



SKAHA MATTERS

“Bringing Community Matters To You”

Volume 18 : Issue 6

June 2026

Your FREE Monthly Community News!



Photo by MorrisseyPhotos@shaw.ca

DORI MUNDAY

Personal Real Estate Corporation
PENTICTON BORN AND RAISED



Exclusive Waterfront Home Coming Soon!

For details, register at

www.penticton-realestate.com/waterfront

Dori@RoyalLePage.ca 250.486.3865



**FALLS MARKET
LIQUOR
EXPRESS**

wine · beer · spirits
convenience · hot food

**OPEN DAILY
9AM - 9PM**

Falls Market
(The “Corner” Store)
Hwy 97 & 910 Main St,
Okanagan Falls

250.497.5194

Call ahead for your fresh order of
Chester's Chicken & bring coupon!

**CHEAPEST BEER
IN THE VALLEY!**



BUD 6 pk ~ \$10.65 + tax & deposit

BELOW GOVERNMENT PRICING EVERY DAY!
YOU CAN RELY ON US DURING DAYS OF INFLATION!

Store-Wide Points To Collect & Save Money!

FRESH SANDWICHES!

Made Daily In Store!
Coming Soon ... Stay Tuned!



4 Piece Chicken + 10 Mojos



Monday-Thursday Only
\$9.45
+ taxes

Valid Monday-Thursday during June 2026.
Must present this coupon at time of purchase!

\$5.50 Off Regular Price!

12 Piece Chicken + 20 Mojos



Monday-Thursday Only
\$24.95
+ taxes

Valid Monday-Thursday during June 2026.
Must present this coupon at time of purchase!

\$16 Off Regular Price!

Residential
Commercial
Light Industrial

**REDPOINT
ELECTRIC**

Providing Expert
Electrical Services
In The South Okanagan

Shane Williams ~ 20 Years of Experience
Shane@RedpointElectric.ca | 250.498.1034

Member Of Parliament Update

By Helena Konanz, MP For
Similkameen-South Okanagan-West Kootenay



Looking back over the past year! Its been a year representing Kaleden, Okanagan Falls and Twin Lakes, as well as the other 110,000 residents of Similkameen - South Okanagan - West Kootenay as your Member of Parliament in Ottawa. As a former homeowner in Kaleden, I appreciate the sense of community and the challenges that living outside an urban area brings.

Over the past year, people have written me about their challenges: health care and family doctors, community safety

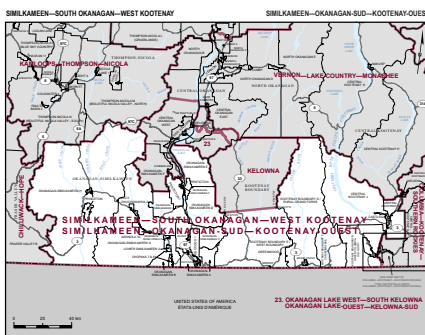
and persistent crime, affordability or challenges reaching federal departments like Canada Revenue or Immigration or Service Canada. Over 2000 people contacted the office to get help, to voice concerns or to share their ideas. I appreciate each one of those people. Many times, I was able to use their words in parliament to share a real, personal story about how a bill or a law affected people in our rural areas.

I was appointed to the Standing Committee on Health. Through the committee work, I focused on the lack of doctors, on the emergency room closures or long waits and on the complete lack of addiction recovery and treatment options for our community. I discovered that Canadians who trained abroad have had roadblocks to coming home to Canada to practice. I discovered that the federal department of immigration fast tracks health care workers, but doesn't ensure they spend time working in health care instead of driving cabs. The federal government can do a better job for you and other Canadians.

My focus has also been on crime. At a town hall on community safety in Penticton in April, we heard the stories from 3 families about a broken justice and bail system. I seconded Bailey's Law which is now passed through the House and moving to the Senate. Bailey, was the young woman whose convicted partner was given bail and then proceeded to murder her. In her honour, this law was created to improve safety for spouses facing intimate partner violence. This initiative is one of many that I am championing to improve safety.

Over the next months, I will be in your communities. Our riding has 6 border crossings and 229 km of border or 2% of the total Canadian border. The entire riding is more than 1000 km around if you were to walk its perimeter. It encompasses the wine region, beaches, mountains, forests, farms, ski resorts, trails and more. Each region has specific needs and challenges. We have the second oldest riding in the country. It is my privilege to make sure all our voices are heard in Ottawa.

Please reach out to me at my office at 101- 196 Wade Avenue West in Penticton, by phone at 250-244-0505 or by email at Helena.konanz@parl.gc.ca. If you would like to learn more about my work, I encourage you to follow my social media HelenaKonanzMP.



MP Riding Map for the
Similkameen-South Okanagan-West Kootenay

Here to Help



HELENA
KONANZ
MEMBER OF PARLIAMENT

Helena.Konanz@parl.gc.ca
250-244-0505



Celebrating Father's Day

By Myleen Mallach, Owner/Publisher of Skaha Matters

Father's Day is a special occasion celebrated to honour fathers and father figures for their love, care, and sacrifices. It is a day to express gratitude for their guidance, support, and hard work in shaping our lives. Families celebrate this day by giving gifts, spending quality time together, and sharing heartfelt messages. Father's Day also reminds us to respect and value the important role fathers play in building strong families and communities. Celebrating Father's Day strengthens family bonds and creates happy memories that are cherished for a lifetime.

Happy Father's Day on Sunday, June 21st!

"Bringing Community Matters To You" ... since August 2009.

**Up To Date
Weekly
eCalendar!
Sign Up Online**

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.

Please Note: No part of this publication may be reproduced without the written consent of the publisher. No liability is accepted for any loss or damage resulting from the use of this publication. We reserve the right to refuse any submission or advertisement, and retain the right to edit all copy. Every effort has been made to make this publication as accurate as possible. All authors and advertisers are provided with a proof of their submission and their final approval must be received to be published. © 2026 Okanagan Matters Publications.

RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Crime Stoppers Still Remains Anonymous Today

Crime Stoppers is a great way to report crime and suspicious activities if you want to remain anonymous, but want the police to know what is going on in your neighbourhood. Any contact with Crime Stoppers via a phone call, a text tip, a web tip is all received anonymously by Crime Stoppers. Your calls, text and web messages are routed anonymously to the appropriate Crime Stopper program and you are known only by the Tip number that is generated and given to you when you call, text, or go online to Crime Stoppers with your information. A reply to your tip can be done, but only through our anonymous server and the program still protects your identity. Crime Stoppers goes to great lengths to ensure you remain anonymous, as that is what the program is based on. 1-800-222-TIPS and www.sostips.ca.

No Surprises For Okanagan Falls

By Donegal Wilson, MLA for Boundary-Similkameen

Over the past number of weeks, I have continued to hear from residents in Okanagan Falls who are following the incorporation process closely and asking important questions about what comes next. That is exactly how it should be. Incorporation is not a small administrative change. It affects local governance, taxation, services, identity, boundaries, and the future direction of the community. Residents voted to incorporate, and they deserve a process that reflects what they voted for. The Province's latest public engagement on Okanagan Falls incorporation was open from April 8 to April 30, with an in-person open house held on April 23. The Province has stated that the next step is the development of Letters Patent, which are the legal documents that create a municipality. These Letters Patent set out key details including the municipality's name, boundaries, incorporation date, governance structure, and the transfer of services such as water, sewer, and fire protection from the regional district to the new municipality.

My position remains clear: there should be no surprises for Okanagan Falls. Residents should not be left wondering whether decisions about the name, boundaries, or future governance of their community have already been made behind closed doors. The final Letters Patent should reflect the incorporation proposal as it was presented to voters. If there are any proposed changes to what residents understood they were voting on, those details should be shared clearly and directly with the community before final decisions are made. I will continue pressing the Province for transparency, accountability, and respect for the residents of Okanagan Falls throughout this process.

Another issue that remains top of mind in our region is water. Residents in Heritage Hills and Skaha Estates have lived with ongoing water quality concerns and deserve clear action toward safe, reliable drinking water.

In the Legislature, I recently raised similar concerns from another community facing long-standing water problems, where residents are frustrated that government attention appears focused on water meters rather than first addressing water quality. Conservation matters, especially in a dry region like ours, but safe drinking water must come first. Families should not be asked to measure and pay for water before they can trust that it is clean and safe.

This is disappointing, and it is something I will continue to raise. For anyone interested, I encourage you to visit my social media pages or website to watch my full statement on this issue.

Water security is becoming more urgent as we head into another dry season. Low snowpack, early melt, and warm seasonal forecasts all point to increased drought risk across the Southern Interior. For our communities, this is not abstract. It affects families, farms, orchards, wineries, small businesses, wildlife, and wildfire risk. Water security



DONEGAL WILSON
MLA BOUNDARY SIMILKAMEEN

Let's Talk About
What Matters To You

Donegal.Wilson.MLA@leg.bc.ca
(250) 498-5122

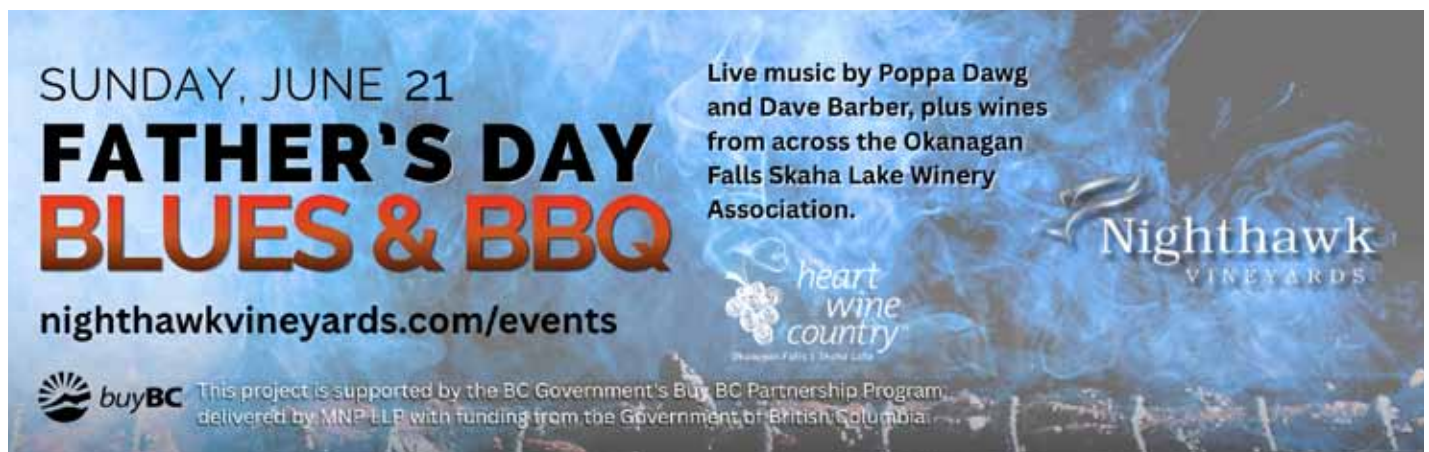
f i y t

must be treated as essential infrastructure, not an afterthought. I have also been continuing advocacy around trail access and recreation in our region, including the KVR Trail. This is an important issue for Okanagan Falls and the surrounding area, and I know how much potential this trail holds for residents, visitors, tourism, and local businesses.

