



# SKAHA MATTERS

*"Bringing Community Matters To You"*

Volume 17 : Issue 6

June 2025

Your FREE Monthly  
Community News!



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Monthly  
Deadline  
Between  
15-20th

## “Building Community Spirit”

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

### Twin Lakes Community Day

On May 10, the Twin Lakes Social Club hosted a free Community Day at Gateway Ranch. Children enjoyed the face-painting, games, popcorn, hotdogs, cupcakes, donkeys, horses, chickens, and a surprise visit from Ember, the FireSmart mascot. Twin Lakes Fire Society offered a free chipping service that morning, distributed valuable FireSmart information, gave goody bags to the children, and held a raffle. Dave Hetherington, GTLASS representative, informed people about the Lot 280 Wetland Restoration Project and Coral Brown invited people to join her **June 14 Historical Watershed Tour** (see poster and details in the Weekly eCalendar).



Following a BBQ lunch, local band “Hillary and the Backroad 3” entertained the crowd and the winners of the 23 door prizes worth over \$1000 were announced. A huge thanks to all the generous local artisans, businesses and individuals! Great community spirit! Thanks to all the volunteers and everyone who attended! The day was made possible with the assistance of a grant from the Kaleden Community Association and a donation from Penticton Loblaw's.

*For nominations in this “Building Community Spirit” column, please email a few sentences and a photo to [skahamatters@telus.net](mailto:skahamatters@telus.net).*

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delivered by MNP LLP with funding from the Government of British Columbia.



# Standing With Our Firefighters And Learning From Our Communities

By MLA Donegal Wilson, Boundary-Similkameen

This past month, I had the privilege of attending an extraordinary event in Oliver that brought together over 400 firefighters from across BC. Hosted by the Oliver Fire Department, this hands-on training weekend was an incredible demonstration of what's possible when communities come together with purpose. I want to extend my sincere thanks to Oliver Fire Chief Ash Regner for taking the time to walk me through the training grounds. I know it was a high-pressure weekend with many moving parts, and I appreciated the opportunity to see firsthand how the exercises were structured to be meaningful and applicable once these firefighters returned to their home departments. It was inspiring to witness the collaboration between departments and the overwhelming support from local businesses, residents, and volunteers who helped make the event such a success. Oliver showed what rural leadership looks like. I also want to acknowledge the important work being done in the Legislature to support Firefighter Health. My colleague and fellow BC Conservative MLA, Misty Van Popta (Langley-Walnut Grove), introduced **Bill M214, the Firefighters Health Act** on May 12. This legislation is a vital step toward protecting the over 13,000 firefighters across BC. "This bill is not a political issue, but a matter of public health and safety", said Van Popta. "We owe it to the over 13,000 firefighters in this province to ensure that they have access to the health screenings they need, in order to detect and treat cancers at an early stage." Firefighters face elevated risks of several types of cancer due to exposure to smoke and toxic chemicals. This bill was inspired by the stories of firefighters who were denied access to early cancer screenings simply due to age restrictions - not risk. It's time we do better by them.



Contact  
MLA  
Boundary  
Similkameen

E: [donegal.wilson.mla@leg.bc.ca](mailto:donegal.wilson.mla@leg.bc.ca) PH: (250) 498-5122  
TF: (855) 498-5122

When I talk about rural challenges in the Legislature, I speak from lived experience and direct conversations with people across our riding. Whether it's the need for stronger emergency room coverage, improved support for water systems, or better coordination with local governments, I am bringing your stories forward - because they deserve to be heard. If there's something I can bring forward on your behalf, reach out anytime at **Donegal.Wilson.MLA@leg.bc.ca** or call **250-498-5122**. I'm listening and I'm fighting for you.

To watch my speeches and stay up to date on the work I'm doing in Victoria and throughout the riding, follow me on **Facebook** or **Instagram: Donegal Wilson MLA Boundary-Similkameen**.



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## From The Director For RDOS Area "I"

**Kaleden Community Day** ~ Hard to believe summer is just around the corner. Kaleden Community Day will be held on Saturday, July 12th this year and is a free day for the community to gather and celebrate our beautiful community. Watch for an update in the next issue of Skaha Matters by organizer Rick Johnson, who will provide more details.

### Subrina Monteith

Director of  
RDOS Area "I"



throughout the RDOS will be completed during the month of June. All new carts will be delivered before the July 1 start date for the new curbside collection contract.

**Multipurpose Courts** ~ The resurfacing of the courts has begun in Pioneer Park with the transformation to one tennis court and two pickleball courts. There will be a booking system in place for the courts, so watch for details coming soon on how to book the courts. Why are we booking the courts? To generate statistics on who is using the courts for future funding decisions for maintenance and to create a process of scheduling for ease of use for users.

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

Subrina Monteith, Director of RDOS Area "I"

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

## Kaleden Volunteer Fire Department



By Jean Dube

The Kaleden Volunteer Fire Department would like to send out a "Thank You" to all the people who came out in droves to support the Annual KVFD Yard Sale on May 10. It was another huge success!

Community members did not disappoint with the many donations of used goods received this year. Without your donations the Yard Sale would not be able to move forward. It is a win-win for everyone. People get to declutter their basements, garages and useful items get a second chance with other families. It also lessens the impact on landfills.

It takes many hours and weeks of preparation to organize the sale and it is all possible through the generous help of our firefighters, families, friends, support crew (former firefighters), neighbours and a few pickleball buddies.



There are a few businesses KVFD would like to recognize and thank for their ongoing commitment and support. **Action Steel** of Penticton for the large metal bin. **Waste Connections** for two bins for recycling and waste materials. **Belich's AG Food** for putting together lunches to feed our firefighters and volunteers. **Doug's Homestead** for their kind donations of smokies for the **Kaleden Bursary Fund**, **Skaha Matters**, **Allen Gee of GO RADIO 97.1**, **Castanet News**, **Sergej Sinicin** and his team at **Neuhouzz Real Estate Group**.

Any remaining items were donated and picked up by Canadian Food for Children, Junk in the Trunk, and Spare Room Treasures. With this year's successful fundraiser, the department is already looking to purchase an extra AED, as well as an updated airway management device used for first responder calls.

Be prepared to attend "Kaleden Community Day" on Saturday, July 12 at Pioneer Park. KVFD will be featuring a very special piece of equipment to the community.



## Need Medical Equipment?

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



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## Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

**Where's My Survey?** Last month I had indicated that, along with your Toll Bill, a survey regarding options for loan repayment would be included. This loan will be needed to complete the water treatment upgrade mandated by the Province (more info is provided in the Projects & Planning section on the KID Website). Unfortunately, an updated cost estimate for the project was not received from our engineering firm in time to include the survey with the Toll Bills, and we wanted to provide the most accurate information for you to consider when responding. So, Plan B now is to send the survey out with the Tax Bills in about three months' time.

**Want To Water New Lawns Or Plantings?** You (hopefully) will have noticed that in the Stage One Water Conservation Measures sent along with your Toll Bill, you need to contact KID and complete an application form for additional watering BEFORE planting.

**What's A Curb Stop?** It is the valve that shuts the water off at your property line (see photo below of a typical curb stop). It belongs to KID, and let it be! Don't hide or bury it, and don't touch it; call KID if you need your water shut off (at no charge during business hours). If you do damage or break it, you could be facing a major bill.



**What's In A Name?** Apparently, many of BC's predominantly urban politicians don't realize that many Irrigation Districts like KID also provide water for domestic consumption, not just for agriculture. Perhaps to boost understanding, we need to rebrand - Kaleden Waterworks, or ... ?

**Celebrate At The Cemetery?** The tentative plan to show off the recent improvements at the Kaleden Cemetery in June unfortunately has had to be delayed, probably until September. Once available, event details will be provided via the KID Website, the Kaleden Community Facebook Page and VoyentAlert.



**Kaleden**  
Irrigation District

Office Hours: 9-12 Mon/Wed/Thur  
119 Ponderosa Ave | 250.497.5407  
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## Kaleden Community Association Update

By Glenda Livolsi

Looking for something to do during the month of June? Pack a picnic and head down to Pioneer Park. The park has facilities for tennis and pickleball (multi-racket court), basketball, and a fenced playground for the little ones to play. There is now an accessible picnic table and park bench, which were supported by the Kaleden Community Association and the Community Foundation South Okanagan/Similkameen Kaleden Community Fund.



The new bike rack will be installed after the multi-racket court resurfacing is completed. This rack will be placed perpendicular to the pickleball fence near the north gate, between the fence and walk way. It will be visible from both the playground and beach, so you can ride your bike to Pioneer Park, lock it up, and go for a swim in Skaha Lake.

If you see something suspicious/unusual going on in Pioneer Park, please contact [parks@rdos.bc.ca](mailto:parks@rdos.bc.ca) or call 250-492-0237. There are also signs posted on the bathroom doors at the park.

The Kaleden Community Association is happy to announce that they are awarding another \$800 bursary this year to a student who is continuing post-secondary education. Please apply thru the Kaleden Bursary.

