial suppliers.
- Strengthening partnerships with Indigenous Communities: Building trust takes time. As a District, we're committed to meaningful engagement around food and supporting Indigenous learners in culturally appropriate ways.
- Launching after-school Cooking Hubs: These hubs will support vulnerable students, including those in breakfast programs or receiving Starfish backpacks. Students will learn basic cooking skills and how to enhance their food kits. Secondary students facing food insecurity will serve as Cooking Coaches and receive food card honorariums, giving them greater agency over their own food security.

These plans are possible because of the solid foundation we've built - reliable funding, strong relationships, and new resources like Feed BC and food literacy tools. Our Feeding Futures support teacher, Jenny Martin, has developed connections with School Food Workers and staff who are now energized to support students in meaningful ways. Moving forward, both as a Province and a School District, we're seeing that our school food programs are not only functioning but ready to grow - becoming more robust, culturally responsive, and innovative.

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

Okanagan Falls PAC Update

By Chantelle Bruwer

The Falcon Flavour Challenge - OFES PAC and **Tickleberry's** collaborated! During June, all students at Okanagan Falls Elementary were asked to create an ice cream flavour that describes who they are. One winner got chosen and got to make the winning flavour at Tickleberry's in Okanagan Falls. Tickleberry's generously donated enough of the winning flavour of ice cream for all students to enjoy! Thanks to Kelsey and her team for their support of our school and community.



School Trustee Report For SD53

By Sholeh Pickell, School Trustee

Feeding Futures Update ~ Schools across the Okanagan Similkameen district have ensured that Feeding Futures funds would last the school year this year and will remain secure in the long-term. Over the 2024/25 school year, logistics and early challenges were addressed. All schools now have functioning meal plans and strong relationships with local food providers. Solutions to issues like time constraints, CUPE availability, rural busing, and storage are now being shared both locally and provincially through the Feeding Futures Communities of Practice (Okanagan and Provincial COP). With ongoing funding and capacity to support our

PAC and Okanagan Falls Elementary would like to thank Kyle and **Belich's AG Foods** for their continued support this past year. From breakfast sandwiches and juice boxes at the Breakfast program to movie snacks for our PAC Movie Nights. Kyle also donated popcorn and watermelon for our PAC sponsored Fun Day.

Belich's AG Foods has a wonderful rewards program, **Belich Bucks**, which has supported so many local non-profit organizations in our community. This program funds our school's Breakfast program. Thank you so much! **PAC has their own account #11000, use it anytime you shop and help us earn Belich Bucks for our PAC.*

The **next PAC meeting** will be held on September 4, 2025. See the PAC Facebook page for more information.

How To Accelerate Your First Time Home Buyer Down Payment

By Sergej Sinicin of neuHouzz Real Estate Group



One of the biggest hurdles for first-time home buyers (which can take years to accomplish), is saving for the down payment. Since the amount of down payment affects the type of mortgage you can get, whether you need mandatory insurance or not, and what interest rate you'll receive, in general it's best to put down the largest amount possible. So, how do you save up the largest amount possible? By making smart use of government programs that help to offset some of the costs associated with buying your first home. Let's take a closer look at a few examples.



Available Government Programs ~ First things first, here is the breakdown of down payment requirements for first-time buyers:

- Purchase price less than \$500,000 = 5% minimum
- Purchase price between \$500,000 and \$1.5 million = 10% minimum for the portion above the first \$500,000
- Purchase price above \$1.5 million = 20% minimum

Next, here are several examples of government programs that can help you accelerate and put down the largest amount possible:

1. The RRSP Home Buyers' Plan ~ The Home Buyers' Plan (HBP) is a program that lets you withdraw money from your RRSP and put it towards buying or building your first home. If you, your spouse or common-law partner have never owned a primary residence before, or haven't owned a primary residence in the last four calendar years, you could be eligible for this program.