Trails like this connect communities, support healthy outdoor recreation, and help showcase the natural beauty of the South Okanagan. They also bring real economic opportunity when planned and maintained properly. I will continue working to support progress on the KVR Trail and to ensure local voices are heard as this work moves forward.

Our region's economy also depends on the people who build, grow, and produce here. That includes our wineries, farmers, small businesses, and tourism operators, all of whom are facing rising costs, changing weather patterns, and ongoing uncertainty. These businesses are part of the character and identity of Boundary-Similkameen, and they deserve a government that understands the realities of operating in rural communities.

Whether the issue is incorporation, water, trails, agriculture, tourism, or small business, the theme is the same: rural communities deserve to be heard before decisions are made. Boundary-Similkameen is full of people who are practical, resilient, and deeply invested in the places they call home. My job is to bring those voices forward and ensure government understands what these decisions mean on the ground. As always, if you have concerns, questions, or ideas, I encourage you to reach out to my office.



SUNDAY, JUNE 21

**FATHER'S DAY
BLUES & BBQ**

nighthawkvineyards.com/events

Live music by Poppa Dawg
and Dave Barber, plus wines
from across the Okanagan
Falls Skaha Lake Winery
Association.

heart
wine
country

Nighthawk
VINEYARDS

buyBC This project is supported by the BC Government's Buy BC Partnership Program
delivered by MNP LLP with funding from the Government of British Columbia.



From The Director For RDOS Area "I"

It has been a wonderful spring with above average temperatures, which means we need to be water wise and follow KID water restrictions to ensure we have the water we need to meet community demands.

If you haven't signed up for Voyent Alert, now is a great time to do that. Voyent Alert will send you an email, text or call if there is something that impacts your property. To ensure you get the best alerts specifically for you,

Subrina Monteith
Director of RDOS Area "I"



once you register, modify the pin to show your address exactly. To register or update your account, visit Voyent-alert.com. For further information or to request assistance with your account, please call RDOS Communications at 250-490-4148 or email communications@rdos.bc.ca.

Special shout out to the community volunteers and attendees of the Kaleden Volunteer Fire Department's Annual Yard Sale. It was another successful year!

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 FireSmart Tip

By Linda Dahl

The annual FireSmart Chipping event proved to be one of our most successful yet. We were so pleased with the response from the community with over 70 properties putting burnable debris at the curb side. Many piles of dead cedars, branches from low lying trees and juniper bushes were chipped up.



We can't thank Bartlett Tree Experts enough for their professional and efficient work. We would also like to thank Fortis for their support of this event.

As the hot summer season unfolds, continue to be diligent about removing long dried grass and any dead debris around your home. Use the unlimited yard waste service to ensure all burnable materials are removed from the community.

Any questions or concerns, please email firesmart@kaledenfire.ca.



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



Protect your home from wildfire

Book your FREE
BRITISH COLUMBIA
FireSmart™
HOME ASSESSMENT

Up to \$1000
REBATES AVAILABLE
for conducting
work on your
property!

Sign up at FireSmart.RDOS.bc.ca

Kaleden Volunteer Fire Department

By Jean Dube



Mobile Phone Chargers - Use The Right One!

Mobile phones are a big part of our lives and we all have them; however, they can create fire-hazards when not charged correctly. Defective or low-quality chargers can overheat, resulting in severe burns or may ignite nearby objects.

Use Certified Chargers: Although cheaper to buy imported or at discount stores, these chargers are often made with poor quality components that fail to meet safety regulations. Always buy from an approved retailer or direct from the manufacturer of the same name as the device.



Helpful Safety Tips:

- Try adding a label to the cord as soon as you purchase your new device, so you always know which cord goes with that particular device.
- Stop using a charger if it is damaged.
- Do not use a charger if you have to force it into the wall socket and do not use on an extension cord.
- When left plugged in overnight or left plugged in for too long, phone chargers can overheat and cause a fire. Unplug from the socket when fully charged to avoid energy waste and overheating.
- Do not charge your device on beds, couches, or under pillows, as this traps heat and poses a high risk of fire.
- Cheap or faulty chargers are not worth the risk.

LAKEBOAT

VINEYARD & WINERY

DUMPLING DINNERS IN THE ORCHARD
JULY 31 & AUG 28
WINEMAKER'S DINNER - JULY 22

Open 11am - 5pm Wednesday to Monday

236 Linden Ave, Kaleden



lakeboatwinery.com



778-515-6656

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

Didn't Attend The KID AGM On May 25? Sorry that you missed hearing about new toll charges, the sale of KID property, water treatment plant upgrade and referendum plans, and other tidbits.

Did You Get Your Bill? You should have received your Toll Bill in mid-May (if you didn't, contact the KID Office ASAP, as payments are due by **June 15!**). With it, there was a survey asking your preference as to how to pay for the planned water treatment plant upgrade.

Your Input Needed! Please send your completed survey in with your Bill payment, OR submit it separately online (go to the KID website and click on WTP UPGRADE PAYMENT PREFERENCE SURVEY found in the black header on the Welcome page). Have questions about the WTP Upgrade? You also can access Q&As in the Projects and Planning section on the KID website. **Note that the Survey can only be completed by ONE ratepayer per connection** (NOT residents more generally). Your response is important: the more ratepayers that pick the one-time payment option, the less the total amount that has to be borrowed, with an overall cost saving for the project.

Water We Thinking? Water consumption in April rocketed, up 33% over 2025 and 50% higher than the 2010-2025 average. Not surprising, given the record-setting hot and dry conditions this spring. Many local water utilities moved immediately into additional watering restrictions, but Kaleden did not. How come? KID has a high-capacity system, designed to primarily supply agriculture. If water consumption drops too much, so does the water quality at the pipe ends throughout the system. Then in order to restore water quality, the pipe ends must be flushed, thus offsetting much of the savings due to water conservation measures. While Stage One Water Conservation Measures remain in place for now, increasingly severe drought conditions may require us to move to Stage Two by Provincial decree. The KID Notice boards at the entrances to Kaleden, the KID website and the Voyent Alert system will all be used to notify you of this, backed up by compliance checks by KID staff. Stay aware!

Kaleden Community Association Update

By Randy Cranston

Did you know that Kaleden was a major fruit producer growing the largest number of apricots in the valley? The Kaleden Community Association in collaboration with the Museum Committee has had a sign created to provide information about fruit growing in Kaleden, the packing house and Pioneer Park development. This sign has been installed by the RDOS at the top of the stairs leading to Pioneer Park. The sign has a QR code that can be scanned to find out more about what was in this location. Thanks to Jafa Signs for creating the eye-catching sign AND for donating the reproduction of the Hotel Kaleden sign so that the colours match!



Mark your calendars for the annual **Kaleden Community Day on July 11**. Pancake breakfast provided by Kaleden Community Church, smokies provided by Doug's Homestead for lunch, vendors, community organizations, raffles to support future Kaleden Community Days and to raise monies for Hotel Kaleden historical signage, live music and more. Watch for more information in the Julys edition of Skaha Matters.

KCA is also **sponsoring a concert** in the Hotel Kaleden Park on **Friday, July 31** from 7-9 pm. Entrance is a suggested donation of \$20 or PWYC with proceeds going to Hotel Kaleden historical signage and preservation of the hotel. Watch for posters advertising the fun event. More information in the next Skaha Matters.

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

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

 **PENTICTON**
Collision Centre

The shop friends recommend
Part of your community
250.276.6257 | 1450 Clark Ave, Penticton



Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

Coffee With The CAO ~ June 9 from 8-9:30am at the Rise & Shine Coffee House. Jim Zaffino is the RDOS Chief Administrative Officer, and earlier was the first Chief Financial Officer of West Kelowna when it first incorporated, and later became their second CAO. He has a long career in public service, working in several local governments including Penticton. Residents and businesses are invited to discuss

concerns or compliments with "how things work" at the RDOS.

Coffee With Your MLA ~ June 23 from 4:30-6pm at the OK Falls Hotel, which may be a glass of something stronger than coffee. MLA Donegal Wilson is the "shadow minister" for Water, Land, Resource Stewardship and Wildlife Management, and most importantly is your designated representative on all provincial concerns, like roads, mines, health care, forests, wildfire, etc.

Coffee With A Cop ~ Held on May 12 at Rise & Shine, provided some very timely and lively discussions. Superintendent Beth McAndie attended with Staff Sergeant Bob Vatamaniuck. While the statistics show that crime rates per capita are significantly lower here than in Penticton and many other urban centres, there are some important concerns. Several residents and business owners were fortunate in being able to share their concerns at this very senior level, and there's been some promising follow up.

Incorporation "Engagement Session" Closes ~ The province has ended the formal process for the community to provide input on changes it may implement through the proposed Letters Patent for the incorporation of Okanagan Falls. The province set aside the month of April for this purpose and used a website, a survey and the open house information session held April 23. With approximately 12 provincial staff in town for the open house, I had asked to show the provincial staff around to key points in the community. This was time really well spent, and a great opportunity to express the community's objectives, our hopes and concerns related to incorporation and to hear their questions. Several of the province's staff people followed up individually to say that the tour provided valuable context for their work on the Letters Patent.

Completely separate from the province's engagement activities, several community members conducted an exit survey at the open house. Of the 209 attendees 167 completed the exit survey - the balance declined or walked by while the interviewers were speaking with other attendees. Key results of this community-driven survey are as follows:

- Have you been adequately consulted about what the province is doing to finalize our incorporation - 73% said "No".
 - Do you agree with the province changing the town's name or boundary from what was used in the referendum - 84% said "No".
- While a statistician might quibble with aspects of the survey, I think these results accurately reflect the opinions of residents and business operators here in Okanagan Falls. I encouraged that they be sent to the Minister. I have shared with the provincial staff and have also referenced the results in my own communications to the Minister and more generally in broader communication like this.

This has been a long and draining process for all of us, and has certainly evolved into something much bigger than the province indicated in the years and many meetings leading up to the referendum. Regardless of how we got to this situation or how the incorporation is completed, and again these processes are entirely managed by the province, residents and business owner / operators should have been better informed regarding the potential

changes the province is considering for Okanagan Falls.

Well Testing ~ The RDOS is working with qualified professionals and the province to determine the requirements for testing of an existing well on Aquifer #264, which is to assess its water availability, quality, and flow rates as a possible future source for the town. The RDOS is looking to see the impacts of extended use of this existing well and license on the aquifer and surrounding wells and creeks. Potential sourcing of community water from this aquifer has been under consideration for several years, but this possibility is only just now being looked at with this 2-3 day test being an important step to assess the impacts and possibilities.