**SAVE THE DATE:** Our annual **Kaleden Community Day** is scheduled for **Saturday, July 12**. The day will start with a Pancake Breakfast in the morning and end with a Dance in the evening. Lots of activities during the day to keep the whole family entertained!



Ask about our Kaleden  
Grant Funding Program

*All new website for all things Kaleden!*

**[www.KaledenCommunity.com](http://www.KaledenCommunity.com)**

Courtesy of the Kaleden Community Association

## **Kaleden FireSmart Tip**

By Linda Dahl

In May, Kaleden FireSmart held a very successful Roving Chipper event and would like to thank all the Kaleden residents that participated. We are grateful that 54 properties helped to remove burnable debris from the community. Remember that the most important area to FireSmart is the 1.5m around your home.



As we roll into the dry and hot season ahead, take advantage of the unlimited yard waste pick up. Rake up pine needles, trim low lying branches, remove dead cedars, cut long dry grass and get rid of the pesky tumbleweeds!



## From The Director For RDOS Area "D"

**Matt Taylor**  
Director for  
RDOS Area "D"



**Hope Springs Eternal** ~ Beautiful flowers and hanging baskets are appearing around many homes and businesses. Great to see all the buds and blossoms throughout the orchards and vineyards too. Together with the announcement last week that Wildstone Construction in collaboration with a major apple producer, has bought and will operate the packing house operations of BC Tree Fruits

starting this year, these are signals of cautious optimism for the South Okanagan!

**Another Dry Spring & Summer** ~ Highlights from a provincial report prepared recently note a below average snow pack. As well, there is a less than normal risk of flood from spring freshet - there's always the possibility of local flooding arising from local extreme rainfall. Combined these factors suggest that the risk of drought is higher than normal this summer. Accordingly, residents are forewarned of limits on water usage, and encouraged to FireSmart their properties. More information at [firesmart@rdos.bc.ca](mailto:firesmart@rdos.bc.ca).

**Garbage & Recycling Fees Increased** ~ Several residents have commented on the increase in fees charged for "Garbage & Recycling" with RDOS' 2nd Quarter Utilities Invoice. While the amounts may differ in different communities, the increase was from \$35.25 to \$56.92 for the 2nd Quarter for Okanagan Falls and results from the shift to the new contract. While the new contract doesn't take effect until July 1, the increased amount for the second half of the year was spread over the remaining 3 billing quarters to reduce the size of the increase. There will be a second, smaller increase with the 1st Quarter billing in 2026, after which the prices for this item should remain stable for the remaining balance of the 7 year contract with only the normal increase for inflation each year.

**Update On STRs** ~ There's been considerable changes affecting the operation of Short Term Rental (STR) accommodations, both in the province, and at the Regional District level. In the past, STRs were permitted in very few zones throughout the RDOS, and their operation required a Temporary Use Permit (TUP) in most cases. Less than 5% of STRs in Area "D" were compliant with the RDOS requirements. The Regional District's TUP-based requirements were also difficult for staff to enforce. As a result, the significant growth observed in this relatively new industry was not matched by changes to the regulatory framework.

Looking ahead, a home that is advertised in Electoral Area "D" as an STR must be the owner's 'Principal Residence', meaning an owner must live in the home more than in any other home they may own. The Regional District is also proposing to amend the Okanagan Valley Zoning Bylaw, so that a property owner can operate a vacation rental from one of either a secondary suite or "accessory dwelling". Also proposed, is the ability to operate that secondary suite or "accessory dwelling" year round.

In accordance with the province's new legislation, operators must be registered with the province's STR Registry to be able to advertise on any of the STR platforms or public forums such as Airbnb or Facebook. An RDOS business license will also be required in Area "D" in the near future. Operators can register first in the province's Registry and obtain the RDOS business license at a later date. The same business license can cover up to 2 STR units on 1 property, e.g. the Principal Residence and either a secondary suite or accessory dwelling associated with the same



## Celebrate Canada Day



**Tuesday, July 1, 2025**  
**11:00 am - 1:30 pm**  
**Kenyon Park**  
**5332 8th Avenue**  
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*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](mailto:rec@rdos.bc.ca)



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



[rec.rdos.bc.ca](http://rec.rdos.bc.ca)

location. These changes provide a regulatory framework for STRs that is effective and enforceable, benefiting residents, operators and users. Further amendments may be considered in time - by the province, or by the RDOS, or in the case of Okanagan Falls by the new municipality. A public hearing is planned by RDOS staff, with notification through VoyentAlert and other venues.

**Q&A With The Director** ~ An 'open house' styled Q&A session was held on May 21 at the Okanagan Falls Rec Centre. Brief updates were provided on the incorporation of Okanagan Falls, the transition of Vintage Views Sewer, the transition of Lakeshore Waterworks, and the potential transition of Skaha Estates Improvement District's water service. Questions were addressed on these and other concerns raised by residents of Area "D".

**Fun Fact** ~ In local government, referendums are required on major changes. In RDOS' previous 4-year term (2018-2022) there were 2 referendums throughout the entire Regional District. To date in this current 4-year term, there have been 4 referendums across the Region and all were within Area "D", providing voters with input to the major changes being considered within the Area.

**Friends Of The Parks** ~ Friends of the Okanagan Falls Parks is a new group of local residents doing volunteer work to maintain the parks in Okanagan Falls. A similar group has been doing really good work in the Garnett Family Park in Heritage Hills. In decades gone by, much of the work to build several of the Okanagan Falls parks was done by similarly dedicated local residents. Hats off to these dedicated individuals who invest their time and energy to ensure that community parks are as good as they can be.

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

Matt Taylor, Director for RDOS Area "D"

Direct: 250-460-0980 | [mtaylor@rdos.bc.ca](mailto:mtaylor@rdos.bc.ca) | [www.rdos.bc.ca](http://www.rdos.bc.ca)



## Okanagan Falls Volunteer Fire Department



By Colin Pickell

As this year marks the 75th Anniversary of our Fire Department, there are lots of things happening to celebrate this milestone around the community.

The Okanagan Falls Heritage Museum is currently hosting a historical display that brings to life the past 75 years of firefighting in Okanagan Falls. From photos taken through the years to former Chief Haddow's uniform - and lots in between - this display is a great trip back through time showing the deep and varied history of our department. Thanks to Cheryl for bringing it all together, and to Craig for showing up with our 1936 engine for Community Day held on May 10. Stop by the museum and check it out! It's a great way to prepare for our **75th Anniversary Party** happening on **Saturday, September 27th from 2-8 pm in Centennial Park!** Details will be coming soon, but mark your calendars for a day of family fun in the park ... you won't want to miss it!



Cheryl with our 1936 engine at Okanagan Falls Museum's Community Day.

This month, join our local FireSmart team of Hayden and Clay when they host a **FireSmart Pancake Breakfast and Open House** at our **Firehall on Saturday, June 7th from 10 am - 1 pm**. Stop by to learn how to FireSmart your property, hear about an upcoming FireSmart chipping event happening in your neighbourhood, and chat with representatives from FireSmart, Penticton Search & Rescue, and of course our Fire Department. See you then!

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## Summer Recreation Update

By Nancy Wigley,  
Recreation Coordinator for Electoral Areas "D" & "I"

Hello everyone! With the school year ending, summer is just around the corner, and the RDOS Recreation Team has been busy planning exciting events and programs for all ages.

Summer is the perfect time for RDOS Recreation to provide a variety of outdoor activities, including Yoga, Crafting at Kenyon Beach, Preschool Play, and several Pop-Up events featuring the Physical Activity Trailer (PAT).

RDOS Recreation's summer student, Madi, will be returning to share her enthusiasm and passion for physical literacy, thanks to a partially funded Canada Summer Jobs (CSJ) grant. The RDOS Amazing Races will be a highlight of the summer.

Mark your calendars, the Summer RDOS Recreation Guide will be available for viewing on Thursday, June 19, 2025, and registration opens on Thursday, June 26. To view the guide, please visit [rdos.bc.ca/community-services/regional-recreation/overview](https://rdos.bc.ca/community-services/regional-recreation/overview).

This past spring, RDOS Recreation offered British Columbia Recreation and Parks Association (BCRPA) funded programs in Okanagan Falls. The funded programs, ActivAge and Choose to Move, are free programs designed to help older adults become more active across BC. There may be another opportunity to register for these programs this fall.

RDOS recreation welcomes your suggestions and feedback, as we continue to strive for healthy individuals and communities.



✉ [rec@rdos.bc.ca](mailto:rec@rdos.bc.ca)

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## Music & Market In The Park

By Grant Henderson, Event Coordinator

This is going to be a great year! Celebrating 10 years of free, community concerts, Music in the Park has scheduled seven concerts to make this year really special. Following is the line-up for this year's concert series:

- Sunday, June 22 ~ Uncorked (Penticton)
- Tuesday, July 1 ~ Memory Lane (formerly Mozzy Lane, Okanagan Falls)
- Sunday, July 13 ~ Bluesounds (Penticton)
- Sunday, July 20 ~ Desert Rockers (Okanagan Falls)
- Sunday, August 3 ~ Bench Boys (Naramata)
- Sunday, August 17 ~ Rebel Luv (Oliver)
- Sunday, August 31 ~ Rumble Seat Revival (Calgary)

The market opens at 3 pm and the band begins at 5 pm. Bring your lawn chairs, the family and a desire to have a jolly good time. This is the last year that Tara and I will be able to coordinate the Music & Market in the Park summer program. It's time for us to hang up our hats and turn it over to others. I would love to talk with someone who has both the interest and the time to take charge of this event. Please send me an email to offer your help at [musicintheparkokfalls@gmail.com](mailto:musicintheparkokfalls@gmail.com).



