



APEX MATTERS

“Keeping You in the S’know”

Volume 22 : Issue 3

Your **FREE**
Local Snow Culture
Newsletter!

November 2025



Photo by Caillum Smith | @preservedlight

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La Niña & Ullr: The Winter Forces Behind Epic Snow Seasons

By Myleen Mallach, Owner/Publisher of Apex Matters

As winter rolls in, two powerful forces have awakened - La Niña and Ullr, the meteorological and mythical guardians of snow. Together, they shape the fate of mountains, carving out powder days and deep winters for those who chase the cold.

La Niña, the climatic phenomenon characterized by cooler-than-average sea surface temperatures in the central and eastern Pacific Ocean, can have a profound effect on winter weather patterns. In a La Niña year, the jet stream dips farther north, steering storms into the Pacific Northwest, typically bringing above-average snowfall. The cold temperatures combined with steady snowfall create ideal conditions for maintaining a solid snow base throughout the winter months. La Niña can deliver the kind of consistency that turns an ordinary winter into a once-in-a-decade experience. For Apex enthusiasts, La Niña often translates into epic runs of untouched powder and an unforgettable snow-packed season on the slopes.

Then there's Ullr, the Norse god of winter, archery, and the hunt - a mythic figure long revered by snow lovers as the spiritual patron of fresh powder. According to legend, Ullr rides across the sky on skis, bringing frost and flurries in his wake. Many snow enthusiasts around the world still keep Ullr traditions alive, as they're meant to honour Ullr who will provide an abundant snowfall as a result.

When science and spirit align - when La Niña stirs the seas and Ullr stirs the soul - winter becomes more than a season. It's a celebration of nature's rhythm, a call to the mountains, and a reminder that the best days are those spent under falling snow.

So raise a toast to Ullr, study the forecasts, and get ready - because La Niña's magic might just make this winter one for the ages.



Volunteer Patrol Update

By Brad Nunes, CSP SO Boundary Zone

Hello Folks. It is almost time to see your smiling faces on the hill. You will see a lot of your old favourites, but we want to shout out to our amazing rookies this season. They worked hard to complete all their first aid training and are eager to get out for their on snow certification. If you do see folks in training vests, please give them a little space as they practice their skills. And, feel free to cheer them on in the lift lines.

As always, we like to highlight a safety reminder and we really want to see you on the hill this year. To do that, you need to get here. To do THAT, you need to make sure you have good winter tires and drive responsibly in the snow. Despite being eager to get there, if you could average a 10 km/h improvement to your speed, you'd only arrive 10 minutes sooner. However, studies show that if you end up in the ditch, you arrive at least a day later. Get up here and do it safely ... for you and others on the road.

Lastly, CSP would also like to thank those who served and who have served. Your bravery and sacrifice will not be forgotten. From the bottom of our hearts, thank you.

ApexMatters.com | 250.490.6951 | apexmatters@telus.net

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OPENING DAY: DECEMBER 6 2025



How to pick up your 25/26 season pass:

Apex staff on location at Travel Penticton (888 Westminster ave W)
starting November 14th.
Fridays: 4:30 pm - 7:00 pm
Saturdays: 9:00 am - 12:00 pm

Apex Mountain Resort

Saturday and Sunday starting on November 15th
from 9 am to 3 pm at guest services

Saturday, December 1st to Tuesday, December 4th: 4:30 pm - 7 pm

From December 6th onwards, please visit the
seasons pass office from 8:30 am to 3:30 pm

Apex Mountain Resort @apexmntresort apexresort.com

You Are Invited To “The Memory Tree”

By Myleen Mallach, Owner/Publisher of Apex Matters

As the Holidays approach, many of us find ourselves wanting to pay tribute to a passed loved one in a special and memorable way. We have all experienced loss to some degree at some point in our lives, but some of us have experienced and still experience a devastating loss due to extenuating circumstances that are hard to process and overcome. As a result, the Holiday Season can become a very difficult and stressful time of year.

“The Memory Tree” at St. Andrews by the Lake Golf Resort will once again provide the perfect venue to join with like-minded community members at the start of this Holiday Season. You are invited to join event organizers Stan and Laurie on **Sunday, November 30 from 4:30-6:30 pm**. Last year, they held this event for the first time and 80 people came. This year, they want to open it up to more local residents and ensure everyone can join in.

Blank wooden hearts will be provided for you to write a personal message to your loved one. Then, you can hang it on the 14 foot tree on the first tee box. If you have another special memorable ornament you'd like to hang on the tree, you are welcome to do so. The tree is sponsored by St. Andrews by the Lake Golf Resort and The Falls Barber & Shave Shop. Thank you for your support!

The tree will be fully lit up at 5:30 pm, followed by singing “Silent Night” together. You can say something or nothing at all. You can come and go, or you can come and stay to enjoy the festivities around the outdoor fire pits with a shared understanding between those attending. There will be Christmas baking, coffee, tea, hot chocolate and hot apple cider all complimentary inside the club house provided by local families.

If you have any questions, contact either Stan at coachsymes31@shaw.ca or Laurie at laurinadougan2300@gmail.com.

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Nickel Plate Nordic Centre Updates & Offerings

By Meghan Keir, Nickel Plate Nordic Centre Manager

Mark Your Calendars: Opening Weekend & Celebration

- **Tentative Opening Day is November 22** ~ This date marks when trails could officially open, depending on weather, snow conditions and grooming readiness. Fingers crossed for a white welcome!
- **Start-of-Season Celebration on November 29** ~ We will turn the centre into a party for all ages. Life music will set the mood and get toes tapping. Snacks and warm treats will be served, because winter begins with a full belly. Take in the biathlon demo, where you can try your aim or watch expert sharpshooters in action. Enjoy discounted day passes and rentals for the day. A perfect opportunity to meet staff, volunteers, and community members who fuel the centre. This celebration isn't just fun - its a bridge between seasons, a way for the community to gather and commit to winter.



Sign up your kids for a winter of unforgettable adventure filled with laughter, friendship, and skill-building on skis.

Saturday mornings. Dec 06, 2025 - March 2026

- Ages 4 and up.
- We welcome kids of all skill levels.
- All age groups run at the same time.
- Rentals at affordable rates.
- Complete details on the website!

Register Now! Spots are limited!



Programs and Offerings:

- **Skills Development Program (SDP)** - Give your kids a winter they'll never forget! SDP is now open for registration. From Bunnyrabbits to Jackrabbits to Trailblazers, kids learn Nordic skiing through fun games, skill-building, and teamwork. We love watching them build confidence, community and a love of winter that lasts a lifetime. Lessons start December 6 and run Saturdays all season except for holidays. Spaces are limited and always fill fast. Sign up online at nickelplatenordic.org.
- **Masters Lessons** - Are you looking to keep up with your technique and cardio? Meet other ski partners? Then, this is the program for you! Join us for 12 sessions starting early December taught by Rick Watson, who will guide you through fun drills and games to get you gliding effortlessly. Can't commit to 12 weeks? We also run two separate, early season 3-day camps to revisit your technique. Choose your session and get after your best ski season yet! Spaces are limited and always fill fast. Sign up online at nickelplatenordic.org.
- **Watch For Workshops** - This season, look for "Learn to Loppet" and "Learn to Biathlon" workshops. These workshops are sure to help you get ready to participate at the next event.
- **Special Events** - We have an awesome event calendar in the works. During the months of November and December, we will be hosting start of season celebrations, biathlon demos, winter market, guided snowshoes, and more! Stay tuned!
- **Enjoy Free Skiing** - This is for first time skiers every Sunday from 12-3 pm, brought to you by Nickel Plate Nordic Centre.



Nickel Plate Nordic Centre plays a unique role for winter recreation in the South Okanagan. We offer **45 km of groomed trails for classic and skate skiing, plus 22.5 km of marked snowshoe trails**. We are located a further 6.5 kms past Apex Mountain Resort at 1,850 m elevation, helping sustain one of the longest nordic seasons in the region. Nickel Plate offers an unparalleled experience of blue skies and endless mountain vistas.

Each season, operations such as lodge upkeep, trail work, and infrastructure depend heavily on volunteer efforts, donations, and early memberships. Your commitment now helps ensure trails are ready, equipment is maintained, and the community hub remains strong. So, buy your membership early, get the best rate, and solidify your place on the trails. Be sure to join the opening celebration on November 29, bringing friends and family with you. Spread the word and help us reach more winter lovers. Volunteer or donate, as behind every groomed trail and warm lodge are community hands and hearts. Join the Nickel Plate family today!

We are excited for another season of crisp snow, deep breaths outdoors, and shared winter joys. The countdown to opening day is on. See you on the trails!



Penticton Sno-Trackers Club

By Joe Millar, President

Early-season snowmobiling often means dealing with under-snow obstacles, such as rocks, fallen branches, and stumps that haven't been fully covered by snow. These hidden hazards can cause serious damage to a snowmobile's undercarriage, suspension, and even the engine if they're hit at high speeds. This makes it essential for riders to go slow, stay alert, and carefully assess terrain conditions to avoid costly repairs.

Early season snowmobiling around Apex Mountain Resort in the BC interior can be both exciting and challenging. The allure of fresh snow is tempting, but early-season conditions come with specific risks. One major concern is avalanche danger, as the snowpack is often unstable and susceptible to weak layers. Additionally, the terrain may have hidden obstacles like rocks or stumps, which can increase the risk of injuries. It's also important to note that snowmobiles are not allowed within the ski area boundaries, so respecting these regulations is crucial. To stay safe, always check avalanche conditions, carry proper safety gear, and stay informed about weather changes. This way, you can enjoy the early-season snow while staying safe!