With the conversion of water systems in Skaha Estates and Lakeshore Highlands / Heritage Hills to the RDOS, it's possible that future water for Okanagan Falls could come primarily from Skaha Lake. Okanagan Falls water presently comes from wells, a situation that periodically requires new wells to meet increased demand, declining quality and/or production. Both "new to RDOS" systems source water from Skaha Lake and both are required by Interior Health Agency to build a water treatment facility. RDOS has a contract studying the possibility of a single water treatment facility for these new systems, as well as the possibility of serving other communities on Skaha Lake. The report from this contract will help to determine whether Skaha Lake could be a cost effective, better quality and sustainable supply of water over the long term.

Happy Anniversary ~ Belich's AG Foods celebrated 4 years in business on May 15, while providing local non-profits a fundraising venue. Thanks to Kyle and his team for all their community support.

Holiday Beach Motel Opening Again ~ Thanks to Randy Stoltz leasing the property, like he has with the OK Falls Hotel & Pub.

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

Matt Taylor, Director for RDOS Area "D"

Direct: 778-931-6080 | mtaylor@rdos.bc.ca | www.rdos.bc.ca



Wednesday, July 1, 2026

11:30 am - 1:30 pm

Kenyon Park

5332 8th Avenue

Everyone is welcome!



Get the family and friends together for a day filled with music, hot dogs, cupcakes, bouncy fun, and creative adventures.

More information to come.



rec@rdos.bc.ca

@rdosrecreation

rec.rdos.bc.ca




Events Summer at the Goose!

Open 11am-5pm Daily



Enjoy 5 of our Wines for \$5!

All wine tasting fees go to: **NATURE TRUST**
BRITISH COLUMBIA 

Shuck, yah! Oysters on the Patio

Sunday June 14 | 11 am - 4 pm

DJ Shakes with live music

Father's Day Blues & BBQ

12 wineries of the Heart of Wine Country, including Wild Goose, will be pouring

Sunday June 21 | 11:30 am - 4 pm

Call **250-497-8919** or check out
our event schedule online.



wildgoosewinery.ca

2145 SUN VALLEY WAY, OKANAGAN FALLS

OK Falls Parks & Rec Commission

By Bob Daly, Chair

There is much to report on from OK Falls Parks and Recreation Commission this month: A proposal for a new Off-Leash Dog Park in Keogan Sports Park is under consideration; "Friends of OK Falls Parks" will begin their volunteer work beginning in June; and a Rick Hansen grant for Mobi Mat beach access has been turned down. Hopefully, enough planning work has been done on the project that private funding will allow it to go ahead this summer.

But more important news is discovering the risk of losing control of two of our most beautiful parks, Kenyon Park and Lions Gardens with the incorporation of Okanagan Falls.



The secret negotiations between the Provincial Government and Osoyoos Indian Band have created concern with OK Falls Parks and Recreation Commission that Okanagan Falls Parks may be affected as our community approaches incorporation. The problem stems from an error by RDOS in classifying our parks some years back. Parks are classified as either "Local" or "Regional". Local Parks predominately serve Electoral Area "D" residents and are fully funded by the local ratepayers. Regional Parks serve largely visitors from other communities and are funded by taxpayers throughout the Regional District. When our parks were classified, all

but Kenyon and Lions Parks were classified as "Local" parks, while Kenyon and Lions were classified as "Regional". All of OK Falls Parks, including Kenyon and Lions Parks, are fully funded by the local taxpayers and meet the criteria to be considered "Local" parks.

The Commission questioned the classification error to RDOS Staff in 2024, and we were told it was under review. During the Incorporation Study two years ago, the Commission alerted the Incorporation Committee to the problem. Their response was, "While the province, in discussion with the RDOS would determine ownership of the parks through Letters Patent, new municipalities typically receive ownership of and take responsibility for the "local" parks. Ownership **could also be transferred** to the new municipality for Kenyon and Lions parks, given the land acquisition as well as improvements and maintenance of the park by OK Falls service area. The phrase "**could also be transferred**" indicates that Regional Parks are not commonly transferred to new municipalities.

Although there was some initial interest in addressing the issue by the RDOS, there has been little action since. Finally on May 4, 2026, the Commission sent a letter to the RDOS Board requesting they "pass a resolution as soon as possible confirming that Lions and Kenyon Parks are local parks and are part of the overall waterfront park system of Okanagan Falls".

All of the beautiful parks in Okanagan Falls have been built and paid for by the community, and it would be tragic to see the community lose control over any of them because of an error in classifying them, delay in addressing the problem by RDOS, and secret negotiations between the Provincial Government and the Osoyoos Indian Band.

A new municipal council will have the ability and responsibility to negotiate best use of Okanagan Falls Parks on behalf of the community with any group, including Osoyoos Indian Band.

Okanagan Falls Volunteer Fire Department



By Cheryl Snyder

Spring has arrived in Okanagan Falls, and with it has come a very busy training season for the members of the Okanagan Falls Volunteer Fire Department.

Throughout the month of May, our department has been focused on completing extensive ladder training exercises. This training involves much more than simply climbing a ladder. Members are required to safely remove ladders of all sizes from apparatus, properly shoulder and carry them, and position them quickly and effectively at emergency scenes. These skills are critical during structure fires and rescue situations where every second counts in helping protect homes, businesses, and lives within our community.



Our firefighters have also been actively participating in interior attack training. This important hands-on training prepares members to safely and efficiently enter structures during fire incidents, while working together under high-pressure conditions.

A special thank you goes out to Lieutenant Craig Anderson for organizing and leading training opportunities within the new Skaha Housing construction project. Access to real-life building layouts and training environments provides invaluable experience for our members and strengthens our department's preparedness for future calls.

As Okanagan Falls continues to grow, so does the responsibility of your fire department. The OKFVFD remains committed to ongoing education, teamwork, and preparedness in every aspect of emergency response. Whether through fire suppression, rescue operations, medical response, or public safety support, our members continue to train hard to serve our community with professionalism and dedication.

Thank you, as always, for your continued support of the Okanagan Falls Volunteer Fire Department. It is an honour to work together in helping keep our beautiful community safe.



Okanagan Falls Business & Community Association Update

By Marshall MacKinnon

Okanagan Falls Business and Community Association (OFBCA) is hosting our **AGM on Wednesday, June 10 at 6:30 pm** in the Okanagan Falls Recreation Centre's Multipurpose Room. We are looking for Board Members and Volunteers.

The OFBCA is continuing to work behind the scenes on some special community events for 2026. Stay tuned for updates. If you have any questions, suggestions, or would like to volunteer or become a member, please email okanaganfallscommunity@gmail.com. We'd love to hear from you. Individual membership is \$10/year and business membership is \$20/year. Keep up to date, share promotional space on social media, and have a say in how businesses in the community move forward.

Music & Market In The Park

By Bob Shanks, Event Coordinator

Music in the Park will be returning to Okanagan Falls on July 1 at Centennial Park. There are 5 performances scheduled in the Women's Institute Bandshell for 2026.

- July 1 - Blueshounds sponsored by Belich's AG Foods
- July 12 - Lee Anthony
- July 26 - Rebel Luv sponsored by FortisBC
- August 9 - Uncorked
- August 23 - TR2 sponsored by Pharmasave Okanagan Falls

The concerts are free for all. There will be food trucks, so you can purchase a meal. The market opens at 3:00 pm and the band begins at 5:30 pm. Bring your lawn chairs, the family and a desire to have good time.

Inquiries can be sent to musicintheparkokfalls@gmail.com.



South Skaha Housing Society Update

By Michael Livingstone, SSSH Chair

Phase 2 Construction Update

If you've driven past the Phase 2 building recently, you've likely noticed just how quickly the project is progressing. The exterior walls are now up, and the roofing is either finished or very close to completion. With the structure fully outlined, the next steps will move the building toward lock-up: installing doors, windows, siding, and all the exterior elements that seal the structure from the weather.

Watching the three levels rise has been fascinating. It has been long enough since Phase 1 was built that many of us had forgotten what the process looked like, and seeing it unfold again has been a reminder of the coordination and craftsmanship involved. The balconies are also being installed, giving the building its first hints of the final design and how the completed homes will feel.

As always, we want to extend a reminder to everyone traveling through the area: **please slow down and use extra caution near the construction zone**. Large vehicles, equipment, and workers are moving in and out throughout the day, and visibility can change quickly. Your patience and careful driving help keep the site safe for both workers and the community.

Each milestone brings us closer to providing much-needed housing for our region. Thank you for your continued interest and support as Phase 2 moves steadily forward.

TOTALLY TWAIN

CANADA DAY CONCERT 



Tickets in Advance: \$65
BBQ tent available for fee.

JULY 1st, 5PM

DETAILS & TICKETS AT SYLRANCH.COM
WINE SHOP OPEN 7 DAYS A WEEK
BISTRO OPEN 7 DAYS A WEEK



SEE YA LATER RANCH

PRIDE IN THE VINES



SEE YA LATER RANCH



Tickets in Advance: \$79
Tickets at the Gate: \$89

JULY 11, 5-8PM

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

Our Observatory, Your Observatory

By Tom Landecker

Every weekend, Saturday and Sunday, our Observatory is open for tours from 10 am - 3 pm (until November 1st). Tour guides are there to show you our Visitors' Centre and to explain how our telescopes work, to explain what the Observatory does and where our work fits in with international research. Our summer tour guides include high school students from Penticton. Your kids might be inspired, just talking to those kids. Find us on White Lake Road, 7 kilometres from Highway 97.

We have a special lecture series this year held on the second Saturday of each month. Join us at 1 pm on June 13th, July 11th, August 8th, September 12th, and October 10th. The lectures cover general topics in astronomy, the work we do with our own and other telescopes, and our engineering work. These lectures are for everyone, kids included. You will have the opportunity to ask questions on any topic.

Visitors will see a new telescope being built, the Canadian Hydrogen Observatory and tRansient Detector, or CHORD. It will consist of 512 dishes, each 6-m in diameter. Yes, 512 of them, close packed into a space 250 by 150 metres. There are 70 of them in place already, with more added every day.

CHORD is a unique project, led by McGill University (Montreal) and the University of Toronto, collaborating with us, the National Research Council, with astronomers all over Canada, and with international partners. The dish antennas are being built on site at the Observatory, using composite materials. Composites are high-tech materials used to build wings and bodies of aircraft, and to build the huge blades of the wind turbines that generate electricity. The technology to build antennas from composites was developed at our Observatory, and has been exported into Canadian industry.

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!

On the evening of Thursday, August 13th 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, and each collision generates a flash of light - a shooting star. You can see shooting stars any time of the year, but at the mid-August shower there are many, many more of them. It's a spectacular event.

And if all that isn't enough, all day on Saturday, October 3rd, we will have an Open House. Lectures, demonstrations, opportunities to see and ask questions. Mark your calendar now. More details will follow - watch this space!

