



APEX MATTERS

“Keeping You in the S’know”

Volume 22 : Issue 4

Your **FREE**
Local Snow Culture
Newsletter!

December 2025

Join in the Holiday Celebrations at Apex!

See page 3 for details on when and where.



Photo by Caillum Smith | @preservedlight

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I am on the hill through the Holiday Season, ready to assist those looking to buy or sell.
Happy Holidays!

Spend Your Holidays At Apex

By Myleen Mallach, Owner/Publisher of Apex Matters

I encourage everyone to take a drive up to Apex, definitely for the day, but preferably for a holiday close to home. There is so much to do over the holidays for everyone of every age. My favourite holiday tradition is joining in the magical time on Christmas Eve, watching the torchlight parade and fireworks, then seeing Santa, and visiting around the bonfire with family and friends. New Year's Eve always brings guaranteed great times at Apex too, with fireworks at 6 pm and at midnight. Be sure to get your tickets to celebrate New Year's Eve in the infamous Gunbarrel Saloon.

Remember, there are early season conditions out there. Watch for unmarked hazards and stay out of closed terrain! When was the last time you read the Alpine Responsibility Code? Take a moment to refresh your memory by reading it to the right. "Know the Code - It is Your Responsibility!" Stay safe and have fun everyone.

Wishing you a holiday season filled with fresh snow and big smiles!

"Keeping You in the S'know" since 2002!

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ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1 Always stay in control. You must be able to stop or avoid people or objects.
- 2 People ahead or downhill of you have the right-of-way. You must avoid them.
- 3 Stop only where you are visible from above and do not restrict traffic.
- 4 Look uphill and avoid others before starting downhill or entering a trail.
- 5 You must prevent runaway equipment.
- 6 Read and obey all signs, warnings and hazard markings.
- 7 Keep off closed trails and out of closed areas.
- 8 You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
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Know the Code - It is Your Responsibility

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Michelle & Adam

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When Opening Day Is Delayed

By Myleen Mallach, Owner/Publisher of Apex Matters

I was super stoked to get my downhill gear on for what was to be Opening Day on December 6, but the weather decided otherwise. However, that is when some creative 'snow farming' efforts came to the rescue. Apex staff gathered snow from the parking lots and trucked it to the top of the Magic Carpet for the groomers to spread it to where it was needed. So, just a 6 day delay to ensure safe snow coverage on some lower elevation runs. Thank you Apex!



With downhill skiing on hold, there was no shortage of things to check out in the village. The Edge Bistro and Gunbarrel Saloon were open. I shopped at the Mountain Shop, General Store and Artisan Den. Everyone was super excited for the season ahead!



Apex **Santa** and the **Torchlight Parade!**

Apex's famous Torchlight Parade starts at 6pm on Dec. 24th
Bring the family down to the bottom of the Okanagan Run in front of the Gunbarrel Restaurant and see Santa making an appearance in a very unique Apex way.

**DECEMBER 24TH,
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Apex Mountain Resort

December/January Special Events:

Dec 19 - Jan 3 - Night Riding - Night riding hours of operation: Fridays & Saturdays from 4-9 pm on the T-Bar and the Magic Carpet - Dec 19 & 20, Dec 26-30 and Jan 1-3. Please note there are no night operations on Dec 21-25 and Dec 31. Night riding is every Friday and Saturday in the New Year. All Friday nights are 50% off tickets and rentals.

Dec 20-21 ~ Apex Classic Moguls Event - Come and watch some of the best mogul skiers compete on our World Class Mogul Course. All of the events are free to watch, with a viewing area about a 5-minute walk up from the Apex village. Athletes are judged on speed, style, air and degree of difficulty. Saturday is Single Moguls and Sunday is Dual Moguls.

Dec 20 - Jan 4 ~ Winter Holidays for all BC Schools - Watch for special holiday hours for all village businesses.

Dec 20 ~ Artisan Winter Market - Over 20 vendors displaying local crafts and baked goods from 10 am - 4:30 pm in the Gunbarrel Dining Room. Support our Local Artisans and get some fun Christmas presents!

Dec 24 ~ Christmas Eve with Santa, Fireworks at 6 pm & Torchlight Parade starting at 5:45 pm. We welcome you to join in the Torchlight Parade. This is a free event and sign up is in the administration office at Apex.

Dec 25 ~ Merry Christmas! Bring the family down for some fun in the snow. The Quad, Triple Chair and the Magic Carpet will be operating from 9 am - 3:30 pm, Tube Park from 12- 3:30 pm, skating pond and loop from 9 am to 10 pm.

Dec 26-30 ~ Level Up Christmas Camp - For ages 5-12 years old through the Snow School, with half day and full day options available. Suitable for first-timers through to advanced riders. More info at apexresort.com/level-up-programs/

Dec 31 ~ New Year's Eve Fireworks at 6 pm and midnight on the Okanagan Run - Get your New Year's Eve Tickets for the Gunbarrel Saloon online at www.thegunbarrelsaloon.ca/events-1.

Jan 8 ~ Ladies Day - First Ladies Day of the season! Get yourself signed up for an incredible day on the hill, includes a glass of wine and lunch at the Gunbarrel. There are different packages to choose from. Please contact snowschooll@apexresort.com.

1.877.777.2739 | ApexResort.com

Day Lift Operations ~ Daily 9am - 3:30pm thru April 6, 2026.

Night Lift Operations ~ Friday & Saturday 4-9pm as of Dec 19.

Tim Horton's Tube Park ~ Friday 4-9pm, Saturday 10am-9pm, and Sunday 10am - 3pm. December 19, 2025 thru April 5, 2026.

Skating Loop & Skating Pond ~ Open daily at 9am. Loop night lit until 10pm. Tentative opening is Dec 19. Weather dependent.

The General Store ~ Open Monday-Thursday 8:30am - 5pm. Friday & Saturday 8:30am - 7 pm. Limited holiday hours.

Snow Bus ~ Runs Saturdays & Sundays, plus Holidays & Spring Break. Starts December 13, 2025. Visit doublediamondtours.ca for info.

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Cumulative Annual Snowfall



Nickel Plate Nordic Centre A Winter Season To Remember

By Meghan Keir, Nickel Plate Nordic Centre Manager

As winter descends once again on the South Okanagan, Nickel Plate Nordic Centre is now in full swing. Perched high - starting at 1,850 metres above sea level - and just a short drive past Apex Mountain Resort, Nickel Plate delivers 45 km of groomed ski trails (classic and skate), plus 22 km of marked snowshoe trails - offering something for everyone, from first-timers to longtime nordic lovers. Visit nickelplatenordic.org for more information.

But it's not just about trails; it's about the community, the vibe, and making Nordic winter feel welcoming and alive. Here's what's on deck this season ...

Big Announcement ~ Apex Mountain Resort season pass holders get **One Free Day Pass** at Nickel Plate Nordic this season. Just "flash your pass" at ticket window to grab your nordic day pass.

Key Events & Happenings ~ Here's a roundup of the fun, festive, and community-focused events planned for the 2025/26 season.