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## "Love or Best Offer"

By Cheryl Gill, Many Hats Theatre Company Publicist

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

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

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



**"Love or Best Offer"**  
**July 4 - July 27, 2025**  
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Celebrating

# 7 Deadly Sins

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## 3rd Anniversary in Okanagan Falls!

*Mike, Sheri, Kyle, & Tammy would like to thank everyone that came out for our 3rd Customer Appreciation Day on May 16!*

Huge Thanks To: The Okanagan Falls Helping Hand for barbequing hot dogs and serving ice cream; Judy Gardner for running the BBQ; Friends of the Library in Okanagan Falls with their Book and Bake Sale; Grant Henderson with the great music and singing; the awesome Belich AG Team that work hard to serve this wonderful community; and the fantastic residents for supporting Belich's AG Foods ... we wouldn't be 3 years in and stronger then ever without you! Thanks for all your continued support!



5350 9th Avenue, Okanagan Falls

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### Exhibitions & Coming Events

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

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

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



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

### RCMP Community Report



By Jo Anne Ruppenthal,  
Community Policing-Resortative Justice Coordinator

#### Boating

Seeing the blue skies and nice warm weather makes the majority of people look towards the lakes to envision the sense of freedom that being on a boat encapsulates. However, boat safety is often ignored or minimized by many that are enjoying these small pleasure crafts.

Penticton Community Policing volunteers are trained on helping those getting ready to launch their boats in what should be required by Transport Canada to have a safe enjoyable ride. Regardless of the size of your boat, you should have: a manual bailer such as a pail; a paddle; a sounding device such as a whistle or hand-held horn; a 15-metre buoyant heaving line; a water tight flashlight; and if you have a motor, a fire extinguisher is always a good idea. There are inexpensive kits that you can buy that contain everything mentioned, except the fire extinguisher.

Everyone operating a pleasure craft is required to have a Pleasure Craft Operator's card that can be obtained by completing an accredited course and exam that you can find online or by visiting the Transport Canada website. If your vessel is powered by 10 horse power or greater motor, you require a registration and registration numbers on your vessel. You need to carry a copy of this vessel registration on your vessel, just as you would your vehicle registration in your vehicle.

Finally, operating a boat while impaired is the same as operating a vehicle on the roadway. If you require any further information about boating, please visit [www.tc.gc.ca](http://www.tc.gc.ca) or contact the South Okanagan Similkameen Community Policing Office at 250-492-4300.

# Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



Creative Wellness Solutions is celebrating our 10 year anniversary! That's 10 years of providing massage and wellness coaching in our community. That's also 10 years of monthly articles in Skaha Matters! I hope people have found them somewhat interesting and informative.

As a Seniors Wellness Practitioner, I see firsthand how much of a difference

massage can make in the lives of older adults. As we age, our bodies and minds go through many changes - some expected, some surprising - and massage is a gentle, effective way to support those changes and improve overall well-being.

One of the first things that tends to slow down with age is circulation. You might notice cold hands or feet, swelling in your legs, or slower healing after a bump or bruise. Massage helps stimulate blood flow, which means oxygen and nutrients reach your cells more efficiently. It can even support faster recovery from surgery or injury and reduce fluid retention.



Many seniors live with chronic pain - whether it's arthritis, back pain, or just general muscle stiffness. Massage works by relaxing tight muscles, calming inflammation, and encouraging the release of endorphins - your body's natural pain relievers. Over time, this can help reduce discomfort and improve your ability to move more freely. Speaking of movement, aging naturally affects flexibility and muscle tone. Massage helps loosen tight muscles and connective tissues, improves range of motion in your joints, and supports better posture and balance. These changes may seem small, but they can make a big difference in staying independent and mobile.

Massage is also incredibly calming for the nervous system. It reduces anxiety, helps your body relax, and often leads to deeper, more restorative sleep. And let's not forget the emotional side of touch. Many older adults experience loneliness or isolation, and massage provides a comforting sense of connection. It can lift

your mood, ease feelings of anxiety or depression, and leave you feeling more balanced and cared for.

There's even evidence that massage may give your immune system a little boost by lowering stress hormones and supporting lymphatic drainage - your body's natural detox system. And while massage is never a cure-all, it can be a powerful support for managing conditions like Parkinson's, Diabetes (with proper care), post-stroke recovery (with medical approval), Alzheimer's, and other cognitive challenges - helping to ease tension, promote calm, and enhance comfort.

In so many ways, regular massage can help you feel more at ease in your body, more grounded in your day, and more connected to yourself and those around you.

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). Group sessions and gift certificates are also available. 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](http://www.CreativeWellnessSolutions.com) for more information about our services, The Grease Cream and where you can read any past articles you may have missed.

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**Diane Chatfield**  
dchatfield@tpi.ca

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## Helpful Travel Tips Continued

By Vi Creasey

**Tip #5 ~** Are you looking for any travel companions? The most significant criteria to use when selecting travel companions is: do they complain or not, even when complaints are justified? No complaining! Complaints are for the debriefing afterwards when travel is over.

**Tip #6 ~** Renting a car is easier than ever today, even in developing countries, and oftentimes the best bet for getting around if you are headed for many places outside of cities. It is an option worth considering, especially if you are 2 to 3 people traveling. On the other hand, there are still plenty of places where you don't want to drive, because of chaotic roads, lawless attitudes, and unfavourable liabilities. In those places, hiring a driver plus car for a multi-day trip is often a surprisingly appealing bargain, especially if you have 2 to 3 people to split the costs. The total could be less than taking trains and taxis, and you get door to door service, and often a built-in guide who knows the local roads and also local festivities and best places to eat. They will be at least 2x the cost of renting a car, but for some kinds of travel 2x as good. If you are a spontaneous traveler, a hired driver is by far the best option allowing you to change your itinerary immediately as mood, weather, or lucky timing dictate. I usually find drivers by searching travel forums for recommendations. I score candidates primarily by their communication skills. You can also call us at Reliable Travel, as we can arrange a car and driver for you before you leave home.

**Tip #7 ~** If you are fortunate, a fantastic way to share your fortune is to gift a friend the cost of travel with you. You both will have a great time.

Remember, Reliable Travel is here to help you with all your travel needs. We can also help you decide where to go.

## CatMatch



### Meet Bob!

Bob is a very shy guy, but very sweet once he feels secure. He will need a quiet home, with a family that can give him time and patience to adjust to a new environment. He is estimated to be about 2 years old. If you feel

you can offer Bob the loving home he so deserves, he is currently residing at PetSmart in Penticton.

[www.alleycatsalliance.org](http://www.alleycatsalliance.org)



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## Sixty Five, But Not Retiring

By Tom Landecker

On the 20th of June, 1960, the Federal Minister for Mines and Technical Surveys stood on a makeshift stage and declared the Dominion Radio Astrophysical Observatory open. The observatory's first radio telescope, 26 metres in diameter, loomed overhead. Now the telescope is 65 years old, but it's not retiring. Over the last two years, we have been fitting it with new equipment for new scientific challenges. There's still a job to do.

After 65 years, the telescope still looks the same. It is a curved mirror, 26 metres from edge to edge, and it can be pointed to any part of the sky that is above the horizon. That has not changed. Incoming signals still bounce from the mirror and are collected at the focus. What happens to the signals has changed enormously over the years, but you can't see that from the outside.

In those 65 years, we have improved the sensitivity of the telescope by a factor of more than one thousand, adapting the telescope to new needs and new challenges. What does sensitivity mean? It is the ability of the telescope to detect very weak signals. The improvement has come from better electronics, and from computer technology.

The signals that we receive from space are tiny, and the first thing we have to do is to make them bigger, to amplify them. The same revolution in electronics that we see in our everyday lives has helped astronomers too, and the amplifiers of today are far better than the amplifiers of 1960. On top of that, we now operate the amplifiers in a refrigerator - they are held at a temperature just 15 degrees above absolute zero. Tiny disturbances in the circuits in those amplifiers can mask the signals that we want to detect; if we keep everything cold those disturbances are twenty times less than they would be at room temperature.

Our advantage today, compared to our operation in 1960, is computer power. It's now simple to gather, analyze, and keep enormous amounts of data, and it's easy to add up signals for a long time. We can double our sensitivity by adding up signals for four times as long. We can gain a factor of 10 by adding signals for 100 times as long. With computer processing of data, that isn't difficult.

With the newly equipped telescope, we are about to embark on a program of observations in which we will stare at points in the sky for as long as ten hours, slowly digging the signal out of the electronic "noise". The signals come from atoms of Hydrogen in the space between the stars, and the information that we glean from them will tell us the intensity of magnetic forces at that point in spaces. Magnetic forces are hard to detect, but they influence everything that happens in our Milky Way home, from the births of stars to the shape of the Milky Way itself.