The club will be out once snow conditions are appropriate for access to post our new trail signage.

The next meeting for the Penticton Sno-Trackers Club will be held on Tuesday, November 18, 2025 at the Barley Mill upstairs. Come join us and follow our social media for more information.

Email: pentictonsnotrackers@gmail.com

Website: pentictonsnotrackers.ca

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Snowmaking At Apex

By Myleen Mallach, Owner/Publisher of Apex Matters



An Apex snow gun blowing snow.

Snowmaking is the production of artificial snow in the form of granular ice particles for use on ski slopes. Snowmaking is constantly changing to keep pace with the growing ski industry and our ever-changing and consistently warming climate.

Unfortunately, snowmaking is an inherently inefficient process and also very expensive. Snowmaking

programs require very large and expensive water pumps and air compressors that use massive amounts of electricity or diesel fuel. For these reasons, manufacturers of snowmaking equipment are developing more efficient ways to make snow, so ski areas use less energy and get more production for the same or sometimes even less money. Snowmaking has become more technical over the years as well. Turning to computers to automatically control equipment, based on the weather can decrease wasted energy and improve production. Snowmaking efficiency is becoming exceedingly important to the success of the ski industry year after year. This is due mainly to the changes in the climate and the growing popularity of skiing and snowboarding. Many ski areas depend on snowmaking to produce the quantity of the snow they require to make it through a winter season.

Snowmaking efforts first began back in the early 1960s and for Apex Mountain Resort they first started in 1990. By 1994, Apex hooked up to the water resource of Nickel Plate Lake. However, Apex is limited on their water use in each calendar year. They have to follow their water permit, which is why we don't see much snowmaking in the middle or later part of the season, as the pre-season and early season are vital to that season's success. As a result, the snow guns usually run from early November through late December, when weather conditions are ideal in a 24 hour period. Apex has invested time and money over the years into their snowmaking. These efforts have consistently allowed the resort to open earlier to the public than nature would normally allow.

There are numerous factors that affect the snowmaking process. Apex sees many fluctuations in temperatures, humidity and winds both up and down the mountain. There could be ideal snowmaking conditions at the top of the mountain and not in the village or vice versa. Due to these variables, Apex has installed power and water and buried the lines to the top of the Old Mill Shack and the top of the Quickdraw Quad to allow for quick response times when the weather changes on the mountain, making the snowmaking program as efficient and effective as possible.

New this season, Apex has purchased 3 new snow guns and has installed 3 permanent snow guns at strategic positions at the top of the mountain. They are now able to make snow down the top part of the Ridge Run, as well as build up snow in key areas to use throughout the season. They have also built 3 new snow fences down the top part of the Ridge Run to help capture and retain snow where it is needed most.

Apex Mountain Resort is the only resort in BC, outside of the Vancouver area, to have snowmaking from the top of the mountain to the bottom. They use snowmaking to assist in improving early season conditions for the public to benefit. Snowmaking provides extra snow in high traffic areas, like access to all the lifts, all the way down Juniper, the Okanagan Run and the top of the Ridge Run. Snowmaking helps build the Tube Park, beginner Magic Carpet terrain, all 4 terrain parks, freestyle and alpine training venues. And now, with the new permanent snow guns at the top



A permanent snow gun getting installed at the top of Ridge Run this summer. of the mountain, it will give them snow caches that they will build up in the early season to use later in the season when required.

Currently, Apex has 12 snow guns, with each gun having the ability to make a pile of snow 125 feet long by 8 feet tall by 15 feet deep, under ideal conditions in a 12 hour period. The most effective conditions are -5°C with a humidity of 95% or lower. A sustained cold snap is the best possible scenario for snowmaking efforts. When weather conditions change, it takes a lot of time to bleed water lines and move equipment around to the next optimal location, which is why the permanent snow guns at the top of the mountain are a huge added asset to the snowmaking program.

There are 3 shifts of snowmaking staff working 24 hours a day 7 days a week to make snow during those ideally sustained 24 hour periods. Other variables such as wind speed and direction, also play a factor with humidity and temperatures. High winds blowing snow into the trees or areas they can't access with grooming machines doesn't help for making a snow cache for later use.

Snowmakers are constantly watching the weather forecasts and monitoring the current changing conditions. While this snowmaking science can be very challenging, you can rest assured that they are ready to go as soon as the weather conditions allow. Snowmaking is a top priority in serving the public with the best snow conditions possible throughout the entire winter season.

Thank you Apex for expanding your snowmaking to make it bigger and better for all of us to enjoy this season and well into the future.

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Carvers Corner

By Jorgen Anderson,
Head Coach & Program Director

Hello Apex Families! We're kicking off November with some big energy and very exciting events! Here's what's happening this month at Apex Ski Club ...

Warren Miller Movie Night - Back in Town!

We're very excited to bring the Warren Miller movie back to town! Join us for an unforgettable night celebrating the start of ski season with incredible footage, community fun, and local flavour.

Location: Cleland Theatre

Date: Thursday, November 14

Time: Doors Open at 6 pm | Showtime at 7 pm

Beer and wine sales begin at 6 pm, featuring Neighbourhood Brewery and Roche Winery.

\$20 Tickets available at: Neighbourhood Brewery, IGA Penticton, Freeride Boardshop and One Boardshop.

Last season was a sell-out, so grab your tickets early! Any remaining tickets (if available) will be sold at the door.

Come early, grab a drink, and get ready ... the Cleland Theatre will be rocking!

Welcome & Season Outlook

Our outdoor dryland sessions have wrapped up, and we're now moving indoors to Holy Cross School Gym every Monday and Wednesday. Thank you to everyone for your commitment and enthusiasm through the fall.

Now's the perfect time to get your gear tuned, skis ready, and mindset focused for a great season ahead.



Tickets On Sale October 10!

WARREN MILLER'S SNO-CIETY

Friday, November 14 at Penticton's Cleland Theatre
Doors Open at 6 pm & Show Starts at 7 pm

\$20 Tickets at Neighbourhood Brewery, IGA Penticton, Freeride Boardshop & One Boardshop

SPONSORS: SOREL, TERREX, ABERFELDY, Scout, ATOMIC, BARLY, Sun Valley, GLADE

Apex Carvers - Nancy Greene Ski League

Registration is open!

This 11-week program is a fantastic way for kids aged 5-12 to develop skiing skills, confidence, and friendships.

Choose Saturday, Sunday, or both days - whatever works best for your family.

It's all about learning, teamwork, and fun on snow.

Gear Prep Reminder

- Tune skis and check edges.
- Inspect boots, helmets, and back protectors.
- Make sure everything fits before the first day on snow.
- Label your gear to avoid mix-ups during training.

Volunteer Spotlight

A huge thank you to all our parent volunteers for helping with dryland and pre-season prep.

We'll be calling for more help soon, as race season approaches. So, stay tuned for race day and hill setup sign-up sheets.

Special Thanks To Our Amazing Sponsors

Your support keeps our programs strong and our athletes thriving.

Gold Sponsor: Interior Roofing.

Silver Sponsors: Ritchie Homes, Neighbourhood Brewing, Gorman Bros., Guerard's Furniture, and Penticton Collision Centre.

Bronze Sponsors: Theo's Restaurant, IGA Penticton, Betts Electric, Canco, Sociale Restaurant, B&L Machine Shop, and Handford Smirle LLP.

Thank you for helping our athletes chase their goals on and off the hill.

CARVERS

Registration Open for full day Saturday or Sunday
January 3rd to March 15th 2026

REGISTER AT:
WWW.APEXSKICLUB.COM

FOR KIDS AGED 5-11 (AS OF DEC 31)

*MUST BE ABLE TO RIDE THE T-BAR AND SKI OKANAGAN RUN INDEPENDENTLY

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By The AFC Team

From Apex Freestyle Head Coach And Program Director Alexa Chick ~ WOW! I am blown away by our community this fall: our program offerings are expanding, our club is growing, and our coaching roster has been finalized! Thank you everyone, for your stoke and your passion - it's going to be an AWESOME winter season for our amazing club!

Things to keep an eye out for in the coming months: we've got several events on the calendar already, with more to come, so be sure to check out our website and locate the live calendar to see what's coming up for our club members to get involved in! And while you're there, check out our 'Coaches' page to catch who you'll be seeing on the mountain this season! We've got such a wonderful team of returning and new coaches ready to bring you the best winter ever!

I'm keeping it short and sweet this month, but like always, if you have any questions, please do not hesitate to reach out to me at alexa@freestyleapex.com. See you soon!

Winter Registration ~ Registration is open! Visit Freestyleapex.com for our ski and snowboard programs. Some of our programs are showing "SOLD OUT". Please add your child to our Waitlist and if possible, we will open more spots.



Photo by MK Capture Photography

Apex Freestyle Snowboard Club Program Director Josh Shulman ~ I'm jumping on board with Alexa this month. Short and sweet!

Do you ride a snowboard? Interested in riding with a crew that will definitely help you impostor shred skills? Maybe you are interested in learning more about different styles of snowboard events or even attending one and competing against other snowboarders? Even if you just wanna meet up with a fun loving posse of riders to shred with, either way, our club has got a spot for you! The lifts will be spinning soon and we are excited!

Got any questions about our club? Shoot us an email at snowboard@freestyleapex.com.

See ya one the slopes soon enough!

Movie Night ~ Join us for a fun-filled freestyle movie night, featuring Matchstick Productions 2025 film "After the Snowfall".