- We just hosted our start of season celebration with discounted day passes, live music, biathlon demos and snacks! Keep an eye on our socials and newsletters for more awesome community minded events!
- Monthly Socials & Seasonal Traditions ~ From full-moon ski/snowshoe potlucks (first one coming up January 3rd) to holiday-themed events like "Ski with Santa" (December 21 at 12 pm) there are lots of ways to enjoy the snow with good company. Visit nickelplatenordic.org for more information.
- Snowshoe Series, Intro to XC Skiing & Lessons ~ For folks new to Nordic sports: guided snowshoe skill-building sessions (10 am - 12 pm on December 11 & 19 and January 8 & 13 - \$80 for 4 sessions or single session drop in for \$25 - Free for Members), intro-level cross-country skiing, and multi-week skate or classic lessons make this a welcoming season for beginners. Visit nickelplatenordic.org for more information.
- Christmas Market coming up on Saturday, December 13th from 10 am - 1 pm in our day lodge. Come check it out!

Why Nickel Plate Is More Than Just a Ski Club

- Long Season & Perfect Conditions ~ Sitting high in elevation grants Nickel Plate one of the longest ski seasons in Canada - snow and sunshine for weeks means more time on the trails. Visit nickelplatenordic.org for more information.
- Inclusive, Welcoming Community ~ Whether you are a seasoned skier, a curious newbie, or someone just curious about snowshoeing, the welcoming vibe and variety of events make it easy to plug in. The club emphasizes accessibility, affordability, and connection. Visit nickelplatenordic.org today!

What to Know (Before You Go)

- Nickel Plate is located just 6.5 km past Apex Mountain Resort via Hedley/Nickel Plate Road - a maintained all-weather route.
- Membership and day-pass options are available, as are rentals (ski gear, snowshoes), lessons (classic and skate), and gear for folks of all ages and abilities.
- For those new to Nordic skiing or snowshoeing - or just wanting to brush up - check the lesson schedule or consider a drop-in to one of the social events or intro clinics.

Looking Forward: More Than Just Skis ~ What stands out about Nickel Plate this season isn't just the trails - it's the sense of community, the variety of ways to connect with winter, and the accessibility for people from all backgrounds and experience levels. Whether you are after peaceful snowshoe strolls, social nights, skills clinics, or just a serene ski under crisp blue skies - Nickel Plate is ready to deliver.



What's Happening At The Edge?

By Ash Dunsford

The Edge Bistro is excited for the 2025/2026 season! We look forward to seeing all of our Apex friends and families!

The Edge Bistro proudly offers homemade soups, made-to-order panini sandwiches and wraps, all-day breakfast options and a plethora of snacks and sweets. We also offer a variety of specialty coffees and of course our famous hot chocolate! Our very popular Take-and-Bake Pizzas are back again, including vegan and gluten-free options.

Our hours of operations are 7 am - 5 pm daily. During weekends and Christmas break, we are open in the evening until 9 pm when there is night skiing and tubing. On Christmas Eve, Christmas Day and New Year's Eve, we will be closing early at 4 pm.

The Edge Take-Out Window and online ordering is open again for the season. You can order at the window across from the T-bar, or make an order on our website and ski down for pick up. "Don't stand in line, order online!"

The Edge is here to help with your holiday shopping! Gift cards are available as a perfect stocking stuffer, as well as Edge T-shirts and our infamous fleet of 21 different coloured toques! Come on in and see our selection!

Speaking of toques, our winner from last season's "Where in the World is Your Edge Toque" photo contest was the Davies Family! Pictured with their prize of a family pizza party, complete with 2 pizzas, caesar salad and a bottle of wine. We have been receiving Edge Toque pictures all summer, so due to the outstanding popularity of this contest, we are rebooting for Season 3 - we want to see what you are doing with your Edge Toque! Keep the pictures coming, as we will be awarding prizes monthly for our favourites.

The Edge Crew wishes you all a safe, happy, and healthy holiday season!

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The Davies Family - The winner of last season's "Where in the World is Your Edge Toque" contest.

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Penticton Sno-Trackers Club

By Joe Millar, President

I'm thrilled to share an early look at what's shaping up to be one of the most promising seasons we've had in recent years. Our preseason scouting rides and trail assessments have given us plenty to be excited about, and if current patterns hold, riders can expect exceptional conditions throughout the heart of winter.

Over the last few weeks, the higher elevations around us have been receiving steady early snowfall - light, dry powder that's building a solid foundation. Even in the shoulder zones, coverage is coming in earlier than usual. We've been out marking routes, and inspecting trails, and the cooler temperatures have been cooperating perfectly. For those of us who live for that first throttle squeeze of the season, it's hard not to feel the buzz.

What stands out most this year is the consistency of the weather so far. The long-range forecasts - while never a guarantee - suggest an active winter with regular storm cycles feeding our mountain terrain. That's great news for riders of all styles: powder hunters, family cruisers, and backcountry explorers alike.

Our club has also invested in trail improvements, new signage, and expanded safety initiatives, all aimed at giving riders a smoother, safer, and more enjoyable experience. We're coordinating with local partners at Apex and the surrounding communities to ensure parking, access points, and staging areas are ready for the increased traffic we expect once the season hits its stride.

If the early indicators are anything to go by, this winter is shaping up to be one for the books. We can't wait to welcome both returning members and new riders to the trails. Here's to a long, snowy, and unforgettable season ahead!

Our next meeting is Tuesday, December 9 at the Barley Mill Pub upstairs, so come one come all ... let's get this season started!

Be sure to follow us on our social media for more information.

Email: pentictonsnotrackers@gmail.com

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Carvers Corner

By Jorgen Anderson,
Head Coach & Program Director

Welcome to Winter! Snowy hills, Christmas lights, and the excitement of trying out that new gear - we all love this time of year. After a gorgeous, warmer fall, winter arrived quickly. Recent snowfalls have helped set us up for a promising start, and Apex Mountain Resort has been working hard to get things rolling. Early December can be a lean time for snow, but rest assured, those memorable days are coming!

This has been a busy month for the club. We put lots of energy into our community events, from hosting the annual Warren Miller show to selling delicious kettle corn early in the month.

A huge thank you to all the keen skiers who came out to the Warren Miller Movie Night. I had a great time emceeing the event. The mosh pit moment when Brock from Freeride tossed gear into the crowd was unforgettable - such an energetic crowd this year! You can definitely look forward to next year's show.

Special thanks to our ticket vendors: Freeride Boardshop; IGA Penticton; Neighbourhood Brewing; and One Boardshop.

We would also like to extend our appreciation to: Neighbourhood Brewing for donating beer sales; Roche Wines for donating wine sales; IGA for supplying drinks, candy, and chips. Thank you!

Apex Carvers ~ A reminder that registration for Apex Carvers is still open. The program is open to kids aged 5-11 years old and is an incredible way for young skiers to develop the skills they need to explore the mountain with confidence. Program runs 11 weeks starting January 3 & 4 weekend. Choose between one full day either day or both days. We also offer a 3-day Christmas Camp December 27-29 during the holiday break. This is a fantastic way to kick off the season, get kids back on snow, and build great momentum heading into January.

Please visit our website at Apexskiclub.com for registration.

Skiing is a true family sport. I love hearing stories of families taking ski holidays together. Carvers gives kids foundational skills they'll carry with them for life, whether they go on to ski around the world or someday chase a World Cup Crystal Globe.

Speaking of Champions!

- Reece Howden, our famous Apex Carver and Apex Ski Team Alumni, is headed to his second Olympics! Go for Gold Reece! Also, he's chasing his 4th Crystal Globe in Ski Cross. Amazing!
- Heming Sola is entering his 3rd year at Dartmouth University, competing in NCAA Alpine racing as a scholarship athlete.
- And if you missed it, Meg Cumming had her usual excellent skiing scenes featured in the recent HEAD movie.