Interesting websites:

- [www.astro.ubc.ca/JAS/Robshaw2018\\_JasFest\\_History\\_of\\_Canadian\\_Radio\\_Astronomy\\_smaller.pdf](http://www.astro.ubc.ca/JAS/Robshaw2018_JasFest_History_of_Canadian_Radio_Astronomy_smaller.pdf)
- [nrc.canada.ca/en/research-development/nrc-facilities/dominion-radio-astrophysical-observatory-research-facility](http://nrc.canada.ca/en/research-development/nrc-facilities/dominion-radio-astrophysical-observatory-research-facility)
- [chime-experiment.ca](http://chime-experiment.ca)

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

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# Mast Cell Activation Syndrome (MCAS)

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



Mast cells are complex, highly evolved immune cells that can be found scattered throughout your tissues and are especially abundant in tissues that are in frequent contact with the environment. These include your respiratory and digestive tract mucus membranes. These tiny cells are found in higher concentration in tissues exposed to the environment, because they serve as lookout guards sensing incoming air and

anything ingested, to ensure our tissues and organs are protected.

When a threat is detected, your mast cells launch into action - immediately firing off a cocktail of inflammatory mediators, including histamine. These pro-inflammatory signaling molecules sound the alarm - igniting the immune response and beckoning other immune cells to help protect you. As more immune cells make their way to the site of the threat, your mast cells continue to create and release a steady stream of signaling molecules.

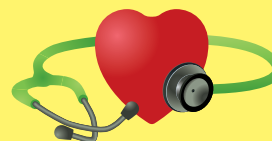
**What Is Mast Cell Activation Syndrome?** In a normal response, exposure to irritants, pathogens, or environmental toxins triggers the activation of your mast cells, starting the inflammatory process. When the trigger is removed, inflammation subsides and your mast cells return to their baseline - standing guard and waiting for the next threat. But when exposure to triggers becomes chronic, it can cause your mast cells to become highly sensitive and over-reactive. In mast cell activation syndrome, or MCAS, these cells get stuck in overproduction mode, setting off an inflammatory response that can spread throughout your body. These malfunctioning mast cells can create a domino effect that can lead to a variety of symptoms ranging from irritating hay fever symptoms or rashes, to life-altering anaphylaxis.

**Treatments for Mast Cell Activation Syndrome** ~ While there is no cure for MCAS, this doesn't mean you are simply at the mercy of your misbehaving mast cells. There are a number of tools you can put into place to minimize or even eradicate symptoms and help restore balance to your immune system. Because each person grappling with MCAS is unique, there is no one-size-fits-all treatment strategy. Rather, managing MCAS requires a trial-and-error approach - experimenting with different treatments and lifestyle tweaks to see what works best for you. If you're trying to find relief from MCAS symptoms, here's what I recommend:

**1. Eat a Low-Histamine Diet** ~ Histamine is one of the primary pro-inflammatory mediators released when mast cells degranulate. So, getting your histamine levels under control is a top priority. One way to do this is by following a "low-histamine diet" - an elimination diet that aims to minimize the amount of histamine you ingest from foods and beverages.

**2. Use a DAO Enzyme Supplement** ~ Diamine oxidase (DAO) is the main enzyme responsible for degrading histamine in the digestive tract. However, if you're not producing enough of this crucial enzyme, histamine can begin to accumulate and run amok - triggering many of the symptoms associated with MCAS.

**3. Incorporate Antihistamines and Mast Cell Stabilizers** ~ While DAO supplements are excellent for reducing the amount of histamine absorbed from the food you ingest, these supplements are unable to enter your bloodstream to reduce the amount of histamine produced within your body. This means that excess histamine produced by your own cells needs to be addressed by other methods. This is when natural antihistamines and mast cell stabilizers can be useful. Natural antihistamines include local raw



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honey, bromelain, Vitamin C, and stinging nettle. Natural mast cell stabilizers include quercetin and curcumin.

**4. Identify Sources of Toxins** ~ There is no single factor that has been shown as the definitive cause of MCAS. However, various microbes can disrupt the immune system and cause mast cells to over react. Two major environmental triggers of MCAS include mold and an elevated overall toxic burden. If you're struggling with MCAS, it's absolutely essential to reduce the body's microbial and toxic burden. This typically requires a thorough assessment of your environment, as well as making some adjustments to your lifestyle to minimize exposure to mold and other environmental toxins.

**5. Increase Exercise & Sweating** ~ Once you minimize the inflow of toxins or triggers, you can take steps to mobilize toxins and enhance toxic outflow. One of the best ways to "distress" the toxins in your body is to get the blood pumping through exercise and sweating. While it may not remove all pollutants, there are studies that show sweating is an effective and safe method for removal of toxic compounds that can accumulate within your body. To work up a sweat and boost your detoxification, aim for at least 30 minutes of moderate exercise daily or incorporate regular sauna sessions.

**6. Promote Good Gut Health** ~ The health of your gut and the composition of your gut microbiome play an intricate role in your immune system thanks to a process known as the gut-immune axis. This bidirectional communication network allows your gut to directly communicate with and influence your immune system and vice versa. Pair that with the fact that a large percentage of your immune cells are housed within your digestive tract in what's known as gut-associated lymphoid tissue, and it's easy to see how poor gut health can lead to an ineffective immune system.

**7. Get Enough Sleep** ~ Studies have found that serum mast cell histamine levels were lower in the afternoon and highest at night. Therefore, if your circadian rhythm gets thrown off with irregular sleep patterns or poor sleep quality, mast cells can lose their own



rhythmicity. This circadian rhythm disruption can cause mediator release to become uniform throughout the day and contribute to your mast cells' overzealous response. So, cultivating a good, regular sleep schedule and sticking to it can help keep your mast cells in check.

**8. Reduce Stress** ~ Chronic stress can kick your immune system into overdrive and allow troublemaking microbes to flourish. Stress can also contribute to mast cell degranulation, which causes them to release mediators like histamine.

**9. Low-Dose Naltrexone ~ The Surprising New Comer** ~ Even with all the treatment methods outlined above, some people may continue to struggle with MCAS symptoms. Recent research shows that a novel use of a medication known as low-dose naltrexone (LDN) may be able to help. Low doses of naltrexone essentially encourages your body to produce more endorphins - the "feel good" chemicals released during exercise. The influx of these natural endorphins stimulates your immune system by binding to regulatory T cells, which promotes an increase in T-lymphocytes. This upregulation of T-lymphocytes reduces cytokine and antibody production, restoring a more normal balance while pumping the brakes on overall inflammation.

If you've been diagnosed with MCAS or are concerned you may be experiencing symptoms associated with hypersensitive mast cells, I cannot overemphasize the importance of working with an experienced Integrative and Functional Medicine Practitioner. They can help you pinpoint the root of your symptoms, identify contributing triggers, and help you come up with a comprehensive plan to not only manage symptoms, but heal any imbalances at the source.

*This article is for informational purposes only. Please seek the guidance of a licensed health care practitioner to support you along your healing journey.*



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## WOW Legacy Fund

By Terry Beddome, WOW Member



The Women of Oliver for Women Society (WOW) is proud to announce the creation of the WOW Legacy Fund with a \$10,000 donation to Okanagan College. This fund, administered by the Okanagan College Foundation, will provide an annual \$1,000 bursary to support an adult female student from the South Okanagan who is working to improve her family's circumstances.

This initiative is a powerful step toward a brighter future for women and their families. It reflects WOW's mission: "To enrich the lives of women and children in our community and beyond."

WOW supports a wide range of local programs and services including: Desert Sun Counselling; Oliver Air Cadets; Highway to Healing; Oliver Food Bank; Starfish Backpack Program; Sun Fun Program; Youth Sports; Gleaners; and Small Wheels Playground.

Get Involved! WOW welcomes new members who are passionate about making a difference. We meet monthly to plan community service initiatives and fundraising events. Our major annual fundraiser, the WOW Trade Show, takes place every March at the Oliver Community Centre. Join us in making a difference!

Visit [wowoliver.org](http://wowoliver.org) or contact us at [oliverwowsociety@gmail.com](mailto:oliverwowsociety@gmail.com) for more information.

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## Introducing Your Wellness Journey With Cheryl Snyder, RTC, MRT

Located in "The Blasted Church" - The United Church in the heart of Okanagan Falls, Your Wellness Journey is a safe, compassionate space dedicated to healing, growth, and transformation. Sole proprietor Cheryl Snyder brings a wealth of experience and heart-centered care to her practice. As a Registered Therapeutic Counsellor, Master Reiki Teacher, and Certified Breath Practitioner, Cheryl specializes in grief support with a trauma-informed certification, helping clients navigate some of life's most challenging transitions.

Cheryl is a retired nurse of 30 years, and after practicing retirement for a minute, went back to University and received her counselling/psychology degree. While still nursing, she readied herself for this part of her career by completing her breath practitioner certification and become a teacher both in Integrated Breath and a Reiki Master Teacher. All of these modalities were presented in her life through tragic lived experiences and transforming through each of the many griefs. Every person that sits before her is "complete and whole in every way" and seeking perhaps another tool to navigate life's mischief.