Monday, November 17th

At The Hub on Martin

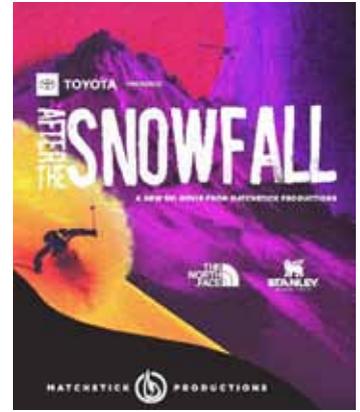
Doors open at 6 pm.

Movie starts at 7 pm.

To purchase your tickets,
go to thehubonmartin.ca.

You won't want to miss out on this awesome event. Be sure to mark your calendars now, support the Apex Freestyle Club, and get ready for another great season!

See you there!



Girlstylerz Moguls Workshop ~ Led by Freestyle BC's Girlstylerz and in partnership with AFC, this event will focus on confidence and skill building in the moguls featuring some exciting guest coaches from Alberta and BC, as well as our very own AFC coaches. This event may even include an exciting after-skiing activity ... stay tuned! Keep an eye out for registration for this event, and join us for the best kickoff to the winter!



Photo by Chad Hurry

Pro-D Day Camps ~ We are thrilled to announce that we will be introducing two Pro-D Day Camps this year open to new and existing Apex Freestyle Members. This is a great opportunity for community members to try our freestyle!

Thank You To Our 2025/26 Sponsors

Gold Sponsors: Covert Farms, Gunbarrel Saloon, Apex Mountain Resort, Penticton Lakeside Resort, Penticton Honda Centre, Grayback Construction, and Penticton Collision Centre.

Silver Sponsors: Team Chapman Royal Lepage Real Estate, Betts Electric, Sherwood Signs and Graphics, Penticton Firefighters Local 1399, and Freeride Boardshop.

Bronze Sponsors: Skyview Blinds, Castanet, and NavCan.



Hello Again Apex!

By Alec Henderson, Team Canada Slopestyle and Big Air Skier



Snow is finally falling and the weather has sure switched to feeling more like winter. I'm so stoked to get back on my skis in the Okanagan soon!

I have some very exciting news to share ... I've been selected to compete in three Big Air World Cups before Christmas! These events are my chance to qualify for the Olympic Winter Games. And,

I'm ready to give it everything I've got. It's going to take some huge tricks, clean grabs, and stomped landings, but I've been training hard for this moment, and I know I'm prepared.

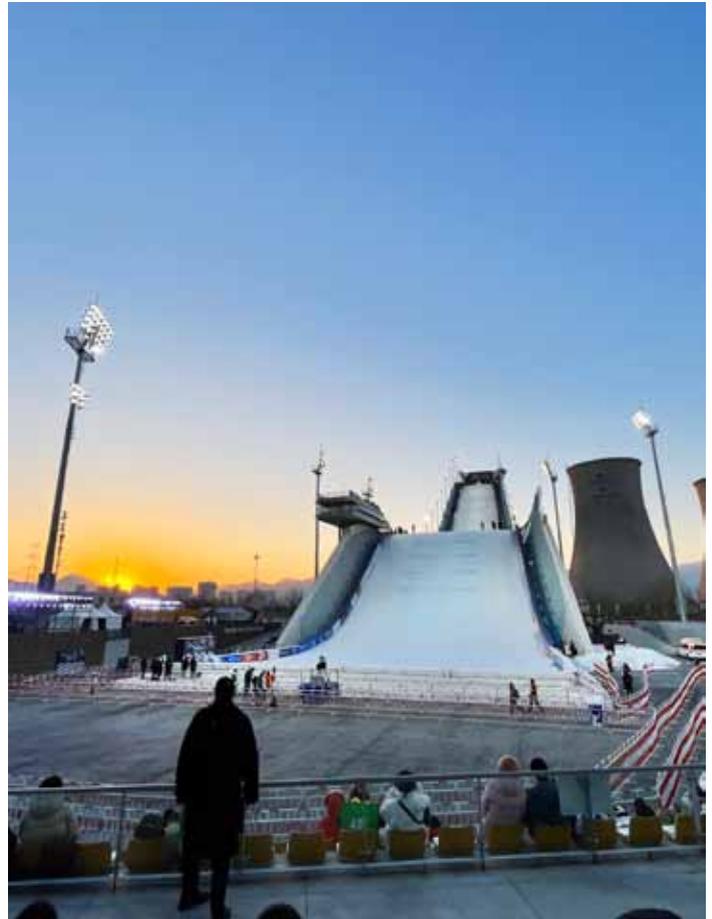
To gear up, I'm heading to Austria for a couple of weeks of airbag training at Banger Park. I'm also an alternate for the Slopestyle World Cup in Stubai. So if I get a start there, that'll be an awesome bonus!

From Austria, I'll head straight to China for the Secret Garden and Beijing Big Air World Cups, two big weeks of competing and exploring. One of my favourite parts of skiing is how it takes me all around the world, and I can't thank my supporters enough for helping make it possible. With the biggest support being Mom and Dad, I wouldn't have even dreamed of this without their help.

To wrap up the year, I'll fly to Colorado for the final Big Air in Steamboat, being my last event before the New Year.

Thank you everyone for all the love and support. By my next update, we should know more about my place on the team, and the events following in the New Year.

Let's go make it happen!



Beijing Big Air Competition in 2023.



Alec and friends in Stubai in 2022.



The Artisan Winter Market At Apex

By Ash Dunsford

The Artisan Winter Market returns to Apex Mountain on Saturday, December 20, 2025!

The Market will be hosted in the Gunbarrel Dining Room from 10 am - 5 pm with a variety of local vendors showcasing their handmade goods, crafts, and skills!

Just in time for the holiday season, this will be a perfect day of hitting the slopes and supporting local! The Artisan Winter Market is a great place to pick up those one-of-a-kind holiday gifts for your loved ones and perhaps even yourself. The Gunbarrel Saloon will have libations available for purchase, while you browse ... and you'll be a short step away to enjoy their menu in the pub!

We are presently looking for more vendors for this year's market. So if you are interested in vending, please email Ash at dunsford@gmail.com for more details and information.

We look forward to seeing you here!

The Mountain Shop opens November 15

Pre season sale on select skis, boots
and gloves, up to 40% off



Hours of Operation for November

Saturday: 8 am - 4 pm
Sunday: 8 am - 4 pm

Brands Available

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Oliver
Okanagan Falls
Penticton
West Kelowna

Winter Driving Tips

By Myleen Mallach, Owner/Publisher of Apex Matters

Snow and ice push our driving skills to the limit. Do you know how to drive properly in winter conditions? Did you know you need driving skills beyond what a good set of winter tires can provide? Here are a few tips to help you drive better on the road this winter:

- **Maintain a safe following distance** ~ It takes longer to stop on a slippery road. Keep a 4 second distance between cars.
- **Drop your speed to match road conditions** ~ No matter how much experience you have, the way your car will move on snow or ice always has an element of unpredictability.
- **Watch for ice** ~ Slow down when approaching possible icy spots, such as shaded areas and bridges, as these sections of road freeze sooner than others in cold weather.
- **Accelerate and brake slowly** ~ When starting from a stop on slick roads, start slowly and accelerate gradually to maintain traction and avoid spinning your wheels. When stopping, plan well in advance, apply the brakes gently and slowly.
- **Know how to handle a skid** ~ If you start to skid, ease off the brake or accelerator, look and steer smoothly in the direction you want to go. If you are on ice, step on the clutch or shift to neutral.
- **Be cautious near highway maintenance vehicles** ~ Keep a safe following distance behind snow plows and salt/sand trucks. These vehicles throw up snow, impairing visibility.
- **Pull over whenever traffic is lined up behind you** ~ If you are traveling at slower speeds and see a number of vehicles on your bumper, simply pull over and let them pass. This may only need to be an indicator light and a slight deceleration.
- **Practice** ~ Get out and drive in the snow and ice. Know what your vehicle is capable of and what you are comfortable with.

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Roads**

One Of The Strangest Exercise Hacks You Might Have Never Heard Of

By Grant Gichard,

Dale Charles Physiotherapist at the Community Centre Location

I wrote about this several years ago in Apex Matters, not long after I started using a rather counter-intuitive technique to rehabilitate patients, athletes (and myself) to either recover faster or perform better. Fast forward 6 years, there is now a wealth of new research supporting the use of **Blood Flow Restriction Training** or **BFR** for use in the rehabilitation of injuries and general strength and conditioning in a variety of populations from the elderly through to elite athletes.

Way back in the 1960s, a Japanese researcher first developed a technique, whereby blood flow is restricted to working muscles in the absence of oxygen via an inflated cuff (similar to a blood pressure cuff). This triggers a rapid increase in lactic acid, growth hormones and other metabolites which in turn leads to measurable increases in both strength and muscle bulk. This happens even when the resistance loads are only a fraction of the high intensity loads normally associated with these types of strength gains.

Normally, strength gains like this are only possible with high intensity exercises performed over a prolonged workout time. With BFR, gains in muscle bulk, as well as gains in tendon and bone strength, occur with only 10-20% of these high intensity loads. In other words, BFR gives people the same gains from a long intense workout, but at much shorter workout times. Perhaps more importantly, these gains occur without the high stresses across joints associated with long bouts of high resistance exercise.

This all seems great, but you're probably wondering whether or not clamping off the upper or lower limb arteries during exercise is actually a safe thing to do. Numerous randomized controlled trials now confirm that BFR increases strength and recovery, without increasing the risk of forming blood clots - even in higher risk populations such as the elderly and those recovering from surgery. In the Community Centre Clinic, I've been using BFR with patients for several years (both elite/sporting and post-operative/elderly) with excellent results. On a personal level, about this time of year when I'm digging out our ski gear from the crawl space, I'll start up my own BFR single leg plyometrics (hopping) program to get ready for boarding. 10 minutes every 2nd day and no joke, I hit the season runs like it's the end of the season. If I'm heading to Revy for 3 days straight, it's a must!