These are just a few examples of Apex Ski Club Alumni out there absolutely ripping. Well done to all of them!

Apex Ski Team - U12 to U18 ~ Our U12-U18 athletes hit the slopes in early December after a busy fall of dryland and multi-sport training. We always encourage our racers to be multi-sport athletes, as it's one of the best ways to build the strength, agility, and overall athleticism needed to become great ski racers. We can't wait to see these kids progress through the season.

A Big Shout Out To All Our Sponsors ~ Gold Sponsor: Interior Roofing. Silver Sponsors: Penticton Collision Centre, Neighbourhood Brewing, Ritchie Homes, Guerard's Furniture, and Gorman Bros. Lumber Ltd. Bronze Sponsors: B&L Machine Shop, Betts Electric, IGA Penticton, The Van Os Family, Sociale Restaurant, Handford Smirle LLP, Theo's Restaurant, and Canco.



CARVERS

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

REGISTER AT:
WWW.APEXSKICLUB.COM



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

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




Apex Ski Team enjoying their first day on snow with some shenanigans.



Julia, Charlotte & Michael Johncox at the recent World Cup at Mont Tremblant.



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By The AFC Team

From Apex Freestyle Club President Jesse Ritchie ~ Hey parents and athletes! I just wanted to quickly introduce myself if we haven't met yet. My name's Jesse Ritchie - I own the Gunbarrel Saloon, and for the past few years I've been on the Apex Freestyle board as a Member-at-Large. I've been lucky enough to work alongside a genuinely positive, fun, and dedicated group of people, led by our former president Theresa Sengl. Theresa has decided to step down from the president role, but she'll thankfully be staying on the board to help with our big events and supporting us as Past President. So, for this season - and until someone else feels inspired to take it on - I'll be stepping into the President role. I wanted to give everyone a quick rundown of what our main focuses are going into winter.

We run the largest ski and snowboard freestyle program in the Thompson-Okanagan, which is something we're all incredibly proud of. This year, one of my big priorities is improving communication, individual goal-setting, and overall organization for our weekend programs. To make all this happen, we really do need parent volunteers to jump in and help with a few tasks on program days. A little help goes a long way!

One of the biggest goals for me is continuing to build a positive, supportive environment for our athletes and coaches. We want this to be a place where: kids feel encouraged; coaches feel supported; and families feel connected. Apex Mountain Resort has been incredibly accommodating, and we'll keep working closely with them all season.

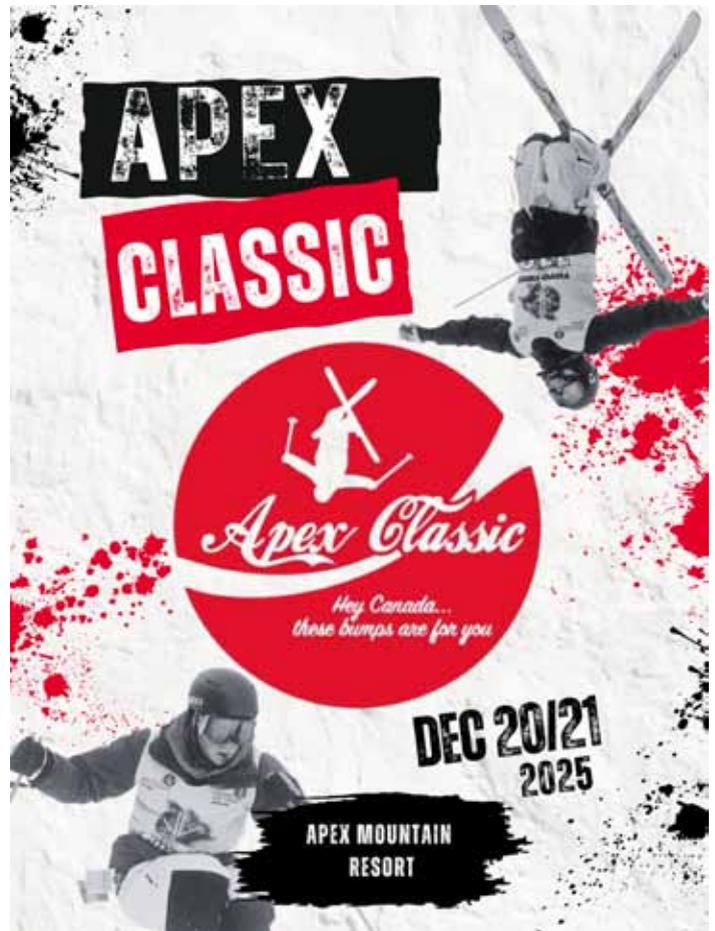
We're always looking for help, ideas, and fresh energy - so if you want to get more involved with Apex Freestyle, I'd absolutely love to hear from you. In the meantime, please visit our UP TO DATE website at www.freestyleapex.com.

Looking forward to seeing everyone on the hill ... and in the bar!

Apex Classic - December 20-21, 2025 ~ Apex Classic (formerly known as Canadian Selections) is the first moguls competition of the season, annually hosted at our very own home mountain! This year's Apex Classic will include 120 mogul athletes, with 80 coming from across Canada and 40 from other international teams such as Japan, Australia, Great Britain, and beyond. Representing the Apex Freestyle Club will be Coaches **Alexa Chick** and **Cole Patton** with AFC athletes **Triggs Markle**, **Garrett Stirling**, and **Francesca Farcau**, as well as AFC alumni and current BC Team athletes **Emelie McCaughey**, **Jackson Kendell**, and **Grady Parsons**!

Apex Freestyle Snowboard Club Program Director Josh Shulman ~ Holy smokes!!! Less than a week until the lifts start spinning YEEEEEEWW!! I'm sure you're just as pumped about it as I am. Our programs are NEARLY full, but if you know a young snowboarder who might be keen to ride with our club, be sure to check out our "try freestyle" day, our Christmas Camp or our Pro-D Day sessions! Like our new president said, we are focused on building a positive, supportive club focused on fun and progression. Community is important! For more info, email us at snowboard@freestyleapex.com. Let's goooooooooo!!!

Photo Credit ~ All photos credited to MK Capture Photography.



Winter Break Camps ~ We will be hosting camps from **December 27-29, 2025** open to any ski or snowboard athlete. In addition to current freestyle athletes, this will also be an opportunity for anyone to "Try Freestyle" and spend 3 fun-filled days learning all aspects of freestyle with our fantastic coaches exploring Apex Mountain's varied terrain, parks, and our mogul courses!

WINTER BREAK CAMP

FREESTYLE SKILLS 27-29 DEC CAMP

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

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Bronze Sponsors: Skyview Blinds, Castanet, and NavCan.

Hey Apex!

By Alec Henderson, Team Canada Slopestyle and Big Air Skier



I have been on the road for a while now, but I've been keeping up with the news about Apex's opening date. It looks like when this article comes out, the mountain will be opening the following day! Even with a couple small delays, I think it will make for a much deeper opening day.

It's been a hectic month travelling, learning, skiing, eating different food and seeing incredible places! I

started this trip in Austria, air bagging and learning two big tricks to take into my World Cup Big Airs. Near the end of my camp in Austria, I got a last minute spot into the Stubai World Cup Slopestyle. I had amazing training on the course before the comp started. We tried to run the event, but unfortunately the weather didn't hold up and they were forced to cancel the men's event. This was a bit tough, because it could have been huge for an Olympic qualifying result. But it was totally out of my control, so I had to just focus on what was next, China!