Beginning in July 2025, Cheryl will be sharing her insights in a new column in Skaha Matters titled "Ask Cheryl ..." - an open invitation to explore topics related to mental health, emotional wellness, Reiki, breathwork, and more. Have a question or topic you'd like to explore with Cheryl? Send your inquiries to [cherylsnyderrcc@gmail.com](mailto:cherylsnyderrcc@gmail.com). All questions will be answered anonymously to preserve every aspect of confidentiality.

Whether you're curious about receiving Reiki, experiencing a breath session, or simply need guidance through grief or emotional healing, Cheryl is here to support you.

Your Wellness Journey starts here - and Cheryl looks forward to walking beside you every step of the way.



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

### Special Events:

**Win a \$50 Gift Certificate from Belich's AG Foods!** Visit the Okanagan Falls Library to find out how you can enter for your chance to win. Don't miss out - stop by today!

**Ever met a real-life mini-dragon? Now's your chance!** ~ Meet Norbert the Bearded Dragon! This bearded beauty is waiting to say hi and ready for snuggles, selfies, and showing off his magnificent scales. Will he puff up his beard for you? Come find out! (Spoiler: They're way friendlier than the fire-breathing kind!)

**Book & Bake Sale Success!** We would like to extend a heartfelt *thank you* to everyone who contributed to the success of our recent Book & Bake Sale! A special thanks to the **Friends of the Library**, **Belich's AG Foods**, and all the generous patrons who supported the event. Thanks to you, it was a fantastic day - full of community spirit and great finds. Your support helps us continue providing valuable resources and programs. We couldn't do it without you! Looking forward to seeing you at our next event! **Congratulations Kathy** (in photo on left below), who was our raffle winner of the gardening basket. May your garden flourish!

**Spring Basket Winner! Congratulations Aster** (in photo on right below), who we wish a wonderful time enjoying all the fun activities in your prize basket. A big thank you to everyone for your support and participation. Stay tuned for more events and giveaways.



### Adult Programs:

**Book Club ~ Wednesday, June 18 from 1-2 pm.** This month, we're discussing "Drive Your Plow Over the Bones of the Dead", by Olga Tokarczuk. New members are always welcome!

### Children's Programs:

**Preschool Storytime ~ Tuesdays from 1:30 - 2 pm.** Ignite your child's imagination with interactive story games and enchanting picture books that make reading an adventure!

**Okanagan Falls Kids Building Club ~ Saturdays from 10 am - 2 pm.** Bring your family for creative fun with LEGO®, Keva Planks® and Magna-Tiles®. What will YOU create?

**Afterschool LEGO Club ~ Wednesdays from 3-4 pm.** Calling All Student Builders! Grab your classmates and team up for the ultimate LEGO® challenge. Combine your creativity to build something amazing - the only limit is your imagination!

**Take & Makes ~** Creative fun to go! Your monthly Take & Make craft kit is ready for pickup at the library. Get yours before they're gone!

### Other:

**Seed Exchange ~** Spring is here, and with it comes the perfect time to plant! We have an abundance of seeds ready for swapping - help us fill Okanagan Falls with vibrant blooms and homegrown harvests. Join our seed exchange and watch your garden grow!

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

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

*Submitted by Artesa Wiker, Okanagan Falls Community Librarian*

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

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

As we count down to the end of another school year, the Kaleden Library is ready to welcome the halcyon days of summer by unveiling some eagerly awaited new updates to the Branch, including a lovely new area rug, a wall mounted display area at the front of the library, and our dreamy new shelving units that are on casters and thus moveable! Take a minute on your next visit to check out the first amazing mini artworks that are posted up on the **Artist Trading Card** display. Hopefully, you will be inspired to create and contribute a card of your own!



### Children's Programs:

The Preschool Storytime program is taking a break over the summer before resuming once again in the fall, but if you find yourself strolling with little ones at the **Mom Market at Linden Gardens on June 6 between 11:15-12:15**, please join me for a special **Pop-in Storytime!** You will also spot Cara and me at the most eagerly awaited event of the school year, **Kaleden Elementary's "Fun Day"**, where we will be reminding kids that books are Dino-mite! (Possibly in disguise as tyrannical lizards).

**Summer Reading Club ~** One of the easiest ways to maintain literacy skills with an emphasis on reading whatever you want is by signing up for ORL's Summer Reading Club Program "**Colour Your Summer**". The library can support kids in ensuring that the only slides children are experiencing this summer are the fun, heat-busting watery kind, and not the dreaded "Summer Reading Slide" that can happen when children aren't encouraged to keep on reading as a fun activity all summer long.

**Going Camping?** Along with sleeping bags and s'mores, always be prepared for more leisurely adventures with another classic camping combination - a cozy tent, flashlight, and your favourite graphic novel. Stuck on a plane, train or automobile on an impossibly long journey to visit Great Aunt Elizabeth? Why not take along Candace Fleming's "Narwhal, Unicorn of the Arctic" or "Otis and Will Discover the Deep - the Record-setting Dive of the Bathysphere" by Barb Rosenstock, to make the minutes fly by! And for those families that are staycationing at home, we are presenting **4 Summer Reading Club Programs** at the branch, **Wednesday July 2, 9, 16, and 23**, featuring exciting performers, hands-on activities, contests to win and book prize draws every week. SRC Reading Packages and registration starts on June 24.

*Submitted by Judy Komar, Kaleden Community Librarian*



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## 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 (2025) and pursuing further education.

Application for these 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, 2025 and should be submitted to: Kaleden Bursary Committee, c/o Mike Gane, Box 183, Kaleden, BC V0H 1K0. Email to [kaledenbursary@gmail.com](mailto:kaledenbursary@gmail.com).

If you 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.

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Reservations recommended, walk-ins welcome.

## School Trustee Report For SD67

By Karen Botsford, School Trustee

Welcome to the final stretch! June is always a hectic month. Embrace the activities - summer will be here soon.

**2025-26 Budget** ~ The budget committee has balanced the budget for next year after meeting numerous times and receiving input from the public and partner groups. The board will approve the budget and forward it to the ministry by June 30th, as required by the School Act.

**British Columbia School Trustee's Association AGM** ~ At the AGM, there were concurrent sessions of professional development covering the topics of Indigenous Education, Student Success, and Data and Evidence, as well as a keynote address from Lauren Sergy, communications professional and author of *Unmute*. The business section of the meeting included 41 motions debated (including 9 bylaws, updated) and approved. Many motions included advocacy for increased funding, student supports and services. It is always uplifting to engage with other trustees from districts across BC. We have diverse needs, each district is unique, however, we all serve students who are at the heart of our work.

**West Bench Art Show and Musical Production** ~ I had the pleasure of attending both the art show and the musical *Juke Box Time Machine*. Displayed in the gym, every division had multiple displays, including different mediums. I loved the wall with the self-portraits of the entire school (in the style of Todd Parr) entitled *It's Okay to Be Different*. The musical was amazing with the entire school fully engaged in music throughout the decades. The singing and movement, costumes and enthusiasm were well executed. There is so much learning that goes on for students who participate in fine arts. Thank you to staff, parents and caregivers for supporting our learners in the arts.

**May Day Naramata** ~ On May 19, following the annual Soapbox Race for Grade 5 students, the 102 annual May Day celebration took place at Manitou Park. Naramata Elementary students danced the Maypole dances to the delight of the community. The two Grade 5 ambassadors, Grady Sloan and Victor Malette who were chosen by students to represent the school and the community for the coming year, received their sashes and addressed the crowd. All this transpired as the winds blew in gusts up to 50km. The students showed perseverance and resilience, completed their dances and speeches, while the community cheered them on. It was a May Day for the record books!

I wish every family some relaxation, rejuvenation, play, laughter and outdoor exploration this summer. Safe travels.

For more information, please contact Karen Botsford, School Trustee for SD67, by sending an email to [kbotsford@sd67.bc.ca](mailto:kbotsford@sd67.bc.ca).

## Highlights From Kaleden Elementary School

By Principal Ron Manning

Can it really be the final month of the school year? The time is just flying past. The month of June will be an incredibly busy and exciting month for our students at Kaleden Elementary. There are many events and activities that will be taking place.

The Grade 4/5 Elementary School District Track Meet will occur at Penticton High School on Wednesday, June 4. On June 5 at 9 am, we will be hosting our "Welcome to Kindergarten" for all of our new K's coming in the fall. Our annual "Fun Day" will be Friday, June 20, and this year we will be having a "Beach Day" for the first time in 5 years on Wednesday June 25 at Pioneer Park. Our final sharing assembly will be Thursday, June 26 at 10:20 am in our gymnasium. This will also be the last day of school for all our students with dismissal at 11:23 am.

We wish all families and students a wonderful summer and look forward to seeing you all back in the fall.





# Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

During the month of May, OKFE had the pleasure of celebrating our dedicated volunteers and staff. We are deeply grateful for each and every one of you and want you to know just how much you are truly appreciated. A special thank you to the following local businesses and parents for their generous contributions to our Staff Appreciation Week: Kari Hill, Belich's AG Foods, Rise & Shine Coffee House, The Falls Barber Shop, Falls Market, and Firehall Bistro. Your support helped make this event truly special!