L - Grant enjoying a BFR plyometrics protocol using the BFR pressure calibration system. R - Grant applying and setting up own cuff pressure on a home BFR unit.



Dale Charles
Physiotherapy Group

dalecharlesphysio.com

2 PENTICTON LOCATIONS

Downtown & Community Centre

250.493.7343

250.487.1455

BE AWARE SKI AND RIDE WITH CARE



I should mention that to ensure safe use, it's very important to know your personalized cuff pressure to use while exercising. This can be calculated either by using simple formulas, or by using specialized equipment that can be found in accredited physiotherapy clinics. Once you know your own pressure, personalized cuff setups are available at relatively low cost, so you can use BFR at home, in the gym or wherever you're training.

To find out more about BFR or to find out if you might be a safe and suitable candidate, contact an accredited physiotherapist with experience and training in the correct use of this technique.

Please Note: There are precautions in using BFR with certain populations including those taking medications that enhance blood clotting, those with a history of deep vein thrombosis and those with peripheral neuropathies, varicosities or tumors.

Dale Charles Physiotherapy Group has donated two toboggans for use by the Apex Ski Patrol. You may see them stored at the top of the mountain when not in use. Be aware ... ski & ride with care!



L - Phil Burman, Becky Hill, Paul Girard, Christine Campbell, Terry Niznikowski, Emily D'Aoust, and Matthew Skaszczyk. R - Phil Burman, Ashley Reddy, Denise Mend, Grant Gichard, and Jenn McGrinder.



Blood Donor Clinics

November 17, 18 & 19

1:30-5:30pm - Penticton Seniors Drop-in Centre, 2965 South Main St
Call 1-888-2DONATE or www.blood.ca *It's in you to give!*



Slushy Thoughts From The Snow Bank

By Brad Nunes

T-minus one month until the hill opens people! And, I don't want to jinx it, but there has been some decent dustings already. A little bit of the ol' northern nasty neige. A bit of the old whirly-swirly white. A little of the ol' ... wait. These all still sound like I'm describing drugs. I'm not! I mean snow! Let's try again. A little of the ol' slippery slidey stuff ... wait ... now that sounds like sex! Once more. A little bit of the ol' Cold Crunch. Now that is a rock band, if I've ever heard it. Drugs, sex and rock n roll ... did I just accidentally summon the spirit of Ozzy Osborne? May he rest in ... wait ... you know, I don't think Mr. Osborne would want to rest in peace. I think his idea of paradise would be performing to a sold-out stadium every night, with a whole bucket of bats for him to gnaw on. Rock on Ozzy! And, keep riding that great crazy train in the sky!

Back to the important stuff. As I mentioned, we are one month away from the slopes. That means I need to get my winter's beard going. I have discovered that growing a beard in the winter has become one of my little joys, and one of my wife's greatest horrors. A beard in ski season is so nice. My chin remains nice and toasty without all the extra face coverings all over it. And, you will never know true joy until you crunch on a nice, cool beard-sicle. I'm never thirsty when I'm bearded in the snow. Now, it can give me a bit of the hobo-chic look (minus most of the chic part), but I can also clean pots and pans with my face in a pinch. The wife is not a fan. She says it makes me look older (I say more distinguished). She says it is too scratchy (I say I'm more textured). She says, "Why is there an entire bag's worth of chip crumbs in your beard?" (I say, "Snacks on the go!") Either way, this is a thing I do now, because I'm getting older and I need to adopt as many odd quirks as I can. It's in the manual! I don't make the rules.

Lastly, as always, I do want to ground us a little bit and take time to pause for Remembrance Day. I get to write this silly column, because of the liberties that my Grandfather (love you Harry) fought for. I love the quote, "I may not agree with what you say, but I will defend, to the death, your right to say it" ~ Elizabeth Beatrice Hall. I ask that this Remembrance Day, you consider your discourse with others. That despite the fact you may not like what someone says, or a flag they fly, or how they choose to spend their free time ... that is what freedom looks like. Stop banning books and start having conversations. And for the love of God, put the phone away and touch some snow once in a while. Thank you to all who served and continue to serve. This small writer will always be in your debt and will never forget. Peace and love everyone.

The Artisan's Den at Apex

Located at the bottom of Grandfather's Trail in the Old Hotel.



Licensed Premise! Drop in for a snack or lunch, enjoy a bevy, and do a little shopping while you are here.

Art Classes Available.

Calling All Artists!

By Jane Ono

As our attentions turn towards another fabulous season at Apex, we are once again seeking to fill The Artisan's Den with all things ART. For the last six years, we have proudly featured art created by local artists ... paintings, drawings, woodwork, soaps, bath products, pottery, leather and fabric pieces, yarn craft and macramé, glasswork, spices, and so much more. While some artists have moved on, others will take their place. So, we are extending the invitation to artists to join us at The Artisan's Den. If you are interested in selling your locally handmade crafts, or if you know of someone who might be interested, please contact Jane at 604-809-8026.

In addition, we plan to continue our popular series "Everyone is an Artist" on Thursday nights this season. These one-day art sessions provide a two to three-hour experience for participants to create something crafty. We know that there are some favourites which will be returning for this season, but we are looking for new ideas for our workshop series. If you, or someone you know might be interested in offering such a workshop, please contact Jane at the number above.

See you at The Artisan's Den!



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Next deadline
is 12 noon
on Sunday,
December 7.



Photo by Johnny Smoke

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A Glance Beyond Our Sky

Do you look up at the sky and question more than the weather forecast and snow conditions? In this issue, we share a very interesting article by Tom Landecker, an astronomer with NRC's Dominion Radio Astrophysical Observatory in Kaleden.

Common Sense

By Tom Landecker

We understand the world around us on the basis of our common sense.

Think about energy. If you put an extra litre of gas into your car, you can confidently expect to drive a little further before you need to fill up again, perhaps ten kilometres further. If you put in a tiny amount, a cupful, you could drive a few metres further. Common sense tells you that the tiny extra amount of fuel will produce a tiny extra amount of travel. Every drop counts.

Now think about an atom. When we get down to that tiny scale, we can only put energy into the atom in very definite small parcels, called quanta. We can put in one quantum of energy, or two, but not half a quantum, or a tenth. That doesn't make sense.

Quantum physics is the science of this odd situation. To understand it, you have to discard all your notions of common sense. Nevertheless, quantum physics is an accurate description of how the world behaves on the tiniest scales. If quantum physics was wrong, your computer wouldn't work. Nor would your TV set, or your cell phone.

Common sense also fails us on the biggest scales. Understanding the Universe is every bit as challenging as understanding the atom. In our everyday common-sense world, light always travels in straight lines. If light curved in its path, our spectacles wouldn't work, and cameras wouldn't work. But on the largest scales, light

can be bent away from its straight path by gravity. If the path of a light ray takes it past a massive object, a big star, or a black hole, it is pulled away from its straight path. If light from a very distant galaxy passes near a closer galaxy, that light swerves away from its straight trajectory. Our telescopes will show us very odd images, where the light from the distant galaxy is smeared out into a ring around the closer one.

The Universe began with the Big Bang, 13.7 billion years ago. It began in a highly compressed state, and has been expanding ever since. Common sense suggests some questions. What happened before the Big Bang? What caused the Big Bang? Those questions don't have an answer, because, as far as we understand, time begins with the Big Bang. There is no earlier time.

To ask what happened before the Big Bang is like asking what's North of the North Pole. If you're at the North Pole and you walk in any direction, you will be walking South. You can't walk North. If you're at the Big Bang, there is only one possible direction, forward in time. It doesn't make sense to ask what happened before the Big Bang.

Scientists are working hard to come up with a theory that will work on all scales, from the tiniest bits of atoms all the way to the entire Universe. We will have to be patient, and be grateful that our common sense works, at least some of the time.

Interesting websites:

- www.skyatnightmagazine.com/space-science/what-was-before-big-bang
- www.newscientist.com/definition/quantum-physics/
- 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. Next New Moon is November 19. Next Full Moon is December 4.



DONEGAL WILSON
MLA BOUNDARY SIMILKAMEEN

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Back To Victoria ... As Apex Gears Up For Winter

By Donegal Wilson, MLA Boundary-Similkameen

As snow begins to blanket the mountains, you can feel excitement building at Apex. Cabins are opening, sleds being tuned and families prepare for another incredible ski and snowmobile season. It's this familiar rhythm that brings our communities together; neighbours helping shovel out, local businesses gearing up for visitors, and friends reuniting over hot chocolate after the first good dump of snow.

While everyone at Apex gets ready for the season ahead, I'm back in Victoria for the fall legislative session. It's always a shift going from crisp mountain mornings to long days in the Chamber, but it's an honour to represent the voices of our region. The communities that make up Boundary-Similkameen are the heartbeat of this province, and I work hard to ensure the challenges we face in rural BC are not overlooked.

One of my top priorities is the state of rural healthcare under the NDP. Over past weeks, I have pressured this government on the tenuous position of our local health departments. From emergency room closures and staffing shortages to the ongoing struggle to recruit and retain doctors, it's clear that the BC health system is at a breaking point - and rural communities feel it the most.

I raised several questions in Question Period this session, and it is increasingly clear that this is a government without a plan. When Conservative members ask what is being done, the only response from the Health Minister is that she's focused on recruiting from the United States and fast-tracking doctors from other countries. What she fails to address is how BC plans to keep the doctors we already have.