We flew into Beijing with the Canadian squad on November 23rd. Jet lagged and stiff we hopped on a 5 hour bus to Secret Garden, the host of the 2022 Slopestyle Olympic Venue and one of the Olympic villages. It was so cool to pull up there and see where it all went down 4 years ago, which got me excited for what could happen this season. We got on the Big Air site and it was one of the best jumps I have ever hit. I had new tricks in the bag and was ready to throw down everything I had. The qualifier started and I was in heat two, the landing was shaded from the sun, making it slightly more difficult to see. I took a crash on my first run and it all came down to my second jump. Nothing to lose. I remembered the right speed, trusted my take off and stomped the trick better than I ever had in training. A brand new trick for me and a world first switch triple 18 Blunt. At this point, I didn't care as much what the score would be. I was just so pumped to land that trick I had been dreaming of all summer. The score came in and it was a 91. The highest score I have ever received for a trick and qualifying me into my first World Cup final in second. The final was super fun! It felt like the hard part was done and I could just ski and not worry about getting a bad result, because I had already made the top 10. I landed two jumps with a bobble on one of them, landing me in 7th. I wanted more, but it was a solid result for me! Afterwards, we went to see the Great Wall. It was awesome!

Next was Beijing Big Air. I had two really good jumps in the qualifier, but in one of the most insanely stacked heats ever, I ended up 8th in my heat, and 13th overall. Another solid result and it left me with two top 16's, the criteria for me to return back to the World Cup team again! This means next season I will be back skiing full time on the world cups. So, China was a huge success! My girlfriend, Naomi Urness also on the team, absolutely crushed it and in her first two Big Air world cups ever. She is leaving China with a 2nd and a 3rd place finish!

Right now, we are on our way to the Steamboat Big Air in Colorado, which is the final Big Air stop before the Slopestyle's start in January. Let's keep this momentum rolling!

Thanks everybody again for all the support and the love for making my first final. It's been quite the journey, but I'm just getting started!



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A World Of Abundance

By Fred Albrechtson, Nickel Plate Junior Racer Alumni

We live in a world so infatuated with over sensory load, flashing colours, and a constant vomit of information. Many of you (hopefully) will not relate, but things have gotten bad. For my generation, Gen Z and beyond, we have become so disconnected and isolated from real life. Most people spend over four hours day staring at their phones - a never-ending exposure to bright lights and cheap dopamine hits. Many social media platforms have ever-developing platforms and algorithms to keep you engaged and addicted, making the phone even more difficult to put down. Now with the recent development of AI, we don't even have to make decisions - AI can do it for us! Almost every profession has integrated into it, one way or another. Certainly, standards of living across the globe have increased, and innovation has allowed us to experience more. But is all of this technology allowing us to live fuller lives? We live in one of the most abundant times ever, one where we can with the touching of a button have a hot meal to our door without having to interact with a single person. Does that actually equate to satisfaction and fulfillment?

I've always believed that to improve, one must struggle. Uncomfortableness equals progress. Take competitive sport for example, as soon as you stop working on technique, fitness, or health, the competition will run you over. As soon as you stop pushing, you become vulnerable. We all need a purpose that drives us - take for example the amount of people that die after retiring from their life-long jobs. They've worked all their lives, for what can be boiled down to one thing, and then they lose it.

Now, I'm not saying that we should be living in ice caves hunting for deer with a stick and a rock, bordering hypothermia and starvation, or be apart of the work force until we're 85 years old, but I think

that most of us don't have enough struggle in our lives. Most of us get too uncomfortable getting uncomfortable. Most of us are just living, because it's the best option we have.

As we head into the New Year, take initiative to push yourself into uncomfortableness. Try something new, something challenging, and get uncomfortable.

I like to say, as soon as you stop living you start dying, so find something that makes you feel like you're living, and provides real fulfillment.



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CANADIAN SKI PATROL™

Volunteer Patrol Update

By Brad Nunes, CSP SO Boundary Zone

Merry Christmas and Happy New Year from the CSP! We hope that you get everything you asked for from Santa and that all you asked for from Santa was powder days! I mean, he can't say 'no', if we all ask him for that, right?

With the festive season upon us, we would like to remind you to ski responsibly. Alcohol and drugs are not a good mix when you are doing 40 km/h around trees that don't move, or skiing from cabin to cabin in the dark. The hill is CLOSED after hours and make sure you are making your way to and from events safely. Once again, have a safe and super fun holiday season. Much love from the CSP!



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



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Holiday Greetings From The Artisan's Den

By Jane Ono

The Artisan's Den is a **licensed café**, featuring lunch items, sweet treats, and beverages both hot and cold. Stop by and enjoy the cozy ambiance of this hidden gem.

The Artisan's Den is a **gift shop**, featuring the artistic work of over 25 local artists. Paintings, pottery, jewelry, soaps, and so much more. Shop for your gifts, shop for yourself!

The Artisan's Den is an **art studio**, featuring an active pottery workshop and much more! Check out the "Everyone is an Artist" series offered each Thursday night, starting in January. There's bound to be a class that will inspire the artist in you!

EVERYONE IS AN ARTIST:

Two Bowls in Two Days ~ January 8 and 15, starting at 7 pm. Our first in this series is a two-part workshop introducing participants to the basics of hand-building in pottery. On Day 1 we build a few bowls and the next week, on Day 2 we return to glaze our fired pieces. Pick up your finished work a few days later. Limited to 6 participants (not suitable for young children). Cost: \$115.00 (includes tax). Contact Jane in The Artisan's Den to register.



If you or someone you know might be interested in offering one or more workshops in this series, please connect with Jane in The Artisan's Den.

The Artisan's Den at Apex

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



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

Art Classes Available.

Slushy Thoughts From The Snow Bank

By Brad Nunes

Ho Ho holy moly, we are here! Every year, I ask the big guy in red for a functioning ski hill. What? No, not Santa ... its James when he is wearing his red jacket! I find that he is in his best mood in his red jacket vs. the blue ... or yellow ... or the other blue ... he's got a few okay, but I think the red one makes him the most holly jolly. But for reals, this is the whole reason you are even turning these pages. Ski hills are magical places where we create a little slice of an idyllic life. Everyone up here has something in common. We are all generally having a good time. I mean, except for the exasperated father at the bottom of Juniper yelling "PIZZA, PIZZA, PIZZA" at the bundle of snowsuit and tangled skis they call their child. I love zipping by, scooping the little gremlins up by their suspenders and depositing them in front of the candy shop. They stop crying real quick, when they see the pixie dust tower. And, that really is the beauty of small local ski hills. It is extremely rare I feel bummed out or angry for very long when I'm up at our hill. I'm either way too distracted diving down impossibly steep slopes, or I'm hanging out with awesome people who love doing the same thing I do. So, this year, give the gift of just being awesome, saying howdy, and generally continuing to make this a special community. That is the true meaning of Christmas ... or ski hills? Either way. Thanks.