Interesting websites:

- <https://nrc.canada.ca/en/research-development/nrc-facilities/dominion-radio-astrophysical-observatory-research-facility>
- <https://www.chord-observatory.ca/home/>
- <https://chime-experiment.ca>

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



KALEDENHUB

for knowing and responding to individual and family need in the community

If you live in the Kaleden area and have needs, please call the HUB. Our frozen meals (mostly soup) are available immediately. We can also provide grocery shopping - Please allow a few days advance notice.

HUB NUMBER: 250-460-3387

Can The Ketogenic Diet Improve Your Health?

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



When it comes to diet, confusion is the norm as many varying opinions, preferences, and research conclusions clash, leaving consumers at a loss. This is unfortunate considering that real food is our best medicine, and conversely, processed food is one of our worst health enemies. The bottom line is this: there is no one diet that fits all. People have individual needs and issues around food that all need to be addressed before

any recommendations can be made specifically to help them with disease management and health optimization.

That said, we are hearing and reading more about the Ketogenic diet all the time, and the science behind this method of eating is convincing. Convincing in the area of chronic disease prevention and management, weight loss, improving brain and heart health, and even as a component of cancer therapy. The research indicates that although our mitochondria (the power generators of our cells) can burn glucose from the breakdown of carbohydrates, they can also burn ketones from the breakdown of fats. As it turns out, the burning of ketones not only creates more energy, but that this energy production is more efficient and emits fewer harmful chemicals into our cells.

In general, we tend to over-consume carbohydrates in our modern environment of factory food production. The notion that we require three carb-rich meals daily plus snacks to boot is a relatively modern phenomenon that is doing far more harm than good. Typically, a healthy individual has less than one teaspoon of sugar dissolved in the blood stream at any one time. Sugar laden soft drinks and juices can contain about 10 teaspoons of sugar per serving and a bagel breaks down to about 16 teaspoons of glucose. What is the problem with this? Well, there are several. In the short-term, high blood glucose levels set off alarm bells in the body to quickly get the level down. Over time, these alarm bells are harmful to our hormonal management systems that manage stress such as the adrenal glands and pancreas. This contributes to stress related dysfunction such as over-eating, addiction, depression, anxiety, ADHD, over-excitability followed by fatigue, irritability, brain fog and more. Eventually if this type of eating continues, we lose our ability to maintain metabolic balance in the body and more chronic processes develop. Too much stress of any type will lead to dysregulation and the inability to maintain health if left unchecked. Over time, we can become insulin resistant and lose the ability to use glucose effectively as a fuel. We also know that high glucose, being like liquid sugar (something akin to pancake syrup), causes a "stickiness" in our blood and tissues. This process is called "glycation". Glycation is a process of attaching sugar to proteins. This is very harmful to the proteins and can lead to organ damage such as atherosclerosis, kidney failure, damage to the eyes, and deterioration in brain and nerve function.

The Ketogenic diet may be a cornerstone of good health. It was first studied and used successfully to treat childhood epilepsy. It also mimics more traditional eating styles that existed prior to modern food production and the marketing that comes with it. With the Ketogenic diet, fats provide most of the calories, and contrary to popular dietary myths, quality fats do not make you fat, nor do they cause disease. *Quality* is the optimal word here.



the Natural Family Health Clinic & Chelation Centre

Preventing illness - optimizing health, naturally.

OFFERING INTRAVENOUS & INJECTABLE THERAPIES:

- Chelation • Rejuvenation and Detoxification
- Oxidative Therapies • Supportive Cancer Care
- Prolozone Pain Management & Joint Rejuvenation Therapy
- Bio-Identical Hormone Therapy

Dr. Tamara Browne, Naturopathic Physician

Unit 8B, 5350 Hwy 97, Okanagan Falls, BC

250-497-6681
www.drtaamarabrowne.ca



Good fats produce ketones which are powerful, metabolically speaking, providing efficient sustainable energy that lasts much longer than carb-burning. They do not produce glycation, do not produce reactive oxidative species and inflammation, and do not spike insulin which is the process that leads to obesity.

Intermittent fasting and regular exercise are also important components of promoting optimal health with the Ketogenic diet. There are various methods to accomplish these goals and science based information can be found at www.gapsdiet.com, www.dietdoctor.com and www.virtahealth.com.

See a trained healthcare provider for guidance and monitoring if you decide to make dietary changes towards a Ketogenic diet. The potential to gain control of your health, feel great, look great, and avoid chronic disease is enormous with this eating style. As always, this article is for information purposes only and should not be considered medical advice.

Need Medical Equipment?
The HUB had used mobility aids and more to lend.
For more information, please call 250-460-3387.

Relax ... Rejuvenate ... Heal
250.497.8806

Enjoy A Healthy Experience ...
with infrared light and negative ion generation every session.

Jaynie Molloy BSc. Hon. CH.
110 Linden Avenue, Kaleden

Celebrating 40 Years of Service!

Ask Cheryl

By Cheryl L. Snyder, RTC, MRT, CBT

Anonymous Asks:

What do you think happens when an empathetic person in a relationship gets steamrolled by a narcissistic person looking for a rekindling after much hurt in the past? I seem to be pulled under this big wave of sympathy lately and I feel really afraid of what my mind is telling me to do may hurt me? Hope that makes sense?

Dear Anonymous:

I'm going to be very open and honest in my answer here. I'm answering from a place of lived experience and I truly will say, I "know" how you feel.

When an empathetic person reconnects with someone who caused deep emotional hurt in the past, the heart often remembers the hope before it remembers the pain. Empaths naturally want to believe people can grow, heal, and change. They tend to see potential, vulnerability, and the possibility of redemption. Unfortunately, a narcissistic personality often sees that empathy as an open door back into control. One of the emotions that I often teach about is FEAR. Being mindful of the purpose of fear is protection. Protection for you to "remember" the past and where it hurt you, so you have a choice on whether or not it gets to be revisited?

In many cases, the narcissistic partner returns with charm, apologies, promises, affection, or emotional intensity. Sometimes the tactics of control may be with money, assets, children and perhaps any choices that you've made for yourself to promote healing on your path that is not on the narcissists agenda. This can feel convincing, especially when the empathetic person still carries love, unfinished grief, or the desire for closure. The rekindling may initially feel magical - almost like the relationship has finally become what it was always "supposed" to be.

But if true accountability, therapy, humility, and long-term behavioral change have not genuinely occurred, old patterns usually return. Slowly, the empathetic person may begin shrinking themselves again to keep peace. Their needs become minimized. Their intuition gets questioned. Their kindness becomes exhausted trying to prove love while avoiding conflict.

The danger is not simply heartbreak. It is emotional erosion.

Empathetic people often stay longer, because they understand pain deeply. They excuse behavior, because they can see the wounded child behind the narcissism. But understanding someone's wounds does not require sacrificing your own wellbeing.

A healthy rekindling is possible only when both people take equal responsibility, communicate honestly, respect boundaries, and show consistent change over time - not just temporary emotional performances.

Love should never require someone to abandon themselves in order to keep another person comfortable.

Sometimes the most loving thing an empathetic person can do is remember that compassion for others must also include compassion for themselves.

Thank you everyone for all your emails and texts. I want to share I have last week accepted my 100th patient to YOUR WELLNESS JOURNEY. I'm so grateful for the mindfulness of caring for your mental health and growing in your own personal empowerment and wellness!

CHERYL SNYDER

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

YOUR WELLNESS JOURNEY

2 Locations to Serve You: Okanagan Falls & Kamloops

Book Online at Your Wellness Journey

- 250-574-8972
- cherylsnyderccc@gmail.com | yourwellnessjourney.net
- yourwellnessjourney.janeapp.com



RISE AND SHINE!

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



SPRING HOURS:

7-3 Mon-Thu | 7-7 Fri-Sun

Fully Licensed Outside Patio

837 Main St & Hwy 97
Okanagan Falls
778-515-1113

Chinese Food returns on Sundays only
from 4-7 pm with takeout available.

Open Mic Night Saturdays 5-7 pm.

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

Follow us on Facebook and Instagram.



Wine Club Appreciation Party



MEYER FAMILY
VINEYARDS

MAYHEM
WINES

- Catered lunch by **Flambé at Home**
- Live music with **Mandy Cole**

Free for active club members

RSVP required to wineclub@mfvwines.com

Non-club members welcome - tickets \$35
online at MFVwines.com or in our wine shop

Saturday, June 13th 12-4pm



 **Many Hats** THEATRE CO. *Come Play With Us!*
www.manyhatstheatre.com 

Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



Neck pain has become one of the most common complaints in modern life. Hours spent looking at computers, phones, tablets, driving, or even sleeping in awkward positions can leave the neck feeling tight, stiff, and sore. While many people try to simply “push through” discomfort, regular massage therapy can play an important role in reducing neck pain and improving overall well-being.

The neck is made up of muscles, ligaments, joints, and nerves that work together to support the head. Considering that the average human head weighs about 10 to 12 pounds, the neck works hard every day. Poor posture, stress, repetitive movements, and muscle tension can place extra strain on this area, causing discomfort that may spread into the shoulders, upper back, and even create headaches.

Regular massage helps by relaxing tight muscles and reducing built-up tension. Muscles that remain tight for long periods can pull on surrounding structures and limit movement. Massage encourages these muscles to release, helping the neck feel looser and more comfortable. Many people notice improved flexibility and range of motion after treatment, making everyday activities easier. Massage also supports healthy circulation. Improved blood flow helps bring oxygen and nutrients to muscles and tissues, while assisting the body in removing waste products that can contribute to soreness and stiffness. Better circulation may help reduce the feeling of tight, achy muscles and support recovery.

Stress reduction is another important benefit. Emotional stress often settles into the neck and shoulders without people realizing it. During stressful periods, many individuals unconsciously tighten these muscles throughout the day. Regular massage promotes relaxation and can help break this cycle of tension.

Neck pain does not always disappear overnight, but regular massage may help reduce discomfort, improve movement, and support a healthier, more comfortable daily life.