2. First-Time Home Buyers' Tax Credit ~ The First-Time Home Buyers' Tax Credit (HBTC) is a non-refundable credit that gives first-time buyers a rebate of up to \$1,500 on their income taxes when they, their spouse or common-law partner buy a home in Canada. It applies to new and existing single-family homes, semi-detached homes, condos, apartments, townhouses, housing co-ops and mobile homes.

3. GST/HST New Housing Rebate ~ For new builds, the government offers a GST/HST rebate to anyone who buys a newly built or substantially renovated home as their primary place of residence. The rebate also applies when buying shares in a co-op or hiring a contractor to substantially rebuild or renovate your existing home. At the moment, the GST/HST rebate only applies to homes with a fair-market value of \$450,000 or less. But, the newly elected government has pledged to introduce a tax cut on new builds for first-time home buyers valued at or under \$1 million.

4. First Home Savings Accounts (FHSA) ~ The First Home Savings Account (FHSA) is a registered savings plan that lets first-time buyers save up to \$8,000 a year tax free to buy or build a home. You can contribute the maximum annual amount for up to five years. "First-time buyers" in this program include anyone who hasn't lived in a primary residence that they (or their spouse or common-law partner) owned in the last four calendar years. The FHSA contributions can be used as an income tax deduction, and the investments inside your FHSA are allowed to grow tax-free until you're ready to withdraw the down payment.

Conclusion ~ For first-time home buyers it can be quite daunting to put money aside for a down payment, but there are government programs available to help you get there. We have tons of clients that are still several years away from buying a home, but we already help them stay up-to-date on market changes, new regulations, and changed conditions. So even if you're a ways away from a home purchase, reach out to us now. In addition to answering questions about home buying and keeping you in the loop, we can help you get prepared and put you in touch with reputable mortgage lenders once you're ready to make the move. Send us a message at 778-764-1373 or sign up at www.neuhouzz.ca,

* Information sourced from Realtor.ca/blog - David Elver



Need Medical Equipment?

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

Kaleden Community Association Update

By Glenda Livolsi

Happy Canada Day everyone! July 1st is a day to reflect on what is means to be Canadian, and to celebrate with family and friends. A holiday to highlight the richness of our lands, our diversity, our cultures, our contributions and our people.

A White Pine tree has been recently planted at Pioneer Park. The Kaleden community directors are hoping to light up this little tree for the Christmas season. As you can see from this photo, Kaleden's little Christmas tree is protected by a fence to prevent the beaver from nibbling on it.



There will be lots of tourists visiting our Pioneer Park over the summer months. Remember if you see something suspicious or unusual, please contact parks@rdos.bc.ca or call 250-492-0237.

Save the date is here! Our annual Kaleden Community Day at Pioneer Park is scheduled for Saturday, July 12. The day is full activities for the whole family, ending with a dance in the evening.

The Kaleden Community Fund is dedicated to the improvement and long-term viability of our community, including St. Andrews by the Lake, Twin Lakes, and Marron Valley. A volunteer fund advisory committee works to increase charitable giving and award granting to local worthy causes and projects. The Kaleden Community Fund is designed to inspire current and alumni residents to "give where you live". These contributions can be made through gifts of cash, cheque or credit cards. For more information, please email chair@kaledencommunity.com.



Ask about our Kaleden Grant Funding Program

All new website for all things Kaleden!

www.KaledenCommunity.com

Courtesy of the Kaleden Community Association



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Part of your community

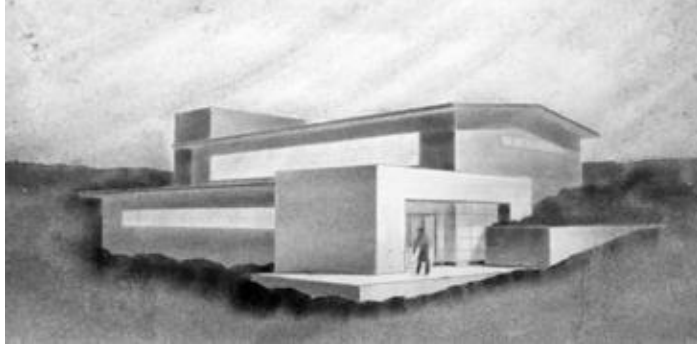
250.276.6257 | 1450 Clark Ave, Penticton