Okay. Now, after Christmas, we have the time of the great RESOLUTIONS! It is always fun to list all the things I intend to fail at in the coming year. Number one is I will be easier on my equipment. You know, respect the sticks and never look into the Window early season and think 'Yeah all the rocks should be covered'. The folks at the Mountain Shop (Big shout out! Great work!) won't get any of my money for fills today! Number two is I will refrain from lift line karaoke. It may be hard, especially on retro day, where for some reason, more and more of the music just really relates to me you know? So funny how that has happened. Nobody wants to hear my rendition of 'Jump Around' where I mix up the verses and cause chaos, because it is hard to 'Jump Around' when you are still clicked into your bindings. Lastly, and this one I do intend to keep up, is just taking a look at myself and re-aiming my life, so as to be just a bit truer to myself, a better father, a better husband, a better neighbour and a better legacy for our world. It is pretty hard to improve on perfection, I know, but I'll give it a shot. And ... I encourage ya'll to join me. Form all of us in the Snowbank ... Merry Christmas and blessings in the New Year. Cheers!





Hello Neighbours

By Donegal Wilson, MLA Boundary-Similkameen

It has been a meaningful and active season across Boundary-Similkameen, both in the Legislature and here at home. As always, the conversations I have throughout our region continue to shape my work and remind me how deeply proud I am to represent our rural communities.

One of the highlights of the past month was the honour of speaking at the BC Fish and Wildlife Coalition luncheon. This coalition is bringing 29 organizations together under one shared purpose which is to advocate for biodiversity and ecosystem health including the restoration and long-term sustainability of fish, wildlife and habitat in British Columbia. Bringing so many groups together is no small achievement, and it was inspiring to see so many committed to the stewardship of our landscapes and ecosystems. Speaking on behalf of the Official Opposition, I offered my congratulations and sincere appreciation for their leadership. Their work reflects the same values we hold across Boundary-Similkameen: collaboration, conservation, and a commitment to ensuring future generations can enjoy the lands and waters we cherish.

Remembrance Day was especially moving across our region. Communities in Christina Lake, Grand Forks, Phoenix, Greenwood, the Kettle Valley, Beaverdell, Osoyoos, Oliver, Okanagan Falls, Keremeos, Hedley, and Princeton each held meaningful ceremonies honouring those who served. I did stop into the Oliver, Okanagan Falls, and Keremeos Legions, and it was truly wonderful to speak with volunteers, community members, and especially our veterans in those three communities. I was honoured to lay a wreath personally in Oliver, and volunteers respectfully represented our office by laying wreaths at every other cenotaph in the riding. Remembrance Day is deeply important to me, and I remain grateful to all who have served, continue to serve, or will serve our country. Their dedication grounds us in the freedoms we value and the responsibilities we share as Canadians.

With the fall sitting of the Legislature now wrapped up, I'm looking forward to returning to the constituency office full-time - meeting with residents, attending local events, and continuing the work that matters most: advocating for Boundary-Similkameen. Winter brings its own rhythm to our communities, and I always appreciate this season as an opportunity to reconnect with people across

the riding. Every month, I am reminded how important it is to stay connected and keep the conversation going.

You may have seen the message "Let's talk about what matters to you" alongside this column - and I truly mean it. My work starts with listening: hearing your concerns, your ideas, and your experiences living in our rural communities. Whether we speak at the grocery store, at a local event, on your farm, at the rink, or during a visit to the constituency office, those conversations guide my work in Victoria. They ensure that when I stand in the Legislature, I do so with your priorities, your challenges, and your stories at the forefront. Community connection remains at the heart of everything I do. I've continued meeting with residents, councils, farmers, business owners, and volunteers to hear directly about the issues affecting daily life across Boundary-Similkameen - from watershed pressures to health-care access, economic challenges, and the realities of living and working in rural British Columbia. These conversations guide every question I raise in the Legislature and keep your voices at the centre of provincial decision-making. I am always reminded that the most effective advocacy starts with listening, and I am grateful to everyone who has taken the time to share their experiences and concerns.

As we move into the holiday season, I want to wish everyone a safe, joyful, and peaceful time with family and friends. For those spending time at our local resorts, I hope you're treated to deep snow, good company, and lasting family memories. Our region shines at this time of year, and I hope each of you finds moments of warmth and connection. If you need assistance or would like to share an issue affecting your community, please reach out. For more updates, videos from the Legislature, and community news, visit www.donegalwilsonmla.ca or follow my social channels.



Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

Snow has arrived and the Apex Winter Wonderland is ready for you to explore! Enjoy a great winter season ahead.

The RDOS is now working through its annual budget process with adoption of the 2026 budget by the end of March 2026. Watch for a notice in an upcoming issue of Apex Matters for the date of a financial meeting at Apex.

The installation of a needed speed reader sign on Apex Mountain Road is still in progress. As we share the road

between traffic and pedestrians, we all need to slow down, pay attention and share the road. All signals are indicating it could be installed in the spring. Until then, please stay safe and stay tuned!

Apex Volunteer Fire Rescue will receive a smart board for the new fire hall to aid in their training needs, as other departments have successfully utilized the technology. This is a welcomed asset to help ensure our local fire fighters stay up to date in their skill sets.

Gentle Reminder ... Dog owners residing within the RDOS are reminded that every dog owner is required to obtain a dog licence for each dog that they own or permit to remain on or about their property. Please be a responsible dog owner and always pick up after your pet. For more information about animal and dog control regulations, or to apply for a dog licence, please visit rdos.bc.ca.

Merry Christmas and a Happy New Year from my family to yours. 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



ACA December Update

By Cindi-Lou Baker, Vice President

Hi Everyone! I can't believe it is December already! Woot! Woot! Soon the lifts will be running and nothing will really matter. It is dumping as I write. Yahoo!

In November, the ACA held their AGM. Although it wasn't standing room only, it was nice to see some fresh faces and support for what we do.

There are some board members who have stepped down at this time. A huge thank you to Ash, Molly and Gina! Ash was a past president and grant writer. Her enthusiasm was infectious. Her hard work really made our events successful. Molly kept us informed on all things fire safety. She helped at the various events and was fun to have around. Gina was always willing to help out in any way she could. Her calm demeanor was really appreciated. Earlier this year, our president and secretary, Marc and Erica decided they had to re-prioritize their ultra busy life, and stepped down from ACA. They both did so much for this organization and continue to house a few belongings! I promise we will have our storage woes sorted soon. Thank you!

We elected a few new board members. A big welcome to Kris and Sarah! We can't wait to have their new energy on our board. They have always been faithful supporters of our community events. Another new member of the Board is the one and only Myleen! I don't have to say how supportive she has been of our organization through her much loved publication, Apex Matters.

Following our AGM we hosted a social. We had a few beverages leftover from SepTimber. The gift that keeps on giving! Thanks again to Lass Chance Cider, Cannery Brewing, Hwy 97 Brewery, Neighbourhood Pub, Yellow Dog Brewing and Giants Head Brewing. Thanks to Nikki, Neil and Sage who brought their air fryers for wings and spring rolls. Thanks to Apex for providing a place to hold the meeting and social.

December is a busy month for most people. The ACA will be taking it easy, with our next big event being the Disco Skate Party in January. There will be more details on this event in the next issue. Be sure to check out the Artisan Winter Market on Saturday, December 20th in the Gunbarrel Dining Room.

I hope your holidays are filled with family, friends, food, freshies, faceshots and fun! Brought to you by the letter F! Let it snow!



The Artisan Winter Market At Apex

By Ash Dunsford

The Artisan Winter Market returns to Apex Mountain on Saturday, December 20, 2025! Please Note: There is a slight time change from the originally planned 10 am - 5 pm, now to be 10 am and ending at 4:30 pm.

The Market will be hosted once again in the Gunbarrel Dining Room with a variety of local vendors showcasing their handmade goods, crafts, and skills!