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

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



Creative Wellness Solutions
Providing a unique combination of Chair Massage & Wellness Coaching
Call Dee-anne ~ 250-497-5974
www.CreativeWellnessSolutions.com

SUMMER
Recreation Guide
JULY - AUGUST 2026

OPEN FOR VIEWING ON
JUNE 11, 2026

FOLLOW THE QR
CODE FOR MORE
INFORMATION



 rec@rdos.bc.ca [@rdosrecreation](https://www.instagram.com/rdosrecreation) rec.rdos.bc.ca

BLASTED CHURCH

Block Party

Join us for a Day of Divine Summer Revelry


Thursday, July 2, 2026 | Noon – 7pm

Free entry – family friendly

LIVE MUSIC ALL DAY • SWIMMING

PRIZES • FOOD TRUCK & POOLSIDE BBQ

ALL DAY HAPPY HOUR

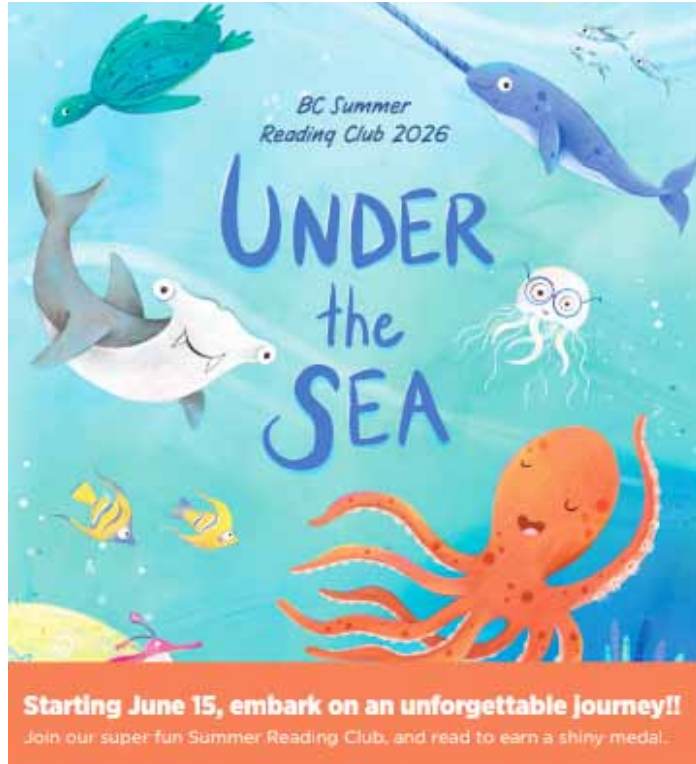


378 Parsons Road, Okanagan Falls | 250 497 1125 | Blastedchurch.com

Kaleden Branch: 101 Linden Avenue - 250-497-8066
New email: kdstaff@orl.bc.ca

Tuesday 1-5 pm / Thursday 1-8 pm / Friday 12-4 pm

Chart a course to the library starting June 15 to discover an ocean of summer possibilities. Stop by the library to pick up your reading log and preview our wave of creative activities for our Summer Reading Club program.



Children's Programs:

Preschool Storytime on Tuesdays from 10-10:45 am until June 30th. This is a great family activity to share in the mornings with your little ones. We explore rhythm, counting, colours and more!

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

LEGO Master Builders: Build, Create, and Explore After School! Every Friday at the Kaleden Library from 2-4 pm until June 26. This is a drop-in program where you can complete a LEGO challenge or just hang out and build. Each week brings you closer to a fun LEGO prize as a reward for your dedication and creativity. What will you build today?

All Ages:

Support Your Library: Used Books for Sale! We have just added a fresh selection of titles to our "For Sale" shelves. All proceeds directly fund our community programs. Do you have books in good condition? We would love to take them off your hands! Browse the collection today or chat with a librarian to learn more.

Submitted by *Rachael Dowden, Kaleden Community Librarian*

Don't forget to review us on [TripAdvisor](#) & [Facebook](#)! Powered by

Enjoy Our New Summer Hours
Open Tuesday-Friday 7:30-3:00 & Saturday 9:00-2:30
Any inquiries, email kjcoffeebar@gmail.com 778.515.6502

K Coffee Bar
5121 9th Avenue, Okanagan Falls

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

As the warmer weather approaches, programs at the Okanagan Falls Library will soon be shifting for the season.

Our Tech Talk series has now wrapped up for the spring, and we're happy to share that it was a great success and very well received by the community. Thank you to everyone who participated! Stay tuned for updates on returning dates this fall - we look forward to welcoming you back.

Book Club will continue, with the next meeting taking place on **Wednesday, June 17**. We look forward to another engaging discussion - new members are always welcome!

Our **puzzle exchange** and **seed library** are, as always, available to all members of the public. Feel free to stop by, take what you need, and share what you can!

The Okanagan Falls Library would like to send out a special "Thank you" for the beautiful flowers planted in our flower pot.

What do ponds, bubbles, storytelling, and fossils all have in common? You guessed it - this year's **Summer Reading Club** theme is **Under the Sea!** We're still in the early stages of planning, but we can already promise that our programs will be more exciting than ever. We'll also be introducing some special additions to this year's Summer Reading Club that you won't want to miss. We're especially excited to welcome the ORL Makerspace team for a special visit, bringing along some amazing hands-on STEAM activities for participants to enjoy. More information will be released on **June 15**, when Summer Reading Club packages will be available for pick-up at the library. Stay tuned - we can't wait to dive in with you!

Submitted by *Artesa Wiker, Okanagan Falls Community Librarian*

SOUTH OKANAGAN CONCERT SERIES
2026-2027 Season Now on Sale!

 October 16 COLLAGE TRAD	 November 15 ALL THE MADMEDS
 January 21 AURORA PIANO TRIO	 April 2 VIRGINIA SPARVIER-WELLS TRIO

Tickets & More Info
[WWW.VENABLETHEATRE.CA](http://www.venabletheatre.ca)

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

Our school garden is beginning to thrive! Students have been busy tending to peas, lettuces, and strawberries, and it has been rewarding to watch both the plants and our young gardeners flourish. Hands-on learning outside and especially in the garden continues to provide valuable lessons in responsibility, teamwork, and environmental stewardship.

Our students have also been showcasing their talents in many ways. We recently enjoyed a fantastic talent show filled with music, performances, creativity, and plenty of school spirit. It was wonderful to see students sharing their gifts and cheering one another on.

A huge congratulations goes out to everyone who participated in fundraising for Jump Rope for Heart this year. Through the enthusiasm and generosity of our students, families and community, we raised an incredible \$626 for heart and stroke research and education. Thank you to everyone who supported this important initiative.

Athletics and outdoor learning continue to keep our students active and engaged. We are proud of the students representing our school at the District Badminton Tournament, and many classes are also enjoying swimming lessons this season.

Divisions 4 and 5 are eagerly preparing for their upcoming trip to Spotted Lake, where students will have the opportunity to explore and learn more about this unique and culturally significant natural site.

Division 1 recently visited the new museum and had a wonderful experience exploring exhibits and participating in hands-on learning activities. Field trips such as these help bring classroom learning to life and create lasting memories for students.

We were also thrilled to host our Welcome to Kindergarten event, where we met many of our newest learners and their families. We look forward to welcoming these students into our school community in the fall. If you are wanting to register a new student, please contact the office ASAP so that you don't miss out!

Building connections with neighbouring schools is important for us. This month, we are excited to continue a new community-building partnership with Cawston Primary, who will be visiting Divisions 2 and 3. Opportunities like these help students develop friendships and strengthen connections across our district.

As we look ahead to this next month, there is even more excitement on the horizon. Our Grade 7 students will begin their transition activities to the high school as they prepare for this important next step in their educational journey. We also look forward to a special Yo-Yo presentation, a Fun Day with Fit Ninja generously supported by our PAC, the District Track and Field Meet, and of course, our Grade 7 Farewell celebration.

Thank you to our dedicated staff, supportive families, PAC, and community members who continue to make our school such a vibrant and caring place for children to learn and grow. We are proud of all that our students are accomplishing and look forward to finishing the school year strong together.



OKANAGAN NAIL SPA
 Extensions Builder Gels Nail Art
 Deluxe Manicure Pedicure

Book Online Google

Call for an Appointment
778-515-8888

1016 Main St, Okanagan Falls

Shop Local. Buy Local. Tailoring Also Available!

THE FALLS
 BARBER + SHAVE SHOP

GRADES 2026
 Tailored Grad Suits for just \$289

BARBER SERVICES	MENSWEAR
Kids under 11 \$20	We are fully stocked with a great selection of everyday menswear & accessories. We have suits & dress shirts for weddings & all occasions. Tailoring also available!
Seniors/Basic Buzz \$21	
Men's Cut/Style \$30	
Men's Cut/Style (Long Hair) \$35	
Bear Trim (Clipper Only) \$20	
Bear Trim with Razor Cut-Out ... \$25	
Straight Razor Shave \$50	
Head Shave with Straight Razor ... \$45	

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



STAG'S HOLLOW

Open Daily
11am - 5pm
stagshollowwinery.com

Let's celebrate dad!
Treat dad to a complimentary tasting on the patio overlooking the hollow this Father's Day weekend June 20th & 21st and enter for the chance to win a \$150 BBQ Prize Pack!

Reservations recommended, walk-ins welcome.

This project is supported by the BC Government's Buy BC Partnership Program, delivered by MNP LLP with funding from the Government of British Columbia.



School Trustee Report For SD53

By Sholeh Pickell, School Trustee

There are many year end celebrations slated for June, which makes for a busy month in the district. These events include many graduation ceremonies, year end fun days and a retirement and long service recognition ceremony for teachers. For me personally, I have my youngest son's graduation from SOSS to commemorate. This month, I wanted to highlight a few things happening through the summer, as well as initiatives upcoming for next year.

Planning for summer literacy and numeracy programs is well underway. All elementary schools will offer a summer program focusing on literacy, numeracy, or a combination of both. Given that numeracy is a key district priority, an additional planning day was held in May for teachers leading summer numeracy programs. The collaborative session provided an opportunity to share ideas and resources, ensuring teachers feel confident and supported in the design and delivery of their programs, and that programming is aligned with foundational numeracy skills outlined in the curriculum.

Okanagan Similkameen submitted an Expression of Interest to the Ministry to pilot and field test the BC Early Literacy Screening Tool, which will be mandated for all schools in Kindergarten to Grade 3 beginning in September 2027. We were selected, and now teachers in our district will have the opportunity to provide feedback to the Ministry as the tool is developed, while also becoming familiar with its use during the 2026-27 school year, prior to province wide implementation in 2027-28. Early access to the screening tool will support teachers in building capacity and expertise, while also easing the transition to full implementation.

Okanagan Similkameen has been awarded a \$25,000 grant to support the development of a Dual Credit program focused on First Nations students who are interested in pursuing a career in education. The grant application was jointly submitted by Okanagan Similkameen SD53 in partnership with the Lower Similkameen Indian Band (LSIB), Upper Similkameen Indian Band (USIB), and Osoyoos Indian Band (OIB). Program development will continue in collaboration with all partners, with a planned program start date in January 2027.

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

Okanagan Falls PAC Update

By Kari Hill, PAC Chair

As another wonderful school year comes to a close, we want to send out one final and heartfelt thank you to our amazing community. To every business, family, volunteer, donor, supporter, and community member who contributed to not only PAC, but also to our Elementary School, thank you! Your generosity, encouragement, and support helped make this year incredibly successful for our students. From field trips and activities, to music, sports, dance, movie nights, and community events, your support helped create memories our students will carry with them for years to come.

Next Meat Draw at the Legion ~ Before we wrap things up for the summer, join us for our next PAC Meat Draw on **Saturday, June 13th** at the Okanagan Falls Legion. Come out, say hello, and enjoy one more fun community event before we take our summer break!