Kaleden Museum

By Mike Gane

Kaleden Community Hall - Part 1 of 2

In the previous Skaha Matters articles on packinghouses, we stated that the next two articles would be on what replaced them. The original Steuart/Kaleden Co-op packinghouse, at the corner of Lakehill and Linden, is where our Community Hall now stands. The Kaleden Community Hall, that we now all use and enjoy, was developed and built almost solely by volunteer labour and with money provided by community members. It was inspired by E.N.M. Vernon, and it is a story to remember.



Concept drawing of the Hall in 1949 by John Robertson, a member of a local family and an architect who volunteered to draw up plans for the building.

Tune in next month for the full story of the Kaleden Community Hall.

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



Need A Ride?

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

**PENTICTON
& DISTRICT
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pentictionartscouncil.com 250.492.7997

Exhibitions & Coming Events

The Penticton & District Community Arts Council is excited to announce our spring/summer exhibition!

May 10 - August 23 ~ *Reflections: On Heritage* in PDCAC

Galleries: In this open group exhibition, we asked the community to reflect on their heritage through art and consider the question: "What makes you, you?" Maybe it's in your grandmother's recipe, Sunday morning rituals, the music you dance to, or the dreams you're chasing. Heritage isn't just about where we come from - it's also about how we live each day, where we're going from here, and what we choose to pass on to the future. We invite you to visit the exhibition, reflect, connect, and add your own voice to this shared exploration of identity and belonging.



The Penticton Arts Council Galleries are currently open Wednesdays to Saturdays, 10:30 am to 4:30 pm, at 220 Manor Park Avenue in the Leir House Cultural Centre. To find out more about the exhibitions, events, artist opportunities, the community calendar, and more, please visit www.pentictionartscouncil.com.

Thrift Shoppe
Now Open 10-3 Wed-Sat
250-497-7047
Okanagan Falls Heritage & Museum Place - 1145 Main St

Accepting Clean & Gently Used
Clothing & Accessories
In Person When Open Please!

Kaleden Seniors Committee Update

By Karla Avendaño, KSC Coordinator

In June, Pioneer Park came alive with community spirit as over 50 neighbours gathered for a joyful outdoor party. The event was a resounding success, filled with good food, great company, and plenty of smiles. A heartfelt thank you to everyone who attended and contributed delicious share dishes. The potluck table was a feast to remember! A special shout out to Challen for preparing and serving the mouth watering pulled pork sandwiches, which were a hit.



This event was a beautiful way to close out a memorable year filled with fun gatherings and meaningful connections. We're already looking forward to offering more events after the summer break, and we're so grateful to everyone who came out to support and participate.

If you'd like to volunteer with KSC or stay in the loop, feel free to email kaledenseniors@gmail.com. We'd love to hear from you!

"Love or Best Offer"

By Cheryl Gill, Many Hats Theatre Company Publicist

Finding love is a challenge at any stage in life, but when you're over 50 and find yourself single again it takes the challenge to a whole new level. Cheryl is a widow of two years. Stan is newly divorced. After multiple failed blind dates, their best friends, Lori and Dave, convince them to try online dating with a new website "Friends, Love or Whatever". Lori and Dave may have the best of intentions, but their dating advice couldn't be worse. Laugh along as Cheryl and Stan set out to find true love online as they struggle to navigate the online dating scene, in all it's glory from high hopes to fake photos. This charming story will have you rooting for Cheryl and Stan as they search for love, or best offer.

"Love or Best Offer" is written by Phil Olson, directed by Jason Lane and Vance Potter, produced by Millie Kruize, and stars Dawn Bassett, Jill Fey, Rob McCaffery and Jim Minshul.