Doctors in Kamloops and Kelowna, and now psychiatrists in Vernon, publicly announced they are at a breaking point. These are not isolated cases - they are symptoms of a system stretched too thin for too long. Recruitment from outside our borders may help fill some gaps, but without addressing the root conditions driving our healthcare professionals away, this government will continue to lose the people already here, who are working tirelessly to care for our communities.

What we need is a new path forward. One that values existing

healthcare workers, supports smaller community hospitals, and ensures rural residents have timely access to care. That's the message I'll keep bringing to Victoria on your behalf - because strong rural healthcare means strong, resilient communities.

As we head into another beautiful winter season, I wish everyone at Apex a safe and joy filled start to the year on the mountain. Whether you're out carving the slopes, grooming trails, or soaking in the scenery, take pride in the community spirit that makes this region so special.

If you'd like to follow the work I'm doing in the Legislature or share your thoughts on local issues, I invite you to visit www.donegalwilsonmla.ca or connect with me on Facebook, Instagram or X. Wherever I find myself, the people of Boundary-Similkameen are always at the top of mind - and I'll continue to bring your voices to Victoria every single day.



Diesel's Snow Removal 250-490-7952



Subrina Monteith
Director of
RDOS Area "I"
OKANAGAN
SIMILKAMEEN

From The Director For RDOS Area "I"

With opening days at both Nickel Plate Nordic Centre and Apex Mountain Resort just around the corner, you can feel the anticipation building. It is going to be a great winter season ahead!

Recently, I have been in conversations with the Ministry of Transportation about road traffic and safety concerns that I hear from residents with regard to speeding and multi use of the road with pedestrians and vehicles. The idea of a pathway was presented,

but for road clearing and maintenance logistics it does not seem possible. Ministry staff were willing to look at approving a road speed sign that would be funded by Community Gas Tax funds, so stay tuned as it may pop up in the near future if approved.

There seems to be some theft occurring in and around the Apex village. To combat theft, please report suspicious activity to the RCMP as they track trends, as well as statistics, that drive service levels. Please lock up vehicles, homes, sheds, etc. as a way to deter the community from being an easy target for theft.

Enjoy the coming snow and be sure to reach out to me if you need.

Subrina Monteith, Director of RDOS Area "I"

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



ACA November Update

By Cindi-Lou Baker, Vice President

November is here! So are the forecasts for snow. This upcoming week looks promising!

The Apex Trick or Treaters had a nice mild evening to get their haul. There were some great costumes.



With Halloween behind us, we are looking ahead to the **ACA AGM on November 15th at 2 pm in the Apex Bag Lunch Room**. This will be followed by a social. We have a few assorted beverages leftover from Sep/Timber we would like to offer to those who attend the AGM. That's not a bribe ... is it? They will be accompanied by some hot and cold snacks. Come on out and see what we are all about. We are always looking for new members. There is no membership fee. In a nutshell, the vision and purpose of the ACA is to promote, facilitate, support, or undertake activities that will enhance life in the Apex Mountain Community. We have hopes and dreams going forward. We also welcome input and the sharing of your hopes and dreams for mountain life.

We are not to be confused with the APOA. Their mission and mandate differs from ours. They still do great work for the property owners of this community and really need your support. When dealing with various levels of government and organizations, there is power in numbers. Sadly, their numbers have dwindled, but we still face challenges from forestry, highways, etc. If you own property at Apex, please consider joining the APOA organization. Now it's time to get your snow dance on! Or whatever other methods of bringing snow to our hills you might have ... prayer, sacrificial burning? Snow Guns? Let it snow!!!



APOA membership is open to all Apex property & condo owners.

Many voices make a strong community.
Add your voice & become an APOA member.

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Improving Road Safety In The Heart Of The Apex Community

By Barry Leigh for the APOA Executive

From skiers and snowshoers to logging trucks and local traffic, our main road sees a lot of use. The APOA is exploring practical ways to make it safer for everyone, including the possible installation of a speed reader board in a key location.

Road safety in the Apex village has become an increasing concern due to the unique mix of traffic that uses the main road through our community. This roadway serves both vehicles and pedestrians, creating potential conflicts among a wide variety of users. During the ski season, it accommodates local residents, downhill and cross-country skiers, snowshoers, and snowmobilers, while also seeing families, people walking dogs, and occasionally loose pets. High snowbanks in the winter make it even harder for people on foot to stay a safe distance from passing vehicles. In the off-season, the same route must handle heavy equipment and logging trucks traveling through the village, adding to these challenges. The recent addition of the firehall also brings the potential for emergency vehicles to appear suddenly on the road.

To help address these concerns, the Apex Property Owners Association has been exploring ways to improve safety, including discussions with the Regional District of Okanagan-Similkameen about installing a speed reader board in a strategic location. In this regard, APOA acknowledges the assistance of Subrina Monteith, our RDOS Area "1" Director, who is working to obtain the funding for this project. Finally, it's important to note that placement of the sign requires the approval of the Ministry of Transportation. This effort reflects our ongoing commitment to looking out for the well-being of everyone who lives in, works in, and visits the Apex community.

The APOA relies on the support of Apex property owners. If you own property at Apex and are not yet a member, we encourage you to join. Membership remains at only \$30 per year. Visit www.apexpropertyowners.com for more information.



Apex Mountain Village in the Distance ~ Photo by Leigh Trusler Photography



Winter Is Here ... Time To Don The Moustache, And Plan For Long Term Community Safety!

By Kelly Johnston, Fire Chief

AVFR Movember Team

November is MOVEMBER! ... and time for some of the AVFR members to get their 'stache on! Our firefighters can't have beards for safety reason ... but they can sure have moustaches in support of first responder mental health and suicide prevention.

First responder mental health is at the forefront for many of us in the emergency services. Unfortunately, many of us have been challenged by the mental health impacts that our duties result in, or have seen many of our colleagues continue to battle the acute and chronic effects of this silent debilitating and all too often life ending mental health conditions. The good news is that these impacts can be effectively addressed with the appropriate prevention program, support and treatments.

Last year, our small AVFR crew successfully raised \$2,881 towards this cause! This year, we've set our team target at \$3000 by November 30.

To increase the awareness on this important topic, AVFR is also challenging other Movember groups and individuals with the first annual "Movember Moustache Showdown and Shave Off"! This offers the opportunity for all of the MO bro's and MO sista's to join us on Sunday, November 30th to be judged by their MO peers and the public to take the title for "Best Overall MO", "Best Try MO", or the "MO'st Donations Collected". The public and participants can also donate to the pot ... for those MO' brothers and sista's willing to Shave Off or Keep their MO. Join us for burgers and dogs (by donation) to get us over the top and support first responder mental health!

You can donate to our AVFR Movember Team by visiting <https://movember.com/t/apex-volunteer-fire-rescue?mc=1>

RDOS Electoral Area "I" Community Wildfire Resiliency Plan

Wildfire? In November? Well, no, not at Apex, at least yet ... but we ARE building a plan for community wildfire resiliency right now. On November 1, we held a public meeting at the Apex Fire Hall to share information on the first draft of the RDOS Electoral Area "I" Community Wildfire Resiliency Plan, which included presentations from our Apex Wildfire Risk Reduction collaborative partners, Gorman Brothers and the snpink'tn Indian Band. There will be another public Open House in Kaleden on Saturday, November 15th, which will shift the focus to Kaleden (also located in Area "I"). If you would like further information on the RDOS Electoral Area "I" Community Wildfire Resiliency Plan, or have questions, please email firechief@apexfirerescue.ca.

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"Pow Day" ~ Photo by Johnny Smoke



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&

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PRIZES!

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IN THE APEX MOUNTAIN VILLAGE SQUARE

FOOD!

DONATE TO, OR CHALLENGE THE AVFR MOVEMBER TEAM

VISIT <https://movember.com/t/apex-volunteer-fire-rescue?mc=1>



Apex Mountain Resort would like to remind local residents and visitors alike that water conservation is extremely important all year round! It is integral to the well-being of this beautiful mountain that we love so much. We all need to make a conscious effort to conserve water when you can.



1.877.777.2739 | ApexResort.com



Winter Is Here! What Are Your Plans For The New Year?

AFBS Has Some!

By Kelly Johnston, Fire Chief

We know, many of you haven't even made it to the hill yet, but it's never too early to put the bug in everyone's ear for 2026!

The Apex Firefighter Dinner & Gala Is Back! ~ Put a hold on your calendar for **January 24, 2026**. After a several year hiatus, the Apex Fire Brigade Society is bringing back the Firefighter Winter Gala & Dinner. The perfect reason for you to get your formal best out, get all gussied up and show it off! Stay tuned for tickets as the AFBS volunteers finish planning a night of fine dining, drinks, dancing, silent auctions, raffles and an overall class act in support of the Apex Volunteer Fire Rescue. If you would like to contribute to the silent auction, or contribute to the planning, or supply of the dinner in any way, please reach out to afbs.info@apexfirerescue.ca.

Wildfire Risk Reduction - Forest Fuel Treatment ~ The AFBS has been working with the BC Mountain Resort Branch, BC Wildfire Service, Apex Mountain Resort and some key local community and forest industry partners to build synergy in getting the much-needed Wildfire Risk Reduction program forest fuel treatments underway. We've made progress and are very excited with finalizing the plan, which involves collaborative efforts with local partners to not only reduce the risk of wildfire to the Apex community, but bring a number of additional benefits to the local area community. We will be sharing the final outcomes of this effort once we are able to finalize it all. Our target is to clean up the dead and down trees that resulted from the 2022 ice event and complete the burning of all of the piles by the fall of 2026. The next phase of work along the Riordan Trail is expected to begin in the spring of 2027. Have questions? Would like to know more? Reach out to afbs.info@apexfirerescue.ca.