Looking ahead: While PAC fundraising is wrapping up for this school year, we'll be back at it next year with even more community fun - including more BBQs, more markets, more movie nights, and more opportunities to support our amazing school.

To all of our PAC volunteers, school staff, faculty, and supporters: thank you for another fantastic year. We hope everyone has a safe, sunny, and well-deserved summer!

Central Ridge Veterinary Clinic



Dr. Sylvia Tingson D.V.M. in Okanagan Falls **250.497.7808**

Open Mon - Fri 9-5 & Sat 9-12 Medicines • Surgery • Vaccinations



SKAHA
HEATING & AIR LTD.

Residential & Commercial

- Heating & Air Conditioning
- Water Heaters
- Installations
- Maintenance & Repairs



250-488-2092
steve@skahaheating.com

STEVE MARTEL
Owner / Red Seal HVAC Technician
Licensed & Insured

Air Conditioner or Furnace Service \$100.
Plus parts & tax. Expires 12/31/26



Retaining Walls

Brickwork ~ Patios, Sidewalks & Driveways

Planting & Garden Work

20 Years of Experience!

Free Estimates!

Call Steve: 250-488-6620

Website: meadowlarklandscaping.ca

Email: steve@meadowlarklandscaping.ca

A Heartfelt Thank You To Kaleden Volunteer Fire Department

By Nayda Paruk, Secretary for Canadian Food for Children

Canadian Food for Children would like to extend its sincere gratitude to the Kaleden Volunteer Fire Department for their continued generosity and community spirit. Once again, the department kindly allowed us to collect unclaimed items from their popular Annual Yard Sale. Items including bedding, kitchen goods, suitcases, toys, and candles will be carefully packed and sent to families in need around the world, where they will make a meaningful difference in people's daily lives.

This kind of thoughtful giving is what makes our community so special. To the Kaleden Volunteer Fire Department: thank you for thinking of us. Your support is truly and greatly appreciated.

Kaleden Elementary PAC Update

By Trenna Fisher, PAC Chair

The Kaleden Elementary School PAC would like to extend a big thank you to the following sponsors who helped make our Rib Dinner Fundraiser such a great success: Frog City Café; Linden Gardens; Doug's Homestead; Ponderosa Point Lakeside Cabins; Folie Flower Farm; Tangent; Guerard's Furniture; KRS Contracting; Movement Wellness & Massage; The Falls Barber & Shave Shop; Penticton Lakeside Resort; St. Andrews by the lake Golf Resort; Yees Trees; Interior Roofing; Central Interior Traffic Control Ltd.; Yellow Dog Brewing Co.; Slackwater Brewing; Smugglers Trail; Elephant Island Winery; Black Market Wine Co.; and Oak Knoll.

Can't wait to host this incredible event next year!

Highlights From Kaleden Elementary School

By Principal Jessa Arcuri

First, we were excited to welcome our future kindergarten students through the Ready, Set, Learn program. We are also looking forward to meeting the 2026-2027 Kindergarten class on June 10 for our Welcome to Kindergarten event, where next year's students will visit their first classroom at KES. A heartfelt thank you goes to Ms. Noble for organizing both of these events and helping our future learners feel comfortable and confident as they begin their transition into school.

Second, we extend our appreciation to the parents and community members who volunteered their time to share their careers during Career Day. Students were eager to learn about entrepreneurship, firefighting, biology, piloting, mechanics, paramedicine, nursing, and the important work done by the RDOS. Your participation helped spark curiosity and inspire our learners.

Third, we want to celebrate the success of our Spring Concert, which showcased the performing arts in many forms. Students shared their talents in clay making, movement, singing, instrumentation, script writing, and set design throughout the production. Thank you to Ms. Edis for her fantastic work with the KES students in Art.

As we wrap up May and look ahead to June, our Grade 4-6 students are preparing for the Kaleden Run on May 22 and the District Track and Field events on June 3-4. Our students are eager to compete alongside peers from across SD67. Thank you to all the volunteers supporting both the Kaleden Run and the track and field events. Your help ensures these activities run smoothly and safely.

Lastly, all KES staff would like to express our gratitude to the many volunteers who have supported field trips, presentations, hot lunch, PAC initiatives, One-to-One Reading, and so much more. We look forward to honouring your contributions at the Volunteer Tea on June 17 at 1pm. A special thank you goes to the KES PAC for their dedication and fundraising efforts this year. We truly appreciate it.



Handyman & Custom Finish Carpentry

Let's Finish It
Your DIY Rescuer

*Helping the
Do-It-Yourself
Homeowner*

Jay Mallach
250.490.6343

No Job Too Small
Licensed & Insured

jaymallach@gmail.com
LetsFinishIt.ca

School Trustee Report For SD67

By Karen Botsford, School Trustee

Kaleden Elementary ~ I attended the PAC meeting on May 5 and heard firsthand that the proceeds from the biggest fundraiser this year were \$7000. Held at Frog City Café in Linden Gardens the dinner/dance was well attended. The school is working on thank you notes to all the sponsors who supported the event with a huge thank you to go to Frog City Café and Doug's Homestead. It is wonderful to see how the community comes together to support the school. I commend the hard work of the members of the PAC who contribute month after month to the school, providing special events and hot lunches. If you have been wondering about joining the PAC, it is a wonderful opportunity to be involved in the school and support your children and I dare say, have fun while doing it!

On May 15, I attended the Kaleden Spring Concert and what a delightful program! From dramatization of *Peter and the Wolf to Carnival of the Animals*, poetry, visual art (ceramic fish) at the entrance of the gym and a huge finale with students (and audience) singing *Country Roads*. Accompanied by students on Ukelele, everyone was enthusiastic, engaged and having fun. Thank you to Fine Arts Teacher, Ms. Edis, for her vision and hard work and to staff and parents who supported Ms. Edis!

West Bench Elementary ~ Trustee Van Alphen and I attended the West Bench Pow Wow on Friday, May 15 held from 9-noon. The morning opened with an Indigenous hoop dancer who was amazing. He explained that across North America, Indigenous dancers tell stories unique to their geographical area. Manipulating 16 hoops, to represent various shapes, his story included animals (butterflies and eagles) and the sun, moon, stars, and clouds/water. Following the opening, students rotated through hands on learning stations for the rest of the morning. An Indigenous meal was provided for lunch. Thank you to Kristine Jack, Syilx Language and Culture Teacher, who organized the Pow Wow and to the folks who came into the school to support the activities and prepare lunch.

Naramata Elementary ~ I have just returned from the 103rd May Day Celebration in Manitou Park in Naramata, where the festivities included a parade led by the Summerland Pipe and Drums Honour Guard with the Naramata Elementary dancers and ambassadors following. The program included the traditional May Pole dancing, ambassador speeches, decorated bike contest and old fashioned and new games. The PAC and supporters provided refreshments and the event ended with ice cream provided by the Naramata Fire Department. The Grade 5 Ambassadors this year were Elliot Petrisor and Dorian Sutherland, both spoke eloquently about their love of living in Naramata. The community came out on a beautiful sunny morning to enthusiastically support the annual event. Thank you to the May Day organizing committee - well done!

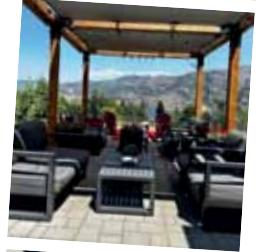
Brace yourself, after attending meetings in Kaleden, West Bench and Naramata Elementary Schools, there are lots of activities planned between now and the end of the school year. Embrace it all and enjoy - for the summer and a slower pace will come soon. For more information, please contact Karen Botsford, School Trustee for SD67, by sending an email to kbotsford@sd67.bc.ca.

NOT YOUR TYPICAL WINERY

Great views.
Small-lot wines.
Friday Night Flights.
Wine blending experiences.

Thursday-Monday | 11-5

blackmarketwine.ca



Kaleden Bursary

By Mike Gane



The Kaleden Bursary Committee is offering several bursaries to Kaleden area students that live within the V0H 1K0 postal code. They must be graduating from Grade 12 this academic year (2026) and pursuing further education.

Application for Kaleden bursaries can be made by submitting a letter or email and providing the following information:

- Plans for further education (university, college, or technical school) and type of education being pursued.
- Did you attend Kaleden Elementary School?
- Which high school are you graduating from?
- How long have you lived in the Kaleden area (including Twin Lakes, White Lake Road and St. Andrews-by-the-Lake). Mailing address must include V0H 1K0.
- Any Kaleden community involvement?
- Hobbies, interests and volunteer/work experience.
- Include your name, mailing address, Social Insurance Number, cell phone number, and email address.
- If you are a successful applicant, you will have two years to claim the bursary from the date awarded.
- If awarded, a thank you note or letter must be sent to the sponsor of your bursary. The bursary funds will not be released until the thank you note/letter is received by the sponsor.

Applications must be received by July 1, 2026 and should be submitted to: Kaleden Bursary Committee, c/o Mike Gane, Box 183, Kaleden, BC V0H 1K0. Email: kaledenbursary@gmail.com.

If any members of the community would like to sponsor a bursary or donate to the Kaleden Bursary Fund to assist students with their post-secondary education, please contact Mike Gane.

easylock
SELF STORAGE
and RV SUPERCENTRE

CALL NOW
250.497.3279

ACCESS
7 DAYS PER WEEK

For All Your Storage & RV Needs ... Think EASY!

Office Hours: Monday - Friday 8:30-4:30 & Saturday 10:00-3:30
1964 Oliver Ranch Road, Okanagan Falls
info@easylockselfstorage.com www.easylockselfstorage.com

Five Property Title Issues I See In BC Real Estate

By Sergej Sinicin of neuHouzz Real Estate Group



When you buy or sell a home in British Columbia, the **title**, the legal ownership of the property, is one of the most important things to get right. Most of the time, a title search through the **BC Land Title and Survey Authority (LTSA)** is straightforward. But every so often, a file comes across my desk with a complication that needs attention before the deal can close smoothly.

Here are five of the most common property title issues buyers and sellers run into across the South Okanagan and throughout BC - and why it's important to catch them early.

1. Liens or Financial Charges ~ When you purchase a home in British Columbia, the title must be free and clear of any claims or debts registered against it. Two of the most common issues that show up on a title search are liens and financial charges.

A lien is a legal claim placed on a property when money is owed. This can include unpaid property taxes, strata fees, contractors' bills, or even court-ordered judgments. A lien must be resolved before ownership can legally transfer.

Financial charges are registered debt obligations that use the property as security. The most familiar examples are mortgages and home equity lines of credit, but they can also include things like assignments of rents for investment properties. Unlike liens, financial charges don't necessarily indicate a problem - they simply confirm the property has been used as collateral.

Both liens and financial charges will appear on the title and must be addressed before you can take possession. A thorough title search is the easiest way to spot these early, avoid surprises, and keep your transaction running smoothly.