This delightful play will run from July 4-27 on the Cannery Stage, located at 1475 Fairview Road in Penticton. On Friday and Saturday evenings, the show begins at 7:30 pm, while the Sunday Matinees begin at 2:00 pm. Tickets are \$35 for Adults and \$33 for Seniors and Students. To purchase tickets, please visit www.manyhats theatre.com and click on the 'Buy Tickets' link.

"Love or Best Offer"
July 4 - July 27, 2025
Cannery Stage Venue in Penticton
www.ManyHatsTheatre.com

“Building Community Spirit”

The intention of this column is to share inspirational stories, or even a quick photo, to show that community spirit is alive and well.

Planting Flowers In Okanagan Falls



In photo above left to right - Bob Shanks, Colleen Simmons, Judy Garner and Barb Shanks. This small group of volunteers joined together and planted flowers along Highway 97 near the Centex in Okanagan Falls. Anyone driving through the community will enjoy the colourful floral display in the flower beds and barrels along the roadside. Thanks for all your hard work building community spirit.

For nominations in this “Building Community Spirit” column, please email a few sentences and a photo to skahamatters@telus.net.



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.

Okanagan Falls Seniors Activity Society

By Donna Taylor

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 new website at www.okfallsseniorscenter.ca. Follow us on Facebook at “Okanagan Falls Seniors Center”.

Activities in July 2025:

Canasta ~ Mondays at 10 am

Morning Pool ~ Mondays at 10 am

Tuesday Bingo ~ Tuesdays - July 8, 15 & 22 at 1 pm

Evening Pool ~ Tuesdays at 5:30 pm

Social & Lunch ~ Wednesdays at 10:30 am

(Reservations required by Monday - 250-408-4128)

Mexican Train Dominos ~ Wednesdays at 1 pm

Afternoon Pool ~ Wednesdays & Thursdays at 1 pm

Bridge ~ Thursdays at 1 pm

Cribbage ~ Thursdays at 7 pm

Line Dancing ~ Fridays at 1 pm

Pancake Breakfast ~ Tuesday, July 1 from 8-10 am

General Meeting ~ Monday, July 7 at 1 pm

Drop-in Bingo ~ Saturday, July 19 from 1-4 pm

Pot Luck BBQ ~ Saturday, July 26 at 5 pm

Other:

Carpet Bowling ~ On hold

Scrabble ~ On hold for now - looking for players

Country Music Jamboree ~ Returning in September

Free Income Tax ~ Call Donna 250-462-5233 for an appointment

Booking Agent ~ Call Heather 250-497-1171



Okanagan Falls Lions Update

By Bob Wilson, Past President

“Here Comes Summer” - an old song started out and it still holds true. We’re getting into the warm weather again, so take precautions and be safe. It’s been a nice spring this year with some needed rain to make everything green and reduce the fire hazard somewhat, but still be on the lookout for smoke in the hills and please be careful with fires.

The club had it’s last meeting on June 9 with a BBQ and officer installations and now we’re heading for summer activities. Music in the Park resumes on July 1, being Canada Day when we host our annual BBQ lunch in Kenyon Park. “Cookies” are back at Music in the Park, which helps raise funds for our community projects. I hope everyone enjoys them over the summer.

School breakfasts will be on a break until September. We had a reportedly good start to the year with 30-35 children being served 3 times a week. Once again, a big thank you to our early rising volunteers and to Belich’s AG Foods for their support over the past 3 years - one of them even joined the Lions Club! Mike and Kyle you’re the best!

Two school bursaries of \$500 each were given out to graduating students at South Okanagan Secondary School in June.

A shipment of 1600 donated eyeglasses was on it’s way to the collection centre at the end of June. Thanks to all the people who donated eyewear to the Lion’s Collection boxes around town.

That’s about it for this month. See you at the park and around town. Keep well and safe. ‘Til next time.

Blood, it’s in you to give! The next Blood Donor Clinics will be held July 1-3 & July 28-31 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 again in September. Come and join us and see what we are all about. If you have any questions, please call 778-439-2275. www.e-clubhouse.org/sites/okfalls/ or www.facebook.com/okanaganfallslionsclub.