We would also like to thank the Okanagan Falls Legion and the OK Falls Hotel Bar & Grill for their donations to our school as well as the community and Falcon Families that contributed to our Jump Rope for Heart event. Our goal was \$2000, and we raised \$2600.60!!

As June arrives, it's a perfect time to reflect on all those who have contributed to our school community, the memorable experiences we've had this year, and to look forward to the opportunities the new year will bring with open and grateful hearts.

We'd also like to extend our heartfelt thanks to the PAC Executive for their incredible contributions this year. This past month, the PAC generously sponsored our trip to Ethos Parkour, where our students had an amazing time. Thank you, PAC!

As we prepare for the coming year, we are excited to welcome a new PAC Executive and look forward to continuing our journey together.

June will also bring us our track and field meet, a fun day, a beach day, our grade 7 farewell and the end of our school year. We are excited to share this last month together and watch our falcons SOAR. Thanks for a fantastic year!!



# School Trustee Report For SD53

By Sholeh Pickell, School Trustee

June is a special month for schools, as it caps off a year of learning, growing and fun for students. For those students in grade 12, June concludes their time in the public school system. I want to take a moment to congratulate all the graduates of 2025 on their accomplishments and wish them all well as they move into this next phase of their lives. For me personally it's a big year, full of all the emotions, as my eldest son Zephyr is graduating. I want to also take a moment to thank all the staff in our district who have worked hard this year, supported students' success and given so much of themselves to our kids.

I'd like to highlight the Fireweed Collective: The district is starting a multi-age social group for children and youth who have experienced the primary loss of a parent, caregiver, or sibling. The group meets once per month (on the Oliver or Keremeos side), with the key purpose of fostering connections among students with shared experiences. Activities include nature walks, crafts, cooking, bowling, fishing, and other social events. While not a counselling group, a counsellor is present at each session to support any emotional needs that arise. Why Fireweed? Fireweed symbolizes rejuvenation and growth after loss. It thrives in disturbed areas, has a long blooming season, and its seeds are dispersed by the wind - demonstrating beauty and resilience after disruption.

Following up on my Street Data Learning Series 2024-25 in my April 2025 article ... On Monday May 12, the district held the final session of our year-long Street Data Learning Series, which focused on helping staff gather authentic insights from students about their school experiences: 26 participants from seven schools took part, alternating between full district sessions and smaller community group meetings in Oliver/Okanagan Falls, Osoyoos, and Keremeos/Cawston; led by administrators aiming to build teacher capacity; emphasized partnering with students to make learning more relevant and meaningful; and feedback was very positive, with most participants requesting to continue next year while also expanding the introduction of Street Data to new staff.

Wishing you all a safe and happy summer!

For more information, please contact Sholeh Pickell, School Trustee for SD53, by emailing to [spickell@sd53.bc.ca](mailto:spickell@sd53.bc.ca).

## Okanagan Falls PAC Update

By Chantelle Bruwer

Thank you to our PAC Executive and PAC members of 2024-2025 for all the hard work they put into PAC - planning, fundraising and most importantly, supporting the staff, students and families of Okanagan Falls Elementary.

The 2024/2025 PAC Executive would like to extend a big thank you to all Falcon families and Okanagan Falls community for your ongoing support of our fundraisers and initiatives. A big thank you to **Rise & Shine Coffee House** and **The Falls Barber Shop** for hosting a Raffle Basket Fundraiser in support of OKFES PAC. We appreciate your support! Thanks to everyone who participated in this fundraiser.

**Drumming Lessons with Bobby Bovenzi** ~ PAC is excited to be sponsoring drumming lessons for all our students. The lessons will happen during June, followed by a performance by students. More info at [nankama.com](http://nankama.com).

**PAC Sponsored Fun Day with Amazing Fun Rental** ~ PAC is excited to sponsor a Year End Fun Day (and Pizza) for all OKF Elementary students. More info at [amazingfunrentals.ca](http://amazingfunrentals.ca).

The **next PAC meeting** will be held early September 2025. Date to be confirmed. See the PAC Facebook page for more information.

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# Why Real Estate Marketing Matters More Than Ever

By Sergej Sinicin of neuHouzz Real Estate Group



The days of putting up a FOR SALE sign and waiting for buyers are long gone. Today's buyers are online, savvy, and quick to judge. So in a market flooded with choices, how do you get your home to stand out? The answer is MARKETING. And not just any marketing - strategic, professional, modern marketing that captures attention and drives results. Here's

the caveat: not all real estate agents are created equal.

When I started as a full-time REALTOR® 10 years ago, real estate videos were in its infancy, and virtual tours and drones had just been introduced. Yet, I adopted these marketing tools from the get-go and introduced our slogan "Because who markets your home DOES matter". Fast forward by a decade and almost every REALTOR® uses these marketing tools. So, how do I get your home to stand out in today's market? Let me lift the curtain.

**Why It's Important** ~ In our current instant gratification society, the difference between being seen or being skipped is crucial. The better the marketing, the more eyes on your home. And the more interest your home generates, the better your chance of getting top dollar. Here's how strong marketing helps:

- **Maximize Exposure:** With a professional and strategic marketing plan, your listing is seen by more potential buyers locally, regionally and perhaps even internationally.
- **Faster Sale:** Homes that apply strategy to their marketing sell faster, because they attract more serious interest early on.
- **Higher Sales Price:** Targeted marketing helps your home stand out and sell for more.
- **Credibility & Trust:** Polished, professional marketing signals to buyers that the seller hires experts and this reflects back on the home.

**What Matters Most** ~ Now that we've established that marketing is important, let's talk about which efforts matter most:

- **Professional Photography + Virtual Tours:** First impressions count. Smartphone pictures don't qualify. Invest in high-quality photos and virtual tours that will show your home in the best possible light.
- **Lifestyle Video Tours:** Video is one of the most powerful yet underutilized marketing tools in real estate. It creates MUCH BETTER RETENTION than static photos, yet most REALTORS® avoid it! Have a look at our YouTube channel. According to the feedback I receive, we are one of the best Okanagan real estate teams in creating engaging video tours.
- **Custom Brochures:** Not run-of-the-mill, templated feature sheets that end up in the trash. Beautifully designed print materials that potential buyers can take home to review.
- **Social Media Promotion:** Simply posting it on social media isn't enough. You need to PROMOTE it. We pay to advertise your property and create targeted campaigns to put your home in front of thousands of potential buyers.
- **Strategic Online Exposure:** Every listing is automatically visible on Realtor.ca. But to reach interprovincial or even international buyers, you need to expand your marketing. Our eXp Luxury platform can showcase your home on prestige websites like the Wall Street Journal, The Robb Report, Mansion Global, Unique Homes and many more.



**Taking It To The Next Level** ~ In a market where buyers "flex their muscles" due to large inventory, real estate marketing matters more than ever. It has to create a story, convey emotion, and attract the right buyers. In short: we need to get it right. REALTORS® are not experts on everything, so in January I added a marketing specialist to our team. Not an agency with an office outside the Okanagan, but an in-house, local expert who visits your home before listing it. Who constantly evaluates what's working, fine-tunes campaigns, and adopts new strategies to keep YOUR HOME front and centre. This gives us a MAJOR EDGE in the market - and peace of mind for you knowing that every marketing detail is handled with precision and passion.

My goal? To go above and beyond to make your home shine and get you results. Whether it's a cozy starter home or a luxury property, I bring the same level of attention, energy, and expertise to every listing. Because not all real estate agents are created equal and **Because who markets your home DOES matter**. Call 778-764-1373 for more info.



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## South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

The other day I had a conversation with a person who announced that they would never volunteer again. When asked "why?", I was informed that this former volunteer had not been appreciated nor adequately thanked by the organization in which they had volunteered. This conversation got me thinking about other countless former disgruntled volunteers who have been under recognized for their contributions.

Sometimes recognition occurs at the beginning of a volunteer experience with organizations offering adequate orientation and training. This can go a long way towards helping a volunteer feel prepared, equipped, and important. An occasional check in by one's supervisor of "how is it going?" ensures a sense of being validated and supported. A simple "thank you" for kindnesses offered and help given goes a long way.

Volunteering offers many significant dividends. There is the altruistic one of knowing that you have given back to society. Filling time in a meaningful, satisfying way where a cause you believe in benefits has great rewards. Having fun with others at a festival or special event can be a great way to make new friends.

If your interest in volunteering has been piqued, please contact the South Okanagan Similkameen Community Connections Volunteer Centre where quality experiences are emphasized. Our Executive Director, Subrina Monteith would love to talk about volunteering with you. She can be reached at 1-888-576-5661 or [info@volunteercentre.info](mailto:info@volunteercentre.info). Please visit [www.volunteercentre.info](http://www.volunteercentre.info). An appointment is encouraged.

Why not make June the month to explore volunteer opportunities!