2. Easements and Rights-of-Way ~ Many BC properties - especially rural, lakeview, or hillside parcels - include easements for utilities, neighbours, or access roads.

These aren't bad, but buyers need to know exactly what they allow. An easement could impact where you can build a shop, add a fence, or expand your driveway. I always review these with clients, so there are no surprises after possession day.

3. Boundary or Survey Discrepancies ~ Older properties in communities like Kaleden, Okanagan Falls, and Twin Lakes sometimes come with survey lines that don't perfectly match fences, retaining walls, or driveways.

This is called an encroachment, and while it's common in older neighbourhoods, it still needs attention. The fix can be as simple as speaking with the neighbour to clarify boundaries or agreeing to adjust the structure. In other cases, a formal encroachment agreement may be needed and can be registered on title, so both parties are protected. The key is catching it early, so the issue can be resolved before it holds up the sale.

4. Errors or Missing Information on Title ~ Clerical mistakes do happen at the LTSA: misspelled names, old charges that should've been removed, past mortgages still showing, etc.

These errors don't mean you can't buy the home - they just need correction, and that can take time. When we catch them early in the process, we avoid last-minute stress.

5. Unregistered Interests or Unknown Heirs ~ This comes up most often with inherited properties or long-held family homes.

If someone with a legal interest in the property wasn't properly removed or documented - such as an estate not being fully probated - title transfer can be stalled until the legal ownership is clarified.

nh neuhouzz
REAL ESTATE GROUP
Because who markets your home does matter.®
Listing? Buying? Call us.
778-764-1373 exp REALTY

The Takeaway ~ Property title issues are common, but they're far less frustrating when you catch them early. Whether you're buying or selling here in the South Okanagan, reviewing the title is always one of the first steps I take with clients. A clean title doesn't guarantee a perfectly smooth transaction, but it does remove some of the biggest potential roadblocks. Think of it as laying down solid footing before you start walking: the fewer surprises hiding in the title, the more likely the rest of the process will unfold the way it should.

If you ever want a quick, friendly review of your title or have questions about a property you're considering, I'm always happy to help. Reach out to 778-764-1373.

LOCKE PROPERTY MANAGEMENT LTD.
*The South Okanagan's preferred
Property Manager for over 40 years!*
OFFICE 250-492-0346 FAX 250-492-6673

528 MAIN ST. PENTICTON, BC V2A 5C7
www.lockeproperties.ca

South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

Over the past couple of years, I have been blessed to gather weekly with a group of 15 women who contribute much to the lives of their friends and communities. Some live independently, while others live in shared housing. Several have changed their type of housing over the course of the time I have known them. All live in the South Okanagan. Each are resilient and capable!

All are committed volunteers who give of themselves in diverse ways. Driving to appointments, helping with Bingo, reading to a visually impaired friend, getting groceries for a neighbour, translating correspondence, and helping plant a garden are just some of the various ways that my group of women volunteer. A couple of weeks ago one of the women had to miss our group meeting, because she was taking a friend to an appointment in Kelowna. Such are the acts of kindness that are all around! There is no shortage of expressions of thoughtfulness.

If you are interested in simple ways of volunteering, contact Subrina Monteith, the Executive Director of the South Okanagan Similkameen Community Connections Volunteer Centre and she would be happy to brainstorm ideas with you. Look us up on our webpage at www.volunteercentre.info or email to info@volunteercentre.info. You'll be glad that you decided to volunteer in 2026!

Let's commit ourselves to a summer of interaction with others as volunteers. Have a wonderful summer!

Kaleden Museum & Archives

By Mike Gane
 "Then & Now"



Above is a postcard from 1930.



Above is a picture that was taken last fall, when Peter Findlay came through the area in his vintage Russel automobile.

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



Kaleden Seniors Committee Update

By Karla Avendaño, KSC Coordinator

Last month, we had the pleasure of meeting Kathleen McCourt, our guest speaker from Friends of Summerland Ornamental Gardens. She gave a presentation filled with interesting information about soil, native plants, and smart gardening practices in the face of climate change. Thank you, Kathleen, for sharing your knowledge with us, and thank you to everyone who attended.



Save the date for our last event before our summer break! Join us for a Picnic in the Park on June 10th at 5:30 pm. We hope to see you there. Bring a dish to share, pulled pork sandwiches and refreshments will be provided by KSC. See poster for details.

If you would like to receive our newsletters, please send an email to kaledenseniors@gmail.com.

CatMatch



WANTED: Dedicated Cat People to train for bottle feeding babies!

AlleyCATS is looking for people to train to step in and become the MOMMA Cat when needed. Kittens need to be fed every couple of hours, 24 hours a day, which means night time feedings. We will train you and supply you with everything you need.

If you are interested in learning more, please email us at alleycatsalliance@gmail.com.

Jardin Estate Jewelry & Antiques

Recycling the Elegance of the Past

5221 Hwy 97 Okanagan Falls

250.497.6733

www.jardinantiques.com

Need A Ride?

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

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

Thank you to all who attended our Community Day on May 9. It was a great day! We were able to show off our new exhibits, the refurbished Kenny McLean room and our freshly painted tractor! This tractor, along with our new sign, is a cheery welcome as you are driving into town.

This is your last chance to buy a brick paver. We still have some left. Small bricks are \$150 and large are \$300. Leave a legacy!

We still have a lot of projects to be done, so if you are looking to fund something great for the community please let us know. We can also issue tax receipts. Funding a project is also a way of leaving a legacy, as we can add your name as a sponsor. We are the little museum with BIG plans! The biggest project is a new archive/office. This is badly needed, as we need to properly store our photos and documents in a temperature controlled environment.

The museum is now open for the season, so come on by and see us! We are open Wednesday through Saturday from 10am - 3pm.



Thrft Shop
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!

Okanagan Falls Seniors Activity Society


By Heather Jackson

We are located at 1128 Willow Street in Okanagan Falls. The local bus stop is right across the street from our front doors.

Check out our website at www.okfallsseniorscenter.ca. Follow us on Facebook at "Okanagan Falls Seniors Centre".

Activities in June 2026:

- Canasta** ~ Mondays at 10 am
- Evening Pool** ~ Mondays at 6 pm
- Tuesday Bingo** ~ Tuesdays - June 2, 9 & 16 at 1 pm
- Evening Pool** ~ Tuesdays at 5:30 pm
- Mexican Train Dominos** ~ Wednesdays at 1 pm
- Afternoon Pool** ~ Thursdays at 1 pm
- Bridge** ~ Thursdays at 1 pm
- Cribbage** ~ Thursdays at 7 pm
- Line Dancing** ~ Fridays at 1 pm
- General Meeting** ~ Monday, June 1 at 1 pm **includes the AGM**
- Pancake Breakfast** ~ Saturday, June 6 from 8-10 am
- Pancake Breakfast** ~ Wednesday, July 1 from 8-11 am
- Drop-in Bingo** ~ Saturday, June 20 from 1-4 pm
- Annual BBQ** ~ Saturday, July 4 at 5 pm (In place of June's monthly potluck. Bring your own plates & cutlery, salad or dessert.)
- Country Music Jamboree** ~ concluded until September 27
- Crafts & Coffee** ~ concluded until September
- Scrabble** ~ On hold for now - looking for players
- Carpet Bowling** ~ On hold
- Theatre Group** ~ On hold for now - looking for participants
- Lending Library & Puzzles** ~ For members when hall is in use
- Booking Agent** ~ Please call Heather at 250-497-1171.



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



Branch 227
Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

If you have never been a Legion Member, now is a great time to join. **This is 100 Years for Legions!** You will receive both 2026 and 2027 for the price of one year! And your name will be put in the draw for a Ford Truck!

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

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

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

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

Pancake Breakfast on Father's Day on June 21 from 8-10 am ~ Adults \$10, Kids under 12 years \$5, and under 3 years are free. We will not be having Pancake Breakfast in July and August.

General Meeting on Tuesday, June 16 at 7 pm ~ This will be the last one until September 15.

PLEASE NOTE ~ We will not be open on **June 27**, as we are closed for a ticketed event - **The Gecko Band from Mexico!** Also, we will not be open on **June 28**, as volunteers need time to relax after the Saturday event and clean up.

Volunteers ~ Are always welcome. Come on down to the branch.

Bottle Returns ~ Drop off cans and bottles by the garage door at the back of the Legion parking lot. Thank you!

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

WE ARE A LITTLE LEGION WITH A BIG HEART!

Desert Sun Counselling & Resource Centre



**Supporting Seniors
In Our Communities**

Proudly serving
Okanagan Falls • Oliver • Osoyoos

Better at Home Program

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

Community Lift Bus

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

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

Call us today at 250-498-2538

www.desertsuncounselling.ca

Okanagan Quilters

By Barb Shanks

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



Okanagan Falls Lions Update

By Bob Wilson, Past President

"Here comes Summer" - so the song begins and certain days are beginning to show promise, but it's nice to see rain occasionally. Lawns to mow, gardens to tend and all those things that have to be done - like golf! And great hopes for few fires this year!

Not a lot to report this month, as all is continuing as usual. School Breakfast program is running 3 times a week, with 30 plus children attending most days. June is the final month before the summer break, and we'll be back in September. Thank you once again to all the volunteers, who spend their mornings doing this important activity year after year ... 25 years or thereabouts since it was started in the community.

Nice to see all the folks who attended the Belich's AG Foods 4th Anniversary. It doesn't seem like 4 years since they arrived and opened their doors. Our club was there with some goodies for sale and Helping Hand people cooked some hot dogs as a fundraiser. A little wind and rain in the day didn't dampen the spirits of the event. Happy Anniversary to the Belich Family and their employees.

Used eyewear containers are filling up again, so we should be ready to send another shipment this fall. Thanks to all who donate.

Next up is Music in the Park on Canada Day, following our Hot Dog BBQ in Kenyon Park from 11am - 1pm, with music scheduled to start around 5pm in Centennial Park. Watch for posters and Facebook.

Until then, we wish everyone well, keep safe and see you all soon.

Blood, it's in you to give! The next Blood Donor Clinics will be held June 1-4 & June 29 - July 2 at the Penticton Senior Drop In Centre from 1:30-5:30pm. 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 7pm upstairs in the Okanagan Falls Legion. Come and join us and see what we are all about. If you have any questions, please call 778-439-2275. Visit www.e-clubhouse.org/sites/okfalls/ or www.facebook.com/okanaganfallsionsclub.



Elks Lodge Oliver #267

By Dee-anne Stone, Secretary

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

Open: Tuesday to Sunday, 1 pm to closing. Come watch the FIFA games and enjoy the best beer prices in town!

TAPS: Every Wednesday and Thursday 9 am - 1 pm. A program for seniors offered free of charge featuring activities such as chair yoga, music bingo, karaoke, arts and crafts, and computer literacy lessons. A home-cooked lunch for \$7 and free round-trip transportation is provided.