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

Our Spring/Summer season is in full swing here at Heritage Place. We have new signage on the grounds and they look great. We have a new sign for the Bassett House and a new sign for the Memorial Rose Garden, which will be installed soon! Our large Heritage Museum sign looks old and tired, and while we here at the museum just LOVE “old and tired”, we are planning on a beautiful new sign to enhance our entrance. If you would like to donate funds towards this, donations can be dropped off at the Thrift Shop. Also, did you know that you can drop off your recycling (cans, bottles, etc.) to the Thrift Shop as well and we will put them towards museum donations? Thank you to all who regularly help us with this.

We will be sending out packages to our local businesses/wineries in regard to purchasing bricks for our Pioneer Pathway Fundraiser. The first phase of the pathway looks great and its nice to see our local businesses here!

If you are local and haven’t yet purchased a membership, come on by! \$20 gets you free admission all year, quarterly newsletters and invites to our events. Our members also have a vote at our AGM and input into how the museum is run. We love our members!

Wishing you all a fantastic summer and hope to see you stop by for a visit soon!

RISE AND SHINE!

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



Join us for a cozy brunch or start your day off right with our delicious coffee and breakfast options. We now offer nightly dinner features, so check our Facebook page for tonight's feature. Follow us on Facebook & Instagram!

NEW Summer Hours!

Mon-Thur ~ 7am - 7pm
Fri-Sun ~ 7am - 8pm

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Branch 227
Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

Legions In The Community ~ As the cornerstone of community across the country, we provide essential services and support to help veterans affairs, youth and those in need.

Open Monday - Saturday 2 pm to closing. Everyone welcome!

Beginner Line Dancing ~ Tuesdays and Thursdays from 10 am - 11:30 am. \$2 drop-in. Come check out the pool table, shuffle board and dart boards.

Wednesday Car Show ~ The cars start rolling in about 3 pm. Food available from 4-6 pm. Let's make it another great year!

Meat Draws - Fridays at 5 pm & Saturdays at 3 pm ~ Thanks to Belich's AG Foods. All profits are donated to local charities.

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

Pancake Breakfast ~ Sunday, July 20 from 8-10 am. Due to the rising cost of food, breakfast will now be \$10 for adults, \$5 for kids, and under 3 years are free. Everyone welcome!

General Meetings ~ Monthly meetings will resume in September.

Membership ~ Members cards or stickers are at the Branch. Please ask the bartender.

Bottle Returns ~ Drop off cans and bottles at the Legion to the back of the garage. Thank you.

We are always looking for volunteers ~ Great way to give back to the Legion and the community, plus meet new friends.

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 Small Legion with a Big Heart!

Interiors

Exteriors

~ *Painting Plus* ~

Call Dave Anderson for:

Estimates & References
250-490-5380 or
anderson6465@gmail.com

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BARBER SERVICES

Kids under 12	\$20
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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

MENSWEAR

We are fully stocked with a great selection of everyday menswear & accessories. We have suits & dress shirts for weddings & all occasions. Tailoring also available!

#1 - 5350 Highway 97 Okanagan Falls 778-515-1313

Master Corporal Michael Clinton Rust

September 12, 1988 - August 30, 2020



Mike was born on September 12, 1988 in Chilliwack, BC and spent his youth exploring and falling in love with the lakes, rivers, and mountains of the Fraser Valley. At the age of 13, Mike joined the Army Cadets in Sardis and then at the age of 16, with a strong sense of duty and service, he began the process of joining the Military.

In September 2009, Mike was attached to Joint Task Force Afghanistan as a Husky Operator. Upon returning from Afghanistan in April 2010, he put in for a transfer to Regular Force and in October 2011, was posted to 1 Combat Engineer Regiment, Edmonton. In June of 2013, while at 1 CER, he was tasked on Operation LENTUS to battle the floods in Alberta. Mike then went on in April 2014 to complete his Primary Leadership Qualification in Shilo, Manitoba, and in July 2014 he was promoted to Master Corporal. In October 2015, he returned to the Valley he loved and transferred to the Primary Reserves and continued his service in the roles of Section Second in Command and Section Commander.