# Kaleden Museum

By Mike Gane

## Kaleden Packinghouses - Part 4 of 4

This is the last of this series on the Kaleden Packinghouses. These articles will present to the reader a vision of what was in the community in years past. Later articles will focus on what has replaced the two packinghouses. Some of you know ... and we will inform the rest. Enjoy!



KMA 2018-001-P129 (Ron King collection)  
The "New" Kaleden Co-op Packinghouse.



KMA 2018-001-P127 (Ron King collection)  
Interior of the "New" Packinghouse.

Unfortunately, the promise of the sixties was short lived. Financial returns, which failed to cover production costs, had growers subdividing to provide homesites or pulling out orchards and planting vineyards. Soon the local fruit crop was too small to make the packing house operation viable and, in 1976, the Board of Directors negotiated a deal whereby the growers could transfer their membership to the Oliver Co-operative Growers Association without penalty or loss of investment. For several years, they used the facilities for an assortment of tasks, the most important being storage, but also including warehousing of grower supplies such as fertilizers and spray materials, and the packing of soft fruit. However, each year these usages became less cost effective and eventually the packinghouse was closed permanently - a sad end to the industry that started here at the very birth of Kaleden. But even failures bring some benefits, and it was the collapse of the fruit industry that enabled Kaleden to purchase the packinghouse property in 1986 and to develop our "Pioneer Park".

*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

With the change in weather and the call to spend more time outdoors, last month we organized a walk along the south side of the KVR Trail in Okanagan Falls. We had an amazing and motivated group, ready to walk and enjoy the blessings of nature. Along the way, we had the privilege of encountering a variety of fauna such as turtles, redhead ducks, and a heron, as well as some artistic expressions, including a charming gnome village that brought smiles to many faces. Thank you to everyone who joined us and made this walk so enjoyable and memorable!



Save the date! For our last event before the summer break:  
**Tuesday, June 17th from 5:30-7:00 pm - Picnic in the Park!**  
 Enjoy some delicious pulled pork on a bun, courtesy of KSC.  
 Please bring a salad or dessert to share, along with your own plate,  
 cutlery and glass. See the poster above for more information.

Would you like to receive email updates from KSC? Send us a message at [kaledenseniors@gmail.com](mailto:kaledenseniors@gmail.com).



## Need A Ride?

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

# 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.

We have a library and puzzles to loan out. If you would like to use the library when the hall is not in use, call Donna at 250-462-5233.

During Seniors Week of June 8-14, we are hosting an Open House on Sunday, June 8 from 1-4 pm. We will have coffee, baked goods, activities, demos, and a door prize of a new \$25 membership.

Check out our new website at [www.okfallsseniorscenter.ca](http://www.okfallsseniorscenter.ca). Follow us on Facebook at "Okanagan Falls Seniors Center".

Thank you to all of our volunteers. You are very much appreciated!

## Activities in June 2025:

**Canasta** ~ Mondays at 10 am (Not on Holidays)

**Morning Pool** ~ Mondays at 10 am

**Tuesday Bingo** ~ Tuesdays - June 3, 10 & 17 at 1 pm

**Evening Pool** ~ Tuesdays at 5:30 pm

**Senior's Social Meal** ~ Wednesdays from 10:30 am - 1 pm. (\$7 if not a hardship.) RSVP: 250-408-4128 or [jasmine@desertsun.ca](mailto:jasmine@desertsun.ca).

**Mexican Train Dominos** ~ Wednesdays at 1 pm

**Afternoon Pool** ~ Wednesdays & Thursdays at 1 pm

**Bridge** ~ Thursdays at 1:30 pm for May & June

**Cribbage** ~ Thursdays at 7 pm

**Line Dancing** ~ Fridays at 1 pm (Cancelled on June 30)

**General Meeting** ~ Monday, June 2 at 1 pm

**Pancake Breakfast** ~ Saturday, June 7 from 8-10 am

**Seniors Week Open House** ~ Sunday, June 8 from 1-4 pm


**Drop-in Bingo** ~ Saturday, June 21 from 1-4 pm

**Annual BBQ** ~ Saturday, June 28 at 5:30 pm (replaces Potluck)

**Carpet Bowling** ~ On hold

**Country Music Jamboree** ~ Returning in September

**Booking Agent** ~ Call Heather 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.

## Helping Hand Update

By Carmen Dixon

The Okanagan Falls Helping Hand will be taking a break from our monthly meetings usually held every third Thursday of the month at 4:30 pm at the Okanagan Falls Community Church (1356 McLean Creek Road). If you would like to see what we do and/or if you would like to lend a hand, we hope to see you at our **next meeting on Thursday, September 18 at 4:30 pm**. Thank you.



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

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



# Okanagan Falls Lions Update

By Bob Wilson, Past President

What a great Easter Egg Hunt once again! The weather more or less cooperated, the eggs didn't melt and the kids cleaned them up. What more could you ask for? How about a animated "Bunny" (anyone want to guess who?) Well folks, that's what we had and we have photos to prove it. Some of them made it into this article and congratulations to the young folks who found the prize eggs and our grand prize winner too.



I would like to take this opportunity to welcome our newest members, Lions Colleen and Kris who work primarily in our School Breakfast program, but hopefully will get involved in other projects. Speaking of projects, Music in the Park has it's first concert on June 22. There will be 7 concerts this year running until the end of August, and don't forget Canada Day is one of them - more important than ever! We will be at all of the concerts with our "Cookie" sales and a surprise feature this year.

Our School Breakfast program at Okanagan Falls Elementary is doing fine at last report ... 30-35 breakfast buns 3 times a week. Again, a big thanks to all the early rising volunteers who have been serving this program for over 20 years now, even through Covid, with a few necessary safety precautions.

Eyeglasses recycling is doing well. We have approximately 1200 pair to ship to the grading centre. That's about all for now. See you around town - you know who we are. Keep safe and healthy.

Blood, it's in you to give! The next Blood Donor Clinics will be held on June 2-4 at the Penticton Senior Drop In Centre from 1:30-5:30 pm. The Canadian Blood Services needs both donors and volunteers, visit [www.blood.ca](http://www.blood.ca) or call 1-888-236-6283.

The Okanagan Falls Lions Club meets the second Monday each month at 7 pm upstairs at 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. [www.e-clubhouse.org/sites/okfalls/](http://www.e-clubhouse.org/sites/okfalls/) or [www.facebook.com/okanaganfallslionsclub](http://www.facebook.com/okanaganfallslionsclub).



## South Skaha Housing Society Update

By Michael Livingstone, SSSH Chair

**Progressing Steadily** ~ Hello Neighbours! We're providing a quick update on the South Skaha Housing Society's new project. Progress has been slower than anticipated, and frankly, it's been a frustrating period with timelines extending beyond initial expectations. This phase has proven more complex and involved than our previous one, requiring a detailed and careful approach, but we are actively working through these challenges. Please know that we remain committed to getting everything right to build a strong foundation for this new community. We appreciate your patience and understanding as we work through these complexities and will share updates as key milestones are achieved.





Branch 227  
Okanagan Falls

## The Royal Canadian Legion Branch #227

By Bev Van Uden

**Legion In The Community** ~ As the cornerstone of communication across the country, who provide essential services and support to help Veterans Affairs, youth and those in need.

**Open Monday to Saturday** from 2 pm to close. **Open Sunday** from 11:30 am to close. Everyone Welcome!

**Beginner Line Dancing** ~ Tuesdays and Thursdays from 10 am - 11:30 am. \$2 drop-in.

**Wednesday Car Show** ~ The cars start rolling in about 3 pm. Food available from 4-6:30 pm. Let's make it another great year!

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

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

**Pancake Breakfast** ~ Sunday, June 15 from 8-10:30 am. Adults - \$9, 3-12 years - \$4.50, under 3 years are free. Everyone welcome.

**General Meeting** ~ Tuesday, June 17 at 7 pm (3rd Tuesday).

**June Entertainment** ~ The plans are for Music Bingo and an Entertainment Gong Show. More info on the Facebook page.

**Membership** ~ Member cards and stickers are at the Branch. Please ask the bartender.

**Bottle Returns** ~ Drop off cans and bottles at the Legion to the back of the garage. Thanks!

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

**For Updates** ~ Call the branch at 250-497-8388, check the board outside, or check our Facebook Page at "Royal Cdn Legion - Branch 227 Okanagan Falls BC" or our Instagram at "Veterans227".



## Penticton Seniors Week



**June 7-13, 2025**

*Free entry to all events!  
Everyone is welcome!*

### Grand Opening Weekend

**At the Penticton Seniors Drop-in Centre**

2965 South Main Street



#### Saturday, June 7:

- 9:00 am ~ Pancake Breakfast, with Demonstrations, Vendors and Entertainment to follow.
- 1:00 pm ~ Guest Speaker: Dan Levitt, BC Seniors Advocate
- 2:30 pm ~ Totally Twain Concert - Tribute to Shania Twain



#### Sunday, June 8:

- 1:00 pm ~ Guest Speaker: Osoyoos Indian Band Chief Clarence Louis
- 2:15 pm ~ South Okanagan Big Band Concert

**Full schedule available at:**  
[pentictonseniors.ca](http://pentictonseniors.ca) or [bit.ly/bcseniorsweek](http://bit.ly/bcseniorsweek)

Organized in collaboration with the following Aging Well community partners.