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



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Seasons Greetings From APOA

By Barry Leigh for the APOA Executive

As the holiday season settles over Apex, we are reminded of the special beauty and spirit that makes our mountain community truly one-of-a-kind. With diverse winter recreation opportunities, including downhill and cross-country skiing, snowshoeing, and snowmobiling, Apex offers endless ways for residents and visitors alike to enjoy the great outdoors and connect with the magic of winter.

On behalf of the Apex Property Owners Association, we extend our warmest wishes for a joyful Christmas and a safe, happy, and adventurous New Year to everyone who calls Apex home and to those who come to experience its charm.

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Window appears on gingerbread house. 2. String on puppet is missing. 3. String appears on toy train. 4. Neckline on puppets has moved. 5. Elf's apron is longer. 6. Elf's apron is longer. 7. Elf's apron is longer. 8. Elf's apron is longer. 9. Elf's apron is longer. 10. Elf's apron is longer. 11. Elf's apron is longer. 12. Neckline on puppet is different.

Jay's Tunes To Turn To

Artist ~ Almost Monday | Song ~ "Enjoy The Ride"

Opening day is here! And, we all want to "enjoy the ride". The conditions are looking great on the mountain. Like every start of the season, make sure you ride with care. Watch out for unmarked hazards and respect the closed areas. Happy Holidays Everyone! See you on the hill and be sure to "enjoy the ride" this season!

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

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Apex Fire Brigade Society December Update

By Jacquie Foley, AFBS Chair

December is here and hopefully by the time you are reading this, the snow will be steadily falling on the hill! The Apex Fire Brigade Society (AFBS) is looking forward to another active year on the mountain with some fun activities planned! Upcoming events in 2026 will consist of the following:

Apex Firefighters' Annual Dinner and Ball

Plans continue for the upcoming Firefighter's Dinner and Ball to be held at the Gunbarrel Saloon on January 24, 2026. We could use some help with completing some general tasks and securing auction items. All things great and small will be gratefully appreciated to help us make gift baskets for the silent auction or contribute to prizes at the live auction! It's going to be a blast, so keep an eye out for ticket sales in December (tickets will be limited). Please contact sandy@apexresort.com, if you are able to provide any support in planning or donating items to this event.

Wildfire Risk Reduction Project

The mountain has successfully navigated another hot summer without significant impacts from fires! It's important that we keep putting in the work to reduce the risk of wildfire damage to our properties and the overall recreational area at Apex. You might have seen the piles of deadfall in the forest as you were walking the creek walk by the Scout's cabin or other areas near the resort. The AFBS continued discussions this year with the BC Mountain Resorts Branch and with BC Wildfire to secure funding for the burning of the piles in the identified forest fuel treatment units. We are also exploring possible collaborative solutions with Snpink'tn Indian Band in addressing the wildfire risk to the Apex community. Stay tuned for more information on what the AFBS is doing to reduce fire risks on our hill. If you have any questions or need more information, contact afbs.info@apexfirerescue.ca.

On a more personal level, homeowners can request a free Wildfire Mitigation Assessment (a.k.a. FireSmart) for your property at Apex. Keep an eye on the Apex Volunteer Fire Rescue page on Facebook for next year's FireSmart dates. Having your property "fire-smarted" may help with your property insurance costs (check with your insurance company). For more information, visit <https://firesmartbcplatform.ca/home>.

Father's Day Fishing Derby

Although not finalized yet, we are looking to host the 2nd Annual Father's Day Fishing Derby in June 2026. Last years inaugural event was hosted by the Apex Fire Brigade Society and Apex Volunteer Fire Rescue firefighters, and consisted of a family-friendly, catch-and-measure tournament open to all ages and experience levels. Consider participating in this upcoming event to enjoy the fresh air, friendly competition, and great prizes - all while supporting a great cause. Keep an eye out in future editions of Apex Matters and on the Apex Volunteer Fire Rescue page on Facebook.

The AFBS is working hard to give our mountain community the best shot at avoiding major fire incidents throughout the year! As with all volunteer organizations, we are always looking for more people to get involved! Are you interested in helping in some small way? If so, please let us know by sending an email to afbs.info@apexfirerescue.ca.



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Next deadline
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Happy Holidays! Time To Welcome Our Guests ... And Keep Them Safe!

By Kelly Johnston, Fire Chief

The firewood is stashed and dry, the snow is falling, the mountain is about to open, and it's almost the time for the festive celebrations to begin! Soon the parking lots will be full, and families, friends and guests will be filling our homes and short-term rentals with warmth and cheer! Let's re-visit Santa's list to make sure that all have a good night, and all are safe!

Keep Fire Hydrants and Fire Lanes Clear!

Just like Santa's sleigh, our fire trucks are red ... but they're much bigger ... and they need to connect to fire hydrants to do their job in protecting you! Please remember:

- No parking on any roads at Apex during the snow season.
- Keep at least 3.7 metres (12 feet) wide of clearance on all travel routes through the main resort parking and strata parking lots.
- No parking in fire lanes of buildings and strata's; or the in the access to fire hydrants, or the buildings fire department connections.
- No parking within 5 metres of any fire hydrants.
- You are responsible for keep all the fire hydrants on your property, or roadside fire hydrants in front of your property free of snow, or storage items for a 1 metre circumference.

Electric Vehicles

It's not Reindeer Power, but it's clean ... Electric vehicles are becoming increasingly popular at Apex. Unfortunately, these vehicles also present a significant firefighting challenge for our firefighters.

- Park it Outside. AVFR does not recommend parking or charging of Electric Vehicles in under ground parking areas. The underground parking areas, fire protection systems and electrical systems were not designed for the increased electrical and fire load of EV's when they were built. Due to the firefighter safety issues and the significant amount of water needed to fight these fires, our expected success of stopping them from spreading to the buildings above them is very low.

Fire Safety Inside Your Home

There are critical minimum building safety conditions that must be in place to protect the building occupants, and our volunteer fire responders from injury or death. Unfortunately, these requirements were born out of hard lessons learned from fire disasters where hazardous conditions caused the devastating loss of human lives, including children, entire families and firefighters.

It is up to you as the homeowner or property manager to ensure everyone's safety by addressing these hazardous conditions by:

- Ensure all sleeping areas have secondary egress (direct entry doors, or windows large enough to escape out of).
- Escape ladders for occupants to safely access the ground level from above ground rooms.
- Escape pathways (hallways, stairs) with clear, unimpeded access to the exterior doors.
- Smoke alarm and Carbon Monoxide detectors that are newer than 10 years old, inspected and tested every month and batteries replaced at least every year.
- Appropriate number, location and type of fire extinguishers, easily visible and accessible by occupants; inspected each month, and checked annually by a certified technician.