Michael pursued a whole host of other interests such as leatherwork, woodworking, hiking, reading and had recently graduated from BCIT with his Power Engineer ticket.

Mike is survived by his cherished wife Kayla, son Mason, and daughter Violet. Michael was an outstanding son, brother, husband, nephew, cousin, friend, and public servant, but his most memorable role was that of father and his children will forever benefit from his goodness.

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ in-person and online

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 Church at 11:00 am

With Pastor Jon Manlove. Worship services available at okfcc.net.
FB: Okanagan Falls Community Church. Everyone is welcome!
1356 McLean Creek Rd, Okanagan Falls | 250-497-5131

Okanagan Falls United Church

Sunday Service at 9:00 am ~ Speakers: July 6 - Rev. Laura Turnbull; July 13 - Rev. Liz Bowyer; July 20 - Sarah Tupholme; and July 27 - Rev. Laura Turnbull. 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! Call or email for more information.
1039 Willow St | 250-497-7844 | st.barbaraanglican@gmail.com

Helping Hand Update

By Carmen Dixon

The Okanagan Falls Helping Hand was so thankful to be a part of Belich's AG Foods 3rd Anniversary Customer Appreciation Day held in May. While serving hot dogs and ice cream out front of the store, we wanted to thank the community as always for their kind donations in helping us with our Christmas Hampers. If you would like to see what we do or lend a hand, we hope to see you at our next meeting on Thursday, September 18 at 4:30 pm at the Okanagan Falls Community Church (1356 McLean Creek Road). Our regular meetings are held at 4:30 pm on the 3rd Thursday each month starting in September. Thank you!



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

To apply, please call **778-559-2412** and leave a message.

Your call will be returned.



Steven Kirton

1956 - 2025

The family of Steve Kirton of Okanagan Falls, BC is saddened to announce his passing at the age of 69 years. He is survived by his wife, Sandra, and son, Jason (Hailey). A Funeral Service was held on Wednesday, June 11, 2025 at Providence Funeral Homes Penticton with interment in Okanagan Falls Cemetery.

To send condolences, please visit www.providencefuneralhomes.com.



Donald Joseph Keenan

September 22, 1937 - May 21, 2025

Donald "Pappy" Keenan passed away peacefully, on May 21, 2025, at the age of 87. Donald is lovingly survived by his beloved wife, Carmel Bridget (nee Mulligan); children, Linda, Susan (Deb), Michael, Mary (Theodore), Carmel (Brian), Brian (Leslie-Ann), Maureen (Phillip), Teresa (Ryan), and Garry; and daughter-in-law, Cheryl; as well as grandchildren, Erin, Devin, Aileen, Carissa, Chelsea, Shad, Travis, Samantha, Bridget, Brandon and Claire; and great-grandchildren, Addison, Ainsley, Hayden, Finn, Lochlan, Shephard, Alexandra, Bobby Lynn, Rhett and Kayden. Donald was predeceased by his beloved parents, Cecilia and Frederick Keenan; his brother, Robert; his sister-in-law, Angele; and niece, Anne-Marie. He loved life to the very end and had jokes and laughs up to his final few hours of life. His wit and larger-than life personality will be greatly missed by his family, including his siblings, Barbara (Wendell), Brian, Marion, Teresa (Alex) and Adrian (Christine); as well as his many nieces and nephews.

Special thanks to all his friends in Kaleden, especially Tom, Romeo, Carmen and Mike, who helped make his summers at the farm so memorable. Many thanks to the staff at RCH Dialysis Unit and all the doctors, nurses and staff who cared for Pappy and also to his family physicians, past and present: Dr. Samantha Hage Moussa, Dr. Andel Kok and Dr. Allen Neufeld. To his nephrologist, Dr. Mohamud Karim: we fulfilled our goal with your care and went above and beyond his goal of 85.