Fishing For Something To Do On Father's Day? ~ June planning - already? Well, not quite yet, but at least put it on your calendar. Hot on the heels of a successful first annual Apex Fire Brigade Society Fishing Derby on Father's Day in June of 2024, you can expect to see another one coming in 2025!

Become Part Of The Solution! ~ As always, we can sure use help in all aspects of supporting Apex community public safety and the AVFR firefighters. There are a lot of essential "non-firefighting tasks" that our firefighters could sure use your help with, so they can spend the time focusing on their tasks! Some examples are (to name a few):

- Fundraising Support - Fundraiser event planning and support, as well as grant proposal writing.
- Firehall and Equipment Maintenance
- Community Safety Planning Support
- Public Education Campaign Support
- Emergency Support Unit - Breathing air bottle refills; traffic control; firefighter rehabilitation support (warmth, drying, hydration, food, etc.); impacted resident support (warmth, support connections, food, shelter, etc.); and transportation.

There are no requirements ... the only "requirement" is that you want to help with the safety of our community whether you live here full time or not. Many hands make light work - it literally takes a village. Please consider joining the AFBS and become part of the vital link to successful fire protection and public safety in the Apex community.

Stay Tuned ~ We will keep you updated as the AFBS works feverishly to update current projects and continue to look for new opportunities to support public safety in the Apex Community.

Questions? We're available at afbs.info@apexfirerescue.ca.

Let's Finish It ... 10 Years In Business!

By Jay Mallach, Custom Finish Carpenter

"Let's Finish It" has worked on many projects over this past 10 years from Osoyoos to Summerland and around Apex Mountain. Projects have ranged from kitchen and bathroom renovations to flooring, baseboard and casing to replacing drywall and mudding to building outdoor decks and pergolas to hanging doors and installing windows to custom made furniture. Some clients like to work alongside me, some clients prefer tasks for themselves to complete, while other clients simply want to watch and learn. I enjoy the process of transforming a space into the client's vision.

Below is a bathroom renovation for Mary, an Upper Carmi resident. Her bathroom was old and dated, as show in the top left photo below. I gutted the bathroom down to the studs, lined up a plumber Jason Mansell and an electrician Mark Billips, installed heated floors and custom tile, replaced the bathtub, toilet and vanity, as well as the lighting. Mary was extremely pleased with her finished bathroom, along with the bonus that I always guarantee my work.



Have you been wishing for a refresh in your kitchen or bathroom? Do you have a home renovation project started and can't seem to get it finished? Do you lack time, knowledge, or simply need a little assistance with the next step? Or, are you fed up and just want the project done? Not to worry, "Let's Finish It" can assist to whatever level of assistance you need. Contact Jay at 250-490-6343 or jaymallach@gmail.com for your free quote today.

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Playing With Fire

By Fred Albrechtson, Nickel Plate Junior Racer Alumni

Once again, all I've done is work. In October, I landed what we thought to be an awesome gig - a project that would rake in some easy dough, with minimal effort. It was a bit of a gamble, something outside of our ordinary line of work, that could land us more work in the logging industry, if completed well and on time. It ended up being one of the hardest contracts we've had, and by the end of it, we were basically working for minimum wage.

The project was a last-minute debris disposal for a recently logged cut block at the Canmore Nordic Centre. Because it was so last minute and out of scope, we were able to bypass the normal public tender process and jump right into things. The plan was to get in while there was still snow, which had fallen over the Thanksgiving weekend, burn the 28 humongous slash piles, extinguish them, and get out, all in a week's time. No stress. Still being in the block almost two weeks after we had anticipated our wrap-up date, made it a contractor's nightmare. We encountered so many issues right from the get-go. We should have taken it as a sign to bail, but we persisted and got 'er done.

For starters, we had a 20-ton excavator coming into the block, to tend the fires. The haul truck bringing it in did not make it up the first big hill on the haul road, and we had to take it off the trailer. As soon as it got off the trailer, it blew the serpentine belt and began overheating. We were able to get the belt changed the next day, and my operator was able to walk the hoe the six remaining kilometres into the block. The following evening, we brought in our single axle water truck, which made it further than the hoe did, but failed to climb the last hill. This would pose to be an issue, as our plan was to truck loads of water to the block for extinguishment, and our limited 5500 litres only meant for a solid 20 minutes of spray time. We resolved that issue by purchasing a 1000 litre tank and ferrying water with my pickup. The logging contractor had a skidder that broke down around the piles closest to the tree line, that we had hoped to ignite first, while the snow coverage was still ample. It took them another few days before it was mobile.



Our first two days of burning went well, lighting eight piles per day. But on our third day, the wind really picked up, and we spent hours fighting spot fires that were popping up through the block. The following night, I spent 20 hours on site, still fighting spot fires and ensuring nothing else lit up. After the flames had died down, we were able to leave them for a few days, to do their own thing. We came back for extinguishment, which took much longer than we had originally anticipated. Hauling in sufficient water was extremely difficult and time consuming, taking half an hour round trip, to fill our 1000 litre tank. The days kept coming, and the fires were still hot. The small spot fires that we had initially failed to extinguish became underground fires, which required even more effort to control and extinguish. After a week of hosing and stirring, we were able mobilize equipment, and get things wrapped up.

We had extremely underbid a very high-risk job. We certainly learned a lot, and gained respect for the public tender forum, and captured some awesome photos. So, here's to expensive lessons, and priceless photos!



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When The Brain Takes A Hit, Your Body Feels It Too

By Dr. Deirdre O'Neill, ND | Alpine Natural Health

Have you ever hit your head on the slopes? It's a common experience for skiers and snowboarders alike - and not just from high-impact crashes. Often, the first symptoms of a concussion are subtle: that classic "goosebump" headache, some sleepiness, neck pain, or a bit of dizziness. Most people expect these to resolve within days, but sometimes, that bump reaches further than you think. Remember: **the brain is the conductor of the show**. Any injury to the brain can affect how your whole body functions, and repeated concussions amplify these effects. Beyond the immediate cognitive symptoms like brain fog, confusion, or slowed reaction times, the ripple effects are systemic.

Gut Symptoms

The gut is especially sensitive to brain injury. Anything from diarrhea to constipation, irritable bowel syndrome, or general digestive unease may appear. This is a clear example of the **gut-brain connection**: when the brain is injured, the gut can go into "panic mode".

Inflammation & Musculoskeletal Effects

Concussions trigger systemic inflammation, sending signals throughout the body to heal. This can manifest as muscle aches, joint swelling, and prolonged soreness - even in areas unrelated to the initial fall.

Hormonal Disruption

Your hormones are under central control, meaning a concussion can influence mood, fatigue, sleep, and temperature regulation. Some may notice changes around their menstrual cycle, persistent tiredness, chills, or night sweats.

Immune System Impact

The immune system can also be affected. Inflammation after a concussion can make it harder to fight infections, and other injuries may take longer to recover.

Cardiovascular Symptoms

Even your heart can be influenced. Changes in blood pressure, irregular pulse, or palpitations are not uncommon after a head injury.

Early Recognition & Recovery Matter

While helmets protect the head, they can't prevent the internal movement of the brain. Early recognition of symptoms and early intervention are key. Naturopathic medicine can help the brain and body recover together. Treatments such as IV glutathione reduce oxidative stress, omega-3 fatty acids repair neural membranes, herbs support gut health, BioFlex laser therapy promotes cellular repair and reduces inflammation, and neurofeedback retrains disrupted brainwave patterns. Lifestyle strategies - restorative sleep, stress reduction, and anti-inflammatory nutrition - support recovery and help prevent lingering symptoms.

For more tips on protecting your brain, supporting recovery, and staying healthy on the slopes, **follow me on Instagram @drdeirdreo** for regular updates and practical advice.

Dr. Deirdre O'Neill, Naturopathic Physician, has an expertise in Prolotherapy and Platelet Rich Plasma using Ultrasound Guidance. She practices in Penticton at Alpine Natural Health. You can also find her on the hill as part of the volunteer Canadian Ski Patrol.



DR DEIRDRE O'NEILL
Naturopathic Doctor
Prolotherapist

www.alpinenaturalhealth.ca

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Red Flag Checklist for Skiers: Brain & Body Symptoms After A Fall

Brain / Cognitive:

- Headache or pressure
- Dizziness or balance issues
- Brain fog, memory lapses, or slowed reaction time
- Mood changes: irritability, anxiety, sadness

Body / Whole-Body:

- Fatigue or low energy despite rest
- Muscle tension, stiffness, or poor coordination
- Digestive issues: nausea, bloating, constipation, diarrhea
- Sleep disturbances
- Hormonal shifts, chills, or night sweats
- Slower healing from injuries or increased illness
- Heart symptoms: palpitations, blood pressure changes

What To Do:

- Stop skiing immediately if you notice symptoms
- Seek assessment from a healthcare professional familiar with concussions
- Track symptoms over days or weeks
- Support recovery with sleep, nutrition, hydration, stress management, and gut support

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Adventure Racing World Championships 2025 Debrief

By Lyndie Seddon,

Founder of Hoodoo Adventures and Expedition Canada

And in the blink of an eye ... it was gone. It has already been over a month since we welcomed 60 teams from 25 countries to Penticton to take part in the Adventure Racing World Championship. It was 2 years in the making and by far the craziest thing I have done to date, but what an accomplishment.

We started Expedition Canada during the pandemic and despite all odds, ran 3 successful qualifying expedition races for the Adventure Racing World Series with the goal of hosting the World Champs within 5 years. In 2023, after the wildfires created a travel ban and further decimated the tourism industry, I knew I needed to be a part of the solution.