**The Centre**  
Recreation - Education - Wellness for BC+



## OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

We are still reeling from the great community support on our Community Day held May 10th! Thank you to all who came and if you missed it, catch it again next year! It was heartwarming to see families seated together enjoying lunch and playing games on the lawn. A special thank you to the Okanagan Falls Fire Department who had their 1936 fire engine on display - it was a big hit with both kids and adults alike! Also, thank you to all of the board members who were actively involved in this event. It was an all-around great day! We love this community!

We have added a new Fire Department display in the Kenny McLean room, so be sure to check that out. This display honours Chief Haddow, who served as Fire Chief to Okanagan Falls for 50 years. We have made some changes to the Kenny McLean room that will allow us to use the space in a better way. We will be able to accommodate classrooms and hold talks and/or community events and workshops. We may even be able to accommodate small meetings, so we have a great opportunity here to perhaps generate more revenue.

The museum is open after the May long weekend until Labour Day weekend. Hours are Wednesday to Saturday from 10am to 3pm. It only costs \$20 to become a member, which gives you free access all year. Don't forget displays will rotate, so there will be changes and additions from year to year. Becoming a member is a great way to support us.

If you are interested in volunteering at Heritage Place, give us a shout or email [okfallscurator@gmail.com](mailto:okfallscurator@gmail.com).

## LOCAL CHURCH DIRECTORY

### **Kaleden Community Church**

**Sunday Worship at 10 am** ~ in-person and online

Visit [kaledenchurch.ca](http://kaledenchurch.ca) for updates and the link to our live worship.  
443 Lakehill Rd. | [kaledenchurch@gmail.com](mailto:kaledenchurch@gmail.com) | 250-497-5995

### **Okanagan Falls Community Church**

**Sunday Worship Service & Children's Church at 11:00 am**

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

### **Okanagan Falls United Church**

**Sunday Service at 9:00 am** ~ Speakers: June 1 - Rev. Laura Turnbull; June 8 - Sarah Tupholme & 100th United Church Anniversary Celebration; June 15 - Rev. Paul James; June 22 - Rev. Dr. Donald Schmidt; and June 29 - Rev. Laura Turnbull. Coffee fellowship following the services. Info at [okfallsunited.ca](http://okfallsunited.ca).  
1108 Willow St, Okanagan Falls | 250-497-1171 or 250-460-2560

### **Our Lady of Lourdes Catholic Service**

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

### **St. Barbara's Anglican Church**

**Sunday Service at 9:30 am** ~ Join Rev. Rick Paulin on the 2nd and 4th Sundays of the month. Morning Prayer on the 1st and 3rd Sundays. Everyone is welcome! Call or email for more information.  
1039 Willow St | 250-497-7844 | [st.barbaraanglican@gmail.com](mailto:st.barbaraanglican@gmail.com)



**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**

## **Recovery For Everyone**

By Van Hill

**What? A Recovery Meeting** ~ This is a secular meeting based on [smartrecovery.org](http://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. Our aim is to run a meeting that is inclusive and respectful for everyone. Join us to find out if abstinence is for you.

Our intention is to provide a fun, interesting, and conversational style hour, where everyone is heard. We make no distinctions about the specifics of the substance of addiction or use. Our meetings can provide clarity and support for the most common substances of use disorder, i.e. drugs, alcohol, gambling, overeating, sex, smoking, etc. For more info, contact Van Hill at 250.300.5222.

## **Jose "Joe" Hilario**

October 22, 1959 - July 11, 2024



Joe and his beloved wife Vera were struck by a vehicle during their morning walk while vacationing in Spokane, Washington on July 11, 2024. Sadly, Joe would succumb to his injuries later that day.

Jose Francisco Rebelo Hilario (Joe) was born October

25, 1959 in Água de Pau, Azores, Portugal. He resided in Portugal until he immigrated with his family to Canada in 1965 at the age of five. Joe grew up farming on the family orchard, a foundation that would shape who Joe was.

In 1984, he married the love of his life, Vera (Nikic) Hilario. Together, they took over the Hilario family orchard in 1991, renaming it Lighthouse Orchards. It was there they raised their three children and remained until 2016.

Joe's life was marked by hard work, generosity and joy. When Joe wasn't farming, you would often find him lending a helping hand to others, fishing or hunting with friends, embarking on adventures with Vera, strolling the aisles of Costco, or sharing precious moments with family and friends. He had a generous spirit, a great sense of humour, and a deep love for the people around him.

Joe was a beloved husband and son, a devoted father, a cherished brother, an adored uncle, and a loyal friend. He touched many lives through his kindness, compassion, and unwavering support. His legacy of love, humour, and community spirit continues to live through Vera and his children. Joe continues to inspire all those who had the privilege of knowing him. He will be deeply missed and forever cherished in our memories and in our hearts.

Joe is survived by his loving wife, Vera Hilario, and their children: Amanda, Matthew, and Thomas Hilario. He is also survived by his mother, Ilda Hilario; his sister, Anna Mendonca (Joe Mendonca); and many other beloved family members and close friends. Sadly, Joe was predeceased by his father, Francisco Hilario; sister, Filomena Gaspar; brother-in-law, Fernando Gaspar; and his nephew, Daniel Gaspar.

May Jose rest in peace, and may Vera, Amanda, Matthew, and Thomas continue to find strength and healing. Messages of condolence can be sent to the family c/o Thomas Hilario at [thomashilario@outlook.com](mailto:thomashilario@outlook.com).

The Hilario family extends their heartfelt gratitude to the physicians and nurses at Providence Sacred Heart Medical Center in Spokane, WA. The care, compassion, and dedication shown in their efforts to save both Joe and Vera will never be forgotten.

Sincere gratitude is also extended to their family, friends, and community for the outpouring of love, support, generosity, and prayers received during this incredibly difficult time.

If desired and in lieu of flowers, donations can be made in memory of Joe Hilario to the Providence Inland Northwest Foundation: <https://give.providence.org/inw/donate-now>



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## Flowers Or Fish Heads?

Send yours to [skahamatters@telus.net](mailto: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** and big bouquets of thanks to our amazing neighbours, George and Colleen, for letting us "borrow" your water - you're officially our water heroes! Huge shout out to Randy Reeve for swooping in with superhero-level electrical skills on a long weekend (with zero warning, no less). And, hats off to Value Contracting for coming to the rescue with a speedy pump replacement when our well pump decided Good Friday was a good day to quit. You all saved the day - Thank You! ~ *From Lorena J. & Trevor N.*

**Flowers** and a huge THANK YOU to Dianne Gough for her commitment and loyalty over the 12 years she worked with us at Easy Lock Self Storage. She started when we were in our infancy and grew with us and helped contribute to our success as a local business. Have fun in your retirement Dianne! ~ *From Easy Lock*

**Flowers** to Kaleden Fire Department for their generosity once again. At the end of their Annual Yard Sale, they allowed volunteers from our charity to glean what we could use. Canadian Food for Children is a non-profit registered charity that ships recycled and repurposed goods to the poorest of poor in third world countries. Thank You! ~ *From Cheryl B. of Canadian Food for Children*

**Fish Heads** to the dog owners who leave bagged poop along the trail behind Peach Cliff. We live in an incredibly beautiful area and should not take it for granted by leaving garbage everywhere. If you are "one of those" dog owners who doesn't want to dispose of the poop properly in a garbage can, then don't bag it: leave it to decompose in the bush. By bagging it then leaving the bag, you manage to commit to neither method and instead leave a mess for someone else. ~ *From Wyatt W. of Okanagan Falls*



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By Lesley H. Luff, Okanagan Falls & Osoyoos

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*It is with great sadness that we bid farewell to  
a former Okanagan Falls resident.*



## Robert (Bob) Levesque

December 5, 1943 - April 22, 2025

Bob was born in Montreal, the only child of Gerard and Gilberte Levesque. Although very sudden and unexpected he died peacefully at home. He is survived by his wife of 57 years Colleen, their two children, Christine (John) and Marc (Candi), and 4 grandchildren, Joe (Montana), Rebecca, Joshua and Robert. He was predeceased by his granddaughter Emma.

In his younger years, Bob was fortunate to see much of Europe as his father worked for the Canadian Embassy and they lived in Rome, Paris, Brussels and Holland. Bob and Colleen lived in Toronto, Quebec City and in Alexandria, Ontario for 17 years and later in Surrey, BC before moving to Okanagan Falls in 2006 for a further 17 years. He spent the last 2 1/2 years of his life in Penticton.

Bob loved hard and was devoted to his family, especially his wife who he loved without reservation. He was a skilled self-taught carpenter and handyman, and enjoyed building and renovating his houses, especially home in the Falls, and was always willing to lend a hand whenever he could. He enjoyed working in his garden, building furniture and listening to music. His ease with technology and computers led him to be known as our group 'techie'. He will be greatly missed by all, as well as Lily our poodle who enjoyed spending hours on his lap. May his spirit Rest In Peace.

Robert's final arrangements entrusted to:

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