The funeral service was held on Friday, May 30th at St. Luke's Catholic Church in Maple Ridge, BC, and a burial followed at Maple Ridge Cemetery.

The funeral service was held on Friday, May 30th at St. Luke's Catholic Church in Maple Ridge, BC, and a burial followed at Maple Ridge Cemetery.

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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 Nancy and Tim Doucette, Sylvie Schleppe, Bob Duffield, and Barb and Bob Shanks who planted the flower barrels and planters in Okanagan Falls this year. Your help is very much appreciated. ~ *From Colleen S. and Judy G. of Okanagan Falls*

Flowers to Bob and Pat from Sun & Sand RV Park who gave me their little red Radio Flyer wagon to help with watering. You made me the happiest person. **Flowers** to whoever cleaned up the flower bed at the former credit union property. It looks a thousand times better now that we can see the flowers and sage instead of just weeds. Thank you very much! ~ *From Judy G. of Okanagan Falls*

Flowers to the great teamwork of those involved in clearing the rear-end accident at the west end of the Okanagan River Bridge on Highway 97 in Okanagan Falls on June 7. The response of Okanagan Falls Fire Department on traffic control and clean up, the speedy removal of both vehicles by Borealis Towing in less than half an hour, and the Oliver firefighter (not involved in the accident) who pulled over immediately, put on his high visibility vest and proceeded to manage traffic flow in both directions, keeping the area safe and traffic moving. ~ *From Mel W. of Okanagan Falls*



South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

A few weeks ago, a group of 11 of us gathered to set up for a free clothing exchange at one of the churches in Penticton. We unloaded a truck full of bags of clothing, reloaded 3 more trucks with boxes and bags of clothing and then off-loaded them. We then arranged and set up the clothing on tables according to gender and approximate size. The saying, "many hands make light work" was certainly true. What struck me was the dedication of 11 men, women, and young people and their willingness to give their time to a cause they believe in.

While working side by side, I learned of a person who was so overwhelmed by life circumstances that she could not cope with regular tasks and responsibilities around their home. As a result of this conversation, a yard work bee was arranged for a few days later. 7 willing volunteers descended on her yard and weeded, cleaned up, and brought it back to a yard that she could be proud of.

These are two of many examples of people who gather and share time, energy, and commitment to bring about change for others. That is what volunteerism is all about! I joined the South Okanagan Similkameen Community Connections Volunteer Centre in 2012, because I believed in the work they were doing and loved their Mission Statement. Having been a volunteer since I was 12 years old, it seemed natural to be part of a Centre that promotes and encourages volunteerism. I cannot remember a time since then that I have not given back to others, my community, and enriched my life by volunteering.

If I have piqued an interest in volunteering for you, I invite you to contact the South Okanagan Similkameen Community Connections Volunteer Centre and speak to our Executive Director, Subrina Monteith. She can be reached at 1-888-576-5661 or email info@volunteercentre.info. Check out the website at www.volunteercentre.info. She would love to hear from you.

Please consider making volunteerism part of your life routine. You won't regret it!

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By Lesley H. Luff, Okanagan Falls & Osoyoos

How many times have you thought about making your final arrangements? Why have you not taken the steps to see to it? Perhaps like many others, you feel that death only happens to other people's families. Maybe you think that those final choices are best left for someone else to deal with. Take it from me, your children or other members of your family do not wish to make those difficult decisions for you!

It is much less stressful for those left behind, if all the decisions are pre-arranged. For example, your family will not have to face the possibility of emotional over-spending, which often happens following the death of someone close. Unlike days past, younger folks of today are extremely busy, and tend towards everything being easily accessible. They do not have the time anymore to deal with long drawn out or complicated issues. The easier it is for them to tidy things up, the better. Therefore, it is up to you to put your estate in order. Make a Will and update it on a regular basis. Make sure all your bank accounts, investments, etc. are carefully logged and accessible to your executor/executrix.

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