With that in mind, I boarded a plane to South Africa to the 2023 AR World Championships to bid on the event for 2025, and I was successful. Over the following 2 years, I would travel around to multiple destinations to learn from other races, including the AR World Champs 2024 in Ecuador. I wanted to know what made them special, what kept people wanting more.

For those of you that don't know what the heck adventure/expedition racing is, it's teams of 4 trekking, mountain biking, paddling and doing rope work, day and night without technology to navigate in our case, with this race, 800kms through the wild of a country. It is epic, inspiring and engaging. It immerses the participants in the culture of the countries that host them and I knew it was the perfect way to showcase our culture, our recreational and adventure tourism assets, our small communities, our land and our people. A fantastic economic driver both short and long term the sport helps develop tourism opportunities in a region with the media coverage that is broadcast around the world with stunning imagery and videography.

This is what drew me to the sport. It gives back. And while it is certainly a sport for the privileged, the impact that it has is immeasurable. In our case, I would ensure I would leverage the experience as much as I could. This wouldn't just be economically, but also spiritually. Give the Canadian people something to be proud of as we show the best of our land and people and our connections to each other to the world.

On the back end of the organization, the undertaking was intense. Our stunning course would pass from the Coast to the Interior through 12 communities, 17 indigenous lands, it would require 52 permits/special permissions, relationship building with every level of government you can imagine, and with people who I will remain friends with for the rest of my life.

250 racers would arrive in Penticton (or Kelowna) shuttled in by our team at Hoodoo Adventures. We had an amazing village set up with our partners at Subaru Canada. This would be our base for the 14-day duration of the event. We would provide a beautiful cultural opening ceremony with the Penticton Indian Band. I did absolutely everything that I could local. From printing to artists to catering and everything in between.

The day before the start of the race, we shuttled 250 racers, 25 media teams, 80 volunteers, families and organizers, to the start line in Pemberton where we had another warm welcome from the Lil'wat First Nations, the trails society and the Wildlife Conservancy, who shared with the racers what the special ecology and geology of the areas they were about to pass through was all about.

We set up tents and had campfires and created a real Canadian experience for the teams. At the start of the race, they would begin

at North Arm Farms running through and picking corn before they were off into the mountains for the biggest adventure of their lives. Like literally BIG ... Canada vast and big.

Racers would make their way from Pemberton over the Hurley to Bridge River Valley, down Carpentar Lake to Seton Portage and down Seton Lake to Lillooet. From here they would head over the mountain to Historic Hat Creek Ranch, Ashcroft and then another paddle on the Thompson "big water" and back onto their bikes with their packrafts to the Nahatlach and REO Rafting. Then, over the Coquihallas to the Tulameen and on the KVR to Summerland to finish with a traditional Canadian canoe to the finish line back in Penticton. I told you ... epic.

It took the first team from Sweden, the Swedish Armed Forces, 5.5 days, sleeping only 3.5 hours the entire time. They would be followed by Estonia, France, New Zealand and the US in the top 5, while the last team came in after 9 days of adventuring.

The feedback was amazing. Racers were blown away by the scenery and the warm welcome of the communities. Every event has its challenges, but this is adventure racing where both racers



and organizers alike must be prepared for anything. My favourite "blooper" (it totally was not my favourite) was when the trucks unloaded 400+ boxes and bags almost a kilometer away from where it needed to be 1 hour before the first team was to arrive in transition where everything needed to be. Talk about good times! But ... our volunteers, who came from all over the world, were amazing, and in a blink of an eye (ish) it was all back on track, and 442 box/bag moves later we would be at the finish line laughing about it all.

After a month of reflection, I feel like I should be totally clear on what this event meant to me, but I can't be, because it meant so many things. Through this event, we created tourism videos for 7 communities who did not previously have one. We donated tourism and asset content valued at over \$250,000. The media and marketing value of the event was in the tens of millions with a reach to more than 25 countries with over 5 million engagements on social media and television productions to viewerships of over 50 million around the world. We donated \$5000 to community organizations and trails societies, \$20,000 to Indigenous Artists, Performers and Speakers, \$32,000 to local outdoor outfitters, \$10,000 worth of supplies to communities and youth programs and we planted 60 trees in a native garden at Hat Creek.

We did all this with the support of some amazing sponsors and local businesses, and with 2 very modest government Grants that came to a third of what we applied/hoped for, which I expected might happen given the political scene. But how amazing?! It just

goes to show what you can do in the world when you set your mind to something and don't give up. Strength, community, inspiration and tenacity. All things I want to teach my children.

I gave a speech at the event and it is the best way I can express what this experience meant to me. I will finish by sharing the words I spoke from my heart ...

"As with any adventure, little did I know when we started this journey to host this event, the adversity we would face in getting here. After 3 years in a row of severe wildfires, lost local businesses, and national socio and economic struggle in our communities, I could feel the collective energy of our region hit a low. We were tired, frustrated, broken and any answers felt out of reach.

However, like any good adventurer, I could see that this was the time to dig deep. It was time to change the narrative, to pick up the spirits of our team and our community. It was time for the kind of leadership that would remind us of the importance of our deep connection to our land, our culture and our people, and I am a true believer that this sport carries all those principals.

These beliefs would ignite a new fire, one inside myself to push to bring hope and pride to communities by hosting this amazing event that showcases all the beauty of our region. I wanted something that would remind us all that no matter how large the mountain in front of us, we can choose to climb, to ride the ebbs and flows, and to help each other to reach the finish line.

The support we have received from the people in the communities we have visited, solidifies the knowledge and importance of our impact, not only economically, but with our spirit and our identity. Events bring people together, they showcase our cultures, allow people to enjoy our local fare, artists, recreation, sport, and experience the stunning beauty of the places we are lucky enough to call home.

We have all faced great adversity, but with adversity comes great reward. I do not think that I can truly express how rewarding this event was for us all.

The Canadian people have a special relationship with the land. Encompassing spirituality, culture, identity and life, we view the land as a living entity that guides us.

We have a deep, reciprocal relationship with Mother Earth. Our connection is not separate from the other aspects of our lives; rather it is integral to its existence. We are stewards of the land, we have a responsibility to be knowledge keepers, to be protectors. If we protect the land, the land will protect us, providing us with her sustenance, shelter, food and water, with the medicine we need for health and well-being.

Our relationship with the land, plants, animals, and water are interconnected in a web. We are one. When we give back to land and community, we understand that this creates a cycle of exchange between us. What we put out, is what we get back.

Through outdoor play, we teach the youth in our community the 3 R's. A set of 3 simple principals that guide us. Respect for self, respect for others, and respect for our environment. If we follow these rules, we can become leaders who build a brighter future together.

As we experience this journey together, no matter how much you have questioned your life choices, please take this experience away to your everyday life. No matter the adventure you are on, take a moment to truly appreciate all that the earth is giving us and just how lucky we are to be here, doing what we love to do, in beautiful places, with wonderful people. Be present, be in the moment, take in the beauty and each other. Everything is here and now, so take care of each other, play safe and as you walk away from this adventure and onto your next one, with these words ringing in your mind, please, be a part of the change in the narrative from one of struggle to one of strength."



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Trail Of The Okanagans

By James Pepper and Mary Trainer

Creating a cycling and walking trail through sylvx Nation Territory requires more than planning and funding. It requires respect for the land, the tmixw, and the ancestors who have travelled these routes for thousands of years. This is not simply a matter of recreation or convenience, but one of responsibility and relationship. Any trail development through this area must begin with understanding that these lands hold deep cultural, spiritual, and environmental significance to the sylvx people.

The idea of linking communities along a 125 kilometre trail from the United States border to the Bennett Bridge in Kelowna has generated much interest across the region. Many groups have expressed support for what is called the Trail of the Okanagans. From the snpink'tn perspective, however, any such initiative must be guided by proper respect for Indigenous jurisdiction and values, and must not come at the expense of the health and integrity of the land.

The section from Summerland to Penticton, an 8.8 kilometre stretch along the former Kettle Valley Railway corridor is owned by the snpink'tn Indian Band as a fee simple parcel, it is private land and remains closed to the general public. Despite the many No Trespassing signs, thousands of cyclists and hikers continue to enter each year, potentially without realizing they are crossing into Indigenous lands. This unauthorized use causes erosion, sinkholes, and damage to old trestle structures, and off road vehicle activity and natural rockfalls make the area unsafe. Repairing and upgrading this section would require a large capital expense and, more importantly, a long term commitment to maintenance, compliance, and enforcement. Without these, any development would only lead to further harm to the land and to the safety of those who travel it.

The 4.6 kilometre stretch from Wright's Beach to Banbury Green along the west side of Skaha Lake, adjacent to reserve lands, faces similar challenges. It is also wholly owned by the snpink'tn Indian Band and rockfall hazards, illegal camping, and dumping continue to affect both the safety and the spirit of this place. For snpink'tn, these impacts are not just physical but cultural, as they reflect an ongoing lack of respect for the land and for the people who continue to care for it.

Another portion of interest lies between Wright's Beach and the Channel Parkway, next to the southern boundary of the airport. This 0.85 kilometre section would require safety improvements before any public access could be considered. Options could include moving Transport Canada's fence inward or creating a boardwalk.