Meat Draw ~ Every Sunday at 3 pm. No Minors. Meat provided by Belich's AG Foods. June 7 hosted by WOW and June 28 hosted by U18 Pinnacle Soccer Team.

Breakfast ~ 2nd and 4th Sundays from 8:30-11 am. Bacon, eggs, sausage, home fries, pancakes, toast, coffee and juice all for \$10.

Darts ~ Drop-in darts - toeline Sundays at 2 pm and Wednesdays at 5:30 pm. Come early to sign up.

Mahjong ~ Wednesdays at 1 pm.

General Meeting ~ Tuesday, June 9 at 7 pm. Second Tuesday of every month.

Hall Rental ~ Large hall and kitchen for rent. Email for inquiries.

Contact ~ 250-498-3808 or oliverelkslodge267@gmail.com
477 Bank Avenue, Oliver | Facebook: Oliver Elks Lodge #267



- PLUMBING
- HEATING
- GAS FITTING
- AIR CONDITIONING
- DUCTLESS

BOX 539 OKANAGAN FALLS BC. V0H 1R0 PH: 250-497-8858

www.sarsonsmechanical.com

Beat The Heat!

- ☀️ Have your Air Conditioner/Heat Pump Serviced before it's too late.
- ☀️ Take advantage of the Fortis Appliance Service rebates.
- ☀️ Ask about our current Air Conditioner specials while supplies last.
- ☀️ Now Available BIOGUARD Pool & Spa Water Testing & Supplies.

Providing Plumbing, Heating, Gas Fitting, Air Conditioning, and Contractor for Betterhomes/Clean BC Rebate Program.

Serving The Community For Over 30 Years!

Now Nighthawk VINEYARDS
OPEN
SEVEN DAYS A WEEK

VISIT US · MON - WEDS, 11 - 5 PM
THURS - SAT, 11 - 6 PM
SUN, 10 AM - 6 PM

DINNER SERVICE THURS - SUN 5 - 7 PM	WAFFLES & WINE SUNDAYS 10 AM - 12 PM
---	--

reservations through our website

nighthawkvineyards.com

This project is supported by the BC Government's Buy BC Partnership Program; delivered by MNP LLP with funding from the Government of British Columbia.

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/Teen Church at 11 am

With Pastor Jon Manlove - Everyone is welcome!

Worship services recorded at OKFCC.net.

Ladies Bible Study ~ Tuesdays at 10 am

1356 McLean Creek Rd, Okanagan Falls | 250-497-5131

Okanagan Falls United Church

Sunday Service at 9 am ~ Speakers: June 7 - Rev. Laura Turnbull; June 14 - Rev. Paul James; June 21 - Sarah Tupholme; and June 28 - Rev. Paul James. Coffee fellowship following the services. More information available at okfallsunited.ca.

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

Our Lady of Lourdes Catholic Service

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

St. Barbara's Anglican Church

Sunday Service at 9:30 am ~ Join Rev. Rick Paulin on the 2nd and 4th Sundays of the month. Morning Prayer on the 1st and 3rd Sundays. Everyone is welcome! Email for more information.

1039 Willow St, Okanagan Falls | st.barbaraanglican@gmail.com

Fun Social Recreation Discovered In Okanagan Falls

By Rosalyn Garnett, President of the
Okanagan Square & Round Dance Association

On the afternoon of May 2, there was a "Try It" event for modern recreational square dancing in the Okanagan Falls Seniors Centre. The organizers wish to thank everyone who came. There were 41 people in attendance ranging from teens to seniors including non-dancers, "angels" (experienced dancers) and the caller-teachers.

The fun event had 4 or 5 squares dancing throughout the afternoon (a square consists of 4 couples or 8 people). The 3 callers had the newcomers learning their allemande left and grand right and left calls and they had a great time doing it. There were square dances as well as a contra dance (which is a type of couples column dance).

The music was chosen by the callers, so the dancers moved to anything from rock & roll, to pop, to country. The rhythm gets you moving and grooving along with it. Big smiles were on all the faces. It's hard to believe that you could have so much fun walking at least 2 kms - what a great way to get your exercise! Snacks, coffee and water were provided to keep the dancers energized.



In mid July, there will be a big Festival of square, round and clog dancing at the Penticton Trade & Convention Centre. Look for more information next month in Skaha Matters.

Those interested in participating in this social recreation can contact us at dancinglikethestars@gmail.com.

ReliableTravel.ca
250-488-9313

Vi Creasey
vicreasey@shaw.ca

Diane Chatfield
dchatfield@tpi.ca

BC Business Licence #48999

Dive Into Turks And Caicos

By Diane Chatfield

Turquoise water so clear it feels unreal, sand as soft as sifted flour, and a pace of life that quietly recalibrates your sense of time - Turks and Caicos isn't just a beach destination; it's an atmosphere. Set in the Atlantic southeast of the Bahamas, this chain of 40 low-lying coral islands and cays offers a kind of understated luxury. There are no towering skylines or crowded boardwalks here. Instead, the draw is elemental: sea, sky, and space.

Providenciales, often called "Provo", is where most journeys begin. It's home to the world-famous Grace Bay Beach, a long, luminous stretch that routinely ranks among the best beaches on Earth. Offshore, a barrier reef keeps the waves gentle, making it ideal for swimming, paddleboarding, and snorkeling. But Turks and Caicos rewards those who look beyond the obvious. A short boat ride away, **Little Water Cay** (also known as Iguana Island) offers a glimpse of the endemic rock iguana, a species found nowhere else. Walk the raised boardwalks and you'll see them basking in the sun, prehistoric and unbothered.

For travelers drawn to marine life, the islands are a gateway to one of the largest coral reef systems in the world. Snorkeling spots like Coral Gardens are easily accessible from shore, while divers can explore dramatic wall drops where the ocean floor plunges thousands of feet. Between January and April, the waters off Grand Turk become a stage for migrating humpback whales - an experience that's as humbling as it is unforgettable.

Despite its reputation for luxury, Turks and Caicos has a cultural rhythm that's warm and unpretentious. Local eateries, often called "conch shacks", serve up the national staple in every form imaginable: cracked conch, conch fritters, conch salad. The flavours are bright and simple, usually paired with a cold drink and a view of the sea. Thursday night fish fries bring together music, food, and community, offering visitors a chance to experience the islands beyond the resort gates.

For a quieter escape, islands like North Caicos and Middle Caicos feel almost untouched. Here, you'll find limestone caves, secluded beaches, and winding roads lined with wild greenery. It's the kind of place where you might not see another person for hours - and that's the point. Turks and Caicos doesn't overwhelm you with options. It doesn't need to. Its appeal lies in clarity - of water, of air, of intention. You come here not to be entertained at every moment, but to notice things again: the sound of wind moving across the ocean, the warmth of the sun lingering after sunset, the rare pleasure of having nowhere urgent to be.

In a world that often feels crowded and loud, Turks and Caicos offers something quietly radical: space to breathe. Both Vi and I have experienced this piece of paradise. Reach out to us to book your unique experience!

Shop Local. Buy Local.
Support Your Neighbours.
Advertise Your Business.

skahamatters@telus.net 250.490.6951

Monthly
Deadline
Between
15-20th



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 the Okanagan Falls Museum team for an excellent day on Saturday, May 9. Special thanks to the amazing people for their work on the Kenny McLean room! Amazing presentation, very well done.
~ From Eleanor W. of Okanagan Falls

Flowers to everyone for their support of the Kaleden Bursary Committee through the purchases of smokies, hot dogs and drinks at the Kaleden Volunteer Fire Department Yard Sale. Your generous support is appreciated by the Kaleden Bursary Committee and especially by the bursary recipients.
~ From Mike, Darlene, Greg, Glenda and Ginny of Kaleden

Flowers to the Belich's AG Foods Team. A huge thank you for an outstanding job on the food platters. ~ From Maria Kaden's family
- Monica, Frank, Goodie and Rita of Okanagan Falls

Flowers to the many members of the Kaleden Community who participated in the Pitch-in litter clean up. You did an amazing job!
~ From Linda D. of Kaleden

Flowers to our mom, Paula Marfleet, who celebrates 80 years young on June 1! We love you!
~ From Shannon M. and Eryn W. of Kaleden

Flowers to Belich's AG Foods Team for the continued fundraising support of Okanagan Falls Helping Hand at their 4th Anniversary celebration on May 15. ~ From Okanagan Falls Helping Hand



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

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

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



Nunes-Pottinger

Funeral Service
& Crematorium LTD

Serving our communities with respect and compassion

5855 Hemlock St. PO Box 788, Oliver, BC, V0H1T0

www.nunes-pottinger.com

info4@nunes-pottinger.com

Phone: 250-498-0167 Fax: 250-498-0166

Recovery For Everyone

By Van Hill

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

When & Where? ~ Wednesday evenings at 7 pm at 216 Hastings Avenue, Penticton (Heritage Train Station). Doorbell at front.

Need More Information? ~ This is a peer led support group for addiction recovery. Our starting point is abstinence. We feel that abstinence, based on what is known, provides the BEST odds of long term success. Call Van Hill at 250.300.5222 for more info.

Credible Cremation Services

Sensible Prices for Practical People

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

250.493.3912

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

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




Lesley H. Luff Robin M. Earle

Pre-Planning For The Inevitable

By Lesley H. Luff, Okanagan Falls & Osoyoos

By the time this publication reaches you, it will be June, and we hope the weather will be warmer - but not too hot or too cool, just right. Time seems to pass more quickly as we get older. One moment we are eager for our sixteenth birthday, and the next we are in our sixties preparing for retirement.

As we move through life, two things are certain: death and taxes. While death is an unavoidable part of life, we can prepare for it by planning ahead and pre-paying for our final arrangements. Taking care of this now spares your family from making difficult and emotional decisions at the time of your passing.

Pre-arranging is a simple process. A quick call or email to Lesley@crediblecremation.ca gets it started. The paperwork can be completed by phone or email, and coverage can be within 48 hours.

Think of it as just one more insurance. Most of have insurance for our homes, vehicles, medical, dental and vision, travel, home appliances, furniture and the list increases. Pre-arranging and paying for your cremation is one more insurance. The difference is that some of the above may never be necessary. Cremation insurance will be 100% claimed!

Make the decision now. Contact Lesley and make your pre-arrangements.

"Sensible Prices for Practical People"

Credible Cremation Services
110-1960 Barnes Street, Penticton V2A 4C3
(By appointment only please)

250-493-3912 - Lesley Pre-Need & Robin At-Need
Lesley@crediblecremation.ca | Robin@crediblecremation.ca



Why did you get a game with high-tech engineers?
Can't you see he's put some kind of computer chip in his ball?



Guided and Self-Guided Boardwalk Tours
Interpretive Displays . Native Plant Garden
Shaded Picnic Area . Fun for All Ages



www.desert.org

14580 146th Avenue
5 km north of Osoyoos
off Hwy 97