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4. Black Pepper Beef or Black Bean Sauce with Chicken, Beef, Pork or Prawns with Vegetables, and Round Rice Noodles	\$20	C. Chicken Fried Noodles with Beef and Mixed Vegetables and Dried Garlic Pork	
5. Chicken or Eggplant with Black Bean Sauce	\$20	D. Suey with Dry Garlic Pork	
6. Szechuan Prawn, Chicken (Spicy), Beef or Pork	\$20	Dinner for Two	\$49
7. Beef with Vegetable Flat Rice Noodles	\$18	Spring Rolls (2) or Wonton Soup, Chicken Chow Mein or Rice, Sweet and Sour Pork, Beef with Vegetables	
8. Special Fried Rice or Noodles	\$18	Dinner for Four	\$88.95
9. Curry Chicken or Beef	\$20	Spring Rolls (4) or Wonton Soup, Chicken Chow Mein or Rice, Sweet and Sour Pork or Chicken, Beef with Mixed Vegetables, Deep-Fried Prawns, Ginger Beef	
10. Salt and Pepper Prawn	\$22		
11. Wonton Soup \$15 Wor Wonton Soup	\$20		
12. Honey Peach Prawn or Chicken	\$26		
13. Mixed Vegetables with Tofu, Noodles, or Rice ...	\$18		
14. Almond Chicken	\$20		

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Not Sure Where to Start? Request A Free Voluntary Home Fire Safety Advice

For any property owners who would like to be proactive, but aren't sure where to start, AVFR is happy to meet with you at your property to provide FREE advice on how you can voluntarily meet minimum fire safety standards.

To request a home visit, please visit this link below and provide your information, and we will follow up with you to arrange a date and time! <https://forms.gle/ahof98h5HZfPWBQE9>

Merry Christmas, and a Safe Holiday Season to all from the Apex Volunteer Fire Rescue family! And, thank you for the early Christmas gift from all of those who helped our AVFR November Team hit and surpass our fundraising goal!

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Weather Wonderings

By Johnny Smoke, Bike & Ski Guide, CAA 2 | CSGA 2

Another Apex season, and of course the number one topic on everyone's lips is the delayed start. It is actually shaping up to be a legendary opening day, because as everyone knows, Apex is not actually open until the quad runs.

If you've been at Apex for any length of time at all, you'll know how fickle our weather is. Like many others, I start looking at any and all metrics very early on to try and predict what our winter will look like. And, it all comes down to patterns.

Pattern recognition is something we do a bit too well as a species. A quick tour around social media should underline these abilities to find patterns where none exist! With the weather, we've managed to tease out some pretty solid patterns though. The most obvious is the El Niño/La Niña system. This is a well documented phenomenon originating in the tropics, which has some reasonably predictable effects for us. In our region, it strongly affects where the jet stream flows.

If you think of the jet stream as a river of air, you wouldn't be far off. Sometimes it's referred to as the 'Storm Track', as it affects the way that storms track through our region. El Niño's and La Niña's have distinctive jet stream patterns.

In an El Niño cycle, we tend to get lots of weather from the south-west, as the jet stream tracks further south bringing lots of warm and wet air to BC. High freezing levels tend to bring a bit more rain and freezing rain to the alpine, but in general there is a so much precipitation in El Niño years that you'll see plenty of snow.

La Niña years are often thought of as very good for skiers, as a more north-westerly flow of colder storms can set up during this pattern. The chances of light and dry powder are increased. Under this regime, the jet stream often splits in two, bringing more cold precipitation in from the Gulf of Alaska, and the warmer 'Pineapple Express' events seem to track a little further south. However, La Niña years tend to be less predictable and the amount of precipitation around BC can be highly variable. We've had some fantastic skiing in La Niña years, but we've also had some pretty miserable ones. This year, we have a weak La Niña, so it's set up a slightly higher likelihood for cooler and wetter weather. For predictive purposes, it could also act like a neutral year, which actually isn't at all bad for Apex. In the grand scheme of things, this indicates a bit better than even chances for good snow this winter.

One of the other things I like to look at to try to predict the winter is how much snow is on the ground in eastern Siberia during the fall. A lot of snow on the ground will change the way prevailing winds work, essentially steering more snow bearing systems over the North Pacific into our region. Years with low snow cover tend to steer systems in a way that promotes clear weather over BC. This year, there was a reasonable amount of snow cover, maybe a bit above average, but not significantly. Another weak signal for a good snow season.

There's several other systems meteorologists are looking at, with some pretty interesting research going on regarding the North Atlantic and some long term cycles that appear to have an effect. Identified patterns like the Quasi-biennial Oscillation and the North Pacific Decadal Oscillation are fun to look into, but they're new theories and have a while to go to be strong predictors. For what it's worth, these other predictors were also sending mixed, weak signals. Nothing I'd hang my hat on.

The other big signal for us is the sea surface temperatures in the North Pacific. About 10 years ago, we became familiar with "The Blob", which was an anomalous area of warmer water off the coast of BC. This also had a strong steering effect on storms that winter,

and we had a terrible drought that season. About the only thing that saved us was that we had some rain early in the year that gave us a very strong base. Thin, but it kept the rocks under the snow. This year, the entire North Pacific was warm in the fall. Since then, it's cooled right off. This more uniform temperature pattern should help bring in cooler moist air from the north-west.

If you were to ask me how this winter was going to go back in September, I'd have said ask the Magic 8 Ball. Some weak signals are pointing towards a somewhat higher chance for regular snowfall, but nothing major. This of course is nothing new for us in the South Okanagan. This is a notoriously difficult place to forecast.

The pattern that we have been experiencing through November and early December is a good one to note however. If you track the way the big storms come in from the Pacific, you will usually see them come in from the south-west. This year, we've had several from due west, right along the border. When systems track straight in like that, we tend to do very well. I used to watch for storms like that when I lived in Vancouver, and chase them inland. Some big Apex days from that pattern. We've also seen several storms from the north-west, and while they can and often will miss our region, so far they've been producing regular snowfalls for us.

About the only thing that isn't lining up with what a La Niña season is supposed to look like are the temperatures. It's been warmer than usual, so not only is the lower mountain missing some natural snowfall, but the snowmaking couldn't operate either. If the freezing levels had been just a tad lower, we'd have been open early! We should still be skiing the trees with a lot more confidence than last year though.

Seasonal predictions are far from reliable however. It's a big chaotic system and even without the complications of climate change it would be little more than educated guesswork. Short term forecasts tend to be more accurate, but as previously mentioned Apex has notoriously fickle weather that's very difficult to predict. There are some great reasons behind that, but that's a topic for another day.

Enjoy the great early season conditions! See you on the hill!



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"Apex Pow Day" ~ Photo by Johnny Smoke

When Winter Is Late

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

The mountain just announced last week that opening day is delayed. The fall looked promising - crisp early snow, frosty mornings - but warmer temperatures had other ideas. Even though we've been down this road before and we know skiing will happen, it still stings.

Since the delay dropped, I've been thinking about how we cope when plans shift. Some changes barely ripple the day; others can shake our momentum. And while this "only" pushes the ski season by a week, it's a small test of our ability to pivot - a skill that serves us well when life throws bigger curveballs.

Here are a few ways you can use this unexpected pause - both on the mountain and off - to stay grounded, prepared, and resilient.

I use these same strategies in my practice when patients come in with a knee injury. When something suddenly changes - pain, mobility, plans, expectations - we talk about how to pivot, how to work *with* the situation instead of feeling stuck in it. Ski season delays are a small version of that same skill: shifting with intention, so you come out stronger on the other side.

Occupy The Gap With Something That Serves You ~ When one plan falls through, don't let the pause become a hole. Instead, turn it into useful time. Maybe add a little extra strength work, mobility flows, or conditioning - simple moves that your body (and knees) will thank you for once the season hits full swing.

Do One More Gear Sweep ~ Take this extra week to double-check EVERYTHING. Give your helmet a once-over. Make sure skis are tuned and bindings set. Inspect your boots. Little details make a big difference - when the snow arrives, you want to hit the hill with confidence, not questions.