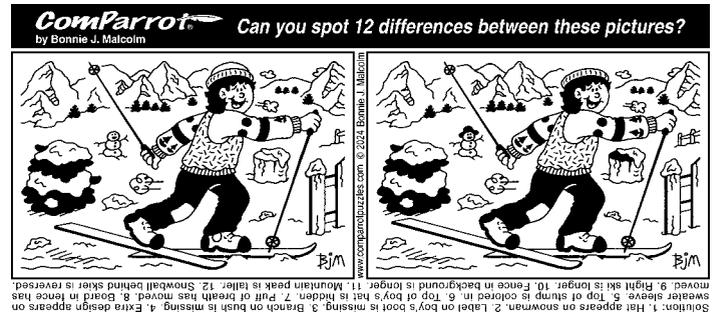
The snpink'tn Indian Band has not yet decided what will be done with this portion of the old railbed. There are several reasons for this. Ongoing illegal activities such as dumping and trespassing have caused damage to the area, and repairs are needed to make the trail safe for any future use. At present, the resources and funding required to support a long term maintenance plan are not in place. The No Trespassing signs are not a reflection of unwillingness, but of responsibility. snpink'tn must ensure the safety of both the land and the people who use it. Without the necessary repairs and a sustainable plan for maintenance, it would not be prudent to open the area to public access.

snpink'tn hopes to build respectful and lasting relationships with government partners, trail organizations, and local communities to identify a shared path forward. The goal is to develop an approach that balances public interest with the protection of culturally significant lands, environmental care, and public safety. For this to happen, long term collaboration and shared responsibility are

essential. The band does not receive tax dollars, and it cannot be expected to manage the costs of a regional trail system on its own. Through partnership and shared investment, there is an opportunity to create a process that is both fair and sustainable, one that ensures this trail, if developed, reflects mutual respect and collective care for the land.

As noted by James Pepper, Director of the sɔxw'tɔxtɔm Department, there is an urgent need to build this collective momentum grounded in respect and understanding. Bringing together representatives from the BC Ministry of Transportation and Transit, the Regional District of Okanagan Similkameen, the City of Penticton, the District of Summerland, tourism associations, the Trans Canada Trail Network, political leaders, and the band itself could create a path toward genuine collaboration.

If approached in the right spirit, this work could result in a trail that follows an ancient route used for over 6,000 years, one that reconnects First Nations and other South Okanagan communities in a good way and contributes to reconciliation through shared stewardship of the land.



Lifeskills

By Jim Ongena, Life Coach in Summerland

Choices

Most people don't understand the power of choice. Many of our behaviours are governed by habit and we are unaware that we have a choice. Happiness is a choice and has little to do with our circumstances. Love is even a choice and yet we still believe it "finds" us, if we're lucky. Anger is a choice, quitting is a choice, exercising, smoking, and talking about other people are choices. We don't HAVE to do many of the things we do, but continue, not by choice, but by habit. Try out my theory on your worst behaviour, the one that annoys your friends and family and probably even you. CHOOSE to do otherwise and you'll soon see that it indeed was only an unchallenged habit. It's really a matter of becoming mindful about what already exists. Just knowing that you can choose as you wish is a great insight that will serve you well. It opens the door to conscious living and helps us get off autopilot in many areas of our lives. Not to choose and function in "habit" mode is also a choice, even though we're often not aware of it.

"The best choice is the right one, the second best choice is the wrong one, and the worst choice is not to make one."

To contact the author directly, email jimongena1@gmail.com.



GREAT CABIN RECIPES

Chicken Cacciatore

By Dee Milton

Cacciatore means *hunter* in Italian. It's a quick and easy meal, often made with chicken, onions, tomatoes, herbs, other vegetables, and usually wine or vinegar. This is one of my favourite go-to meals for a colder day and it pairs perfectly with a glass of any red wine.

Start by seasoning 6 bone-in chicken thighs (skinless is preferred, but skin-on will work just fine) with salt and pepper. If skin is left on, sear on all sides until browned before proceeding. Once browned, remove from skillet and set aside.

Add 2 tablespoons of olive oil and 1 medium onion, diced and cook until translucent. Next, add 2 tablespoons of minced garlic (6-7 cloves) and mix until fragrant before adding 1 yellow and 1 red bell pepper, thinly sliced, as well as one large carrot peeled and sliced. Cook for 3 minutes before adding 8 diced mushrooms, 8 sprigs of fresh thyme, 2 tablespoons of chopped parsley and basil and ½ a cup of red wine. Cook until wine is reduced, about 2 minutes.

Finally, add one large can (28 oz) of crushed tomatoes and 2 tablespoons of tomato paste. Return chicken to skillet, partially covering thighs.

Cover skillet with tinfoil and transfer into a preheated oven of 375 degrees. Cook for 45 minutes before removing tinfoil to finish baking uncovered for 15 minutes. Chicken should be tender and falling off the bone.

Best served with steamed rice and garnished with fresh olives and herbs.



Jay's Tunes To Turn To

Artist ~ Harm & Ease | Song ~ "Storm The Gates"

With opening day just a few weeks away, we are getting ready to "Storm The Gates" in the lift line to get the riding we all 'chase'. That goes for all the competitive athletes out there as well, especially in a season leading to the Olympics. You can do it Alec and Reece!

La Niña has already given us a 'taste', with Apex having snow since Thanksgiving weekend. And now, the added bonus of expanded snowmaking at the top of the mountain and more brush cutting on runs like the "K", we can enjoy the snow even more! Thank you to the maintenance crew for all their hard work over the summer.

Early season can be challenging for conditions, so take it easy and ride with care ... and stay off closed runs. There will be lots of time to enjoy the runs we all love when it is safe to do so. Ski 'ya soon!

Jay is a life-long skier, who has skied this great country from coast to coast. Join him this season in "Jay's Tune To Turn To" with whatever he finds to share. YouTube his tunes and join in the fun.

CatMatch

Meet Darwin



Darwin came from a local colony and is learning to love being indoors. He was fostered with another cat and a small dog. Darwin is currently at Total Pet in Kelowna with his friend Maxwell. He is about 6 months old, neutered, vaccinated, etc. He will make a lovely addition for the right family! Come visit him and see if he is the missing link in your family tree! Visit alleycatsalliance.org for more info.



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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

Frost is in the air, and leaves blanket the ground reminding us that the seasons are changing. The Royal Canadian Legion's Red Poppy Campaign just finished and soon the Salvation Army Kettle Program will be upon us. Both worthwhile projects require volunteers to ensure their success. If you can give even a couple of hours, many organizations would love to hear from you. It is up to volunteers to bring worthwhile projects and programs to life.

Perhaps letter writing is more to your liking. Care facilities, not for profit agencies, and organizations such as Amnesty International, ALS, Doctors Without Borders all require volunteers who love to write letters. Why not dedicate an hour or two per week to writing letters by contacting an organization or facility that appeals to you? Folk live with mobility or health limitations report the gratification they feel when assisting with purposeful writing.

Let's not forget our furry and fuzzy friends who need attention and support. A call to the SPCA, CritterAid, or the Naturalist Society of the Okanagan can direct you to various volunteer opportunities. Whether it is direct assistance with the animals or birds, administrative help, or serving on a Board, all are important volunteer tasks.

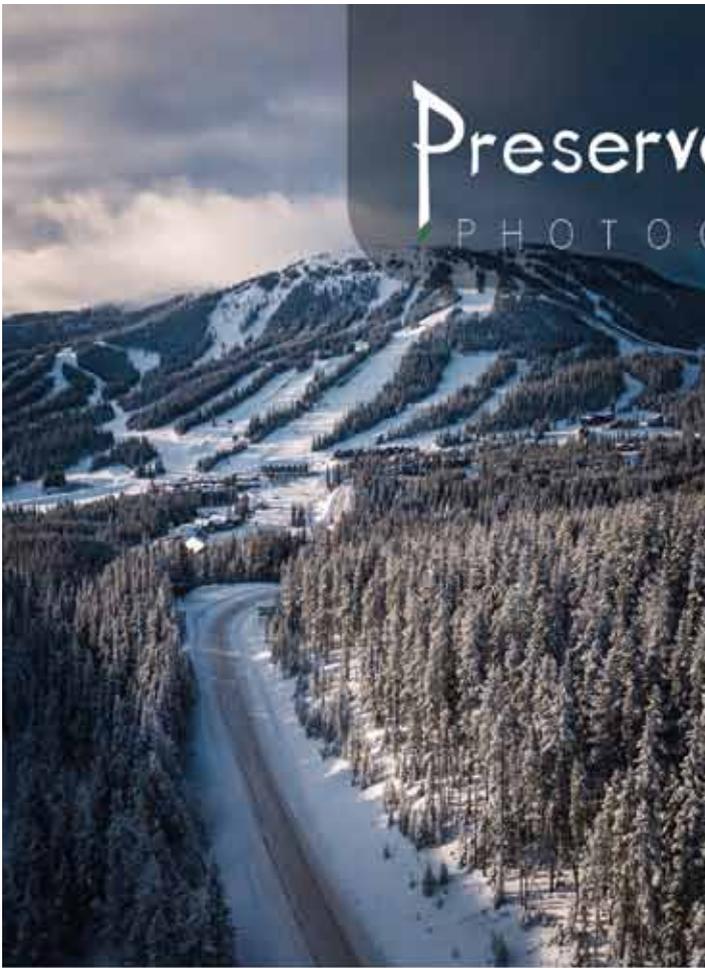
Serving meals through Meals on Wheels, distributing mobility aids through the Red Cross, being part of Crime Stoppers, serving on the SOWINS Board, or helping at the Elvis Festival are just a sample of the many volunteer opportunities available for you. A more complete list is available on the South Okanagan Similkameen Community Connections Volunteer Centre website: www.volunteercentre.info.

If your interest to volunteer has been sparked, please contact our Executive Director, Subrina Monteith at 888-576-5661 or email info@volunteercentre.info. Please also check out our webpage at www.volunteercentre.info. We are located at 110-1475 Fairview Road, Penticton (The Cannery), but appointments are strongly advised. Having a set appointment time ensures that someone will be available and ready for you!

May November be the month you become a volunteer!

Preserved Light

PHOTOGRAPHY



@preservedlight