Reframe The Delay As Opportunity ~ Delays happen - in travel, training, or life. Instead of seeing this as a disappointment, consider it a gift of time. A chance to catch up. To prepare better. To rest. Changing how you view setbacks can help you cope the next time things don't go as planned.

Get Outside Anyway - Snow or No Snow ~ The mountain may not be open, but that doesn't mean your outdoor time needs to shrink. Head up to Nickel Plate, go for a snowshoe, or take a winter hike. Fresh air, movement, and natural rhythm reset your head, keep motivation alive, and remind yourself why you love winter in the first place.

As for me - I think I will head out with the dogs for a ski tour ...

The Snow Will Come - Resilience Begins Now ~ If this delay is nudging you to think about how your joints will hold up when the season begins, you might find value in something I created last off-season: **Join the 14-Day Joint Health Reboot Challenge** to build strength, mobility, and resilience before the snow hits - so when those first tracks drop, you're not just ready, you're primed. Scan the QR code in this newsletter or head to <https://alpinenaturalhealth.ca/joint-health-reboot>.

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



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Trail Of The Okanagans

By Mary Trainer

Clothing To Help You Ride The Winter Blues Away



Meet long-time South Okanagan cyclist Andre Blais (photo by Louise Blais). He bought his first road bike about 25 years ago, and quips: "Everything I did from then on was linked to bikes. Since retiring, I've been lucky enough to be able to spend my energy (and paycheque) at my local bike shop, where I work. I like helping people make the right decisions about the bikes they choose and the best gear needed in order to ride stress free!" Let's start from the bottom up ... feet.

Nothing ends a ride faster than a pair of frozen feet! When the

thermometer starts to drop and a bike ride was penned in, consider pulling on a good pair of wool socks. One of my favourite brands of socks that I use for those cold weather rides is Smartwool.

Also, when the weather shifts to more northerly temperatures, I put away my summertime cycling shoes and use my winter ones. They are a half size larger to accommodate the extra space taken from my woolly socks. The shoes I wear in the colder wet season are the Shimano MW5 boot.

As we work our way up, a good pair of cycling pants that are windproof on the front will help keep the front of your thighs from getting too cold. I like wearing Pearl Izumi AMFib cycling bibs as they keep me warm and they are still breathable when you're working hard climbing our hilly terrain!

Looking at your upper body, layering is your best bet on keeping warm and dry. Here I like to use a good wool base layer (Smartwool gets my vote here and followed up by a good cycling jersey).

My last layer over this is a good colourful wind shell. Something breathable and bright in colour to make sure that you are still visible to motorists.

For gloves in temps above freezing, I use the Pearl Izumi gloves and when the temperature drops to below zero, I also have the Pearl Izumi Claw gloves, which are very warm.

To round up, I use a good toque with a windstopper front.



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Stronger With Age: Understanding How Our Bodies Change And How To Stay Active Through It All

By Christine Campbell, BHK, MPT, CAFCI, FCAMPT
Registered Physiotherapist

Whether you're carving down blue runs, chasing your kids through the trees, or cruising morning groomers at Apex, one thing becomes obvious as the years roll by: our bodies don't behave quite the same as they did at 20. And, that's okay.

Aging doesn't mean slowing down or giving up the activities you love. It simply means your tissues change, and you get to change with them. When we understand what's happening under the hood, we can keep skiing, hiking, biking, and moving with confidence well into our 40s, 50s, 60s, and beyond.

Here's what actually changes in our tissues and how to adapt, so these shifts don't become barriers.

1. Muscles Get "Choosier" With Age ~ Muscles don't disappear as we age; they just become a little more selective about how they respond. They need a clearer, more consistent invitation to stay strong.

Common consequences you might notice on the hill:

- Legs burning earlier on long runs
- Feeling less powerful when you try to pick up speed
- Needing more recovery time after big days

How to adapt:

- Strength train 2 times/ week (squats, lunges, deadlifts, step-ups)
- Add small bursts of power work (light jumps, quick steps, hill sprints)
- Prioritize protein throughout the day

Why this matters: Muscle loss with age is not inevitable. Strength training is the closest thing we have to a pause button, and it works at any age.

2. Tendons Become Less Elastic (But More Trainable) ~ If your first few turns of the day feel stiff or sticky, that's your tendons talking. With age, they lose a bit of their natural spring, making warm-ups even more important.

You might notice:

- Morning stiffness
- Needing more time to feel loose
- Tendon flare-ups after doing too much too soon

How to adapt:

- Slow, heavy isometrics help tendons stay strong
- Gradual, progressive loading prevents irritation
- Warm up with light movement before skiing (heel raises, mini squats, step-downs)

Why this matters: Tendons respond beautifully to regular, consistent loading. Think of them like a sourdough starter: they flourish with attention, not randomness.

3. Cartilage Thins, But Movement Keeps It Happy ~ Contrary to popular belief, movement is one of the best things for aging joints. Cartilage gets its nutrients through compression and decompression, literally through moving.

Signs of cartilage changes:

- Stiffness after sitting
- Joint ache at the start of activity
- Warming up out of it once you're moving

How to adapt:

- Daily movement like walking, cycling, stretching, or mobility work
- Strengthen the surrounding muscles to reduce joint stress
- Avoid long periods of sitting (joints dislike stillness more than skiing bumps)



Dale Charles
Physiotherapy Group

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Why this matters: Movement is what nourishes cartilage and keeps joints behaving their best. This is usually where I say "motion is lotion" ... and immediately tell my patients how much I hate that line. So here's your challenge: if you can come up with a better tagline that gets people moving their joints every day, I'm all ears. Winner gets bragging rights.

4. Balance And Coordination Decline (Quietly) ~ Balance isn't just legs. It's your brain, nervous system, vision, inner ear, and proprioception all working together. These systems get a touch slower with age, making balance training essential.

What you may notice:

- Feeling less confident on uneven terrain
- More little stumbles
- Slower reaction time

How to adapt:

- Daily single-leg balance (brushing your teeth counts)
- Agility drills like quick steps or side shuffles
- Eyes-closed balance work for challenge
- Use poles on tricky terrain when you need them

Why this matters: You don't lose balance because you're aging. You lose it because you stop training it. And, the great news is that it comes back quickly.

5. Recovery Takes Longer, And That's Normal ~ This is the change most people feel first. Your body can still do everything - it just appreciates a little more planning.

Why recovery slows:

- Hormonal changes
- Reduced blood flow
- Nervous system shifts
- Sleep changes

How to adapt:

- Prioritize good sleep
- Add mobility and stretching after activity
- Schedule easy days between intense ones
- Fuel well with hydration and protein after skiing or exercise

Why this matters: The goal isn't to avoid fatigue. It's to recover better from it, so you can keep doing what you love.

The Big Picture: Aging Doesn't Mean Slowing Down ~ Our tissues change, yes. But our capacity to adapt, grow stronger, and move well sticks around for decades.

Research consistently shows that older adults respond incredibly well to strength training, balance work, and regular physical activity. In many ways, the body becomes more predictable and more trainable with age.

You don't have to accept stiffness, weakness, or pain as your new normal. You just need a plan that respects the physiology of the body you have today, not the one you had at 20.

Final Thoughts ~ You can stay strong, active, and confident at any age. The trick is to train smarter, recover better, and listen to the messages your body sends along the way.

If you want help creating a plan tailored to your body, or if you're curious what your tissues are up to these days, come by for a visit. I'm always happy to help you keep moving well ... and if you're lucky, I might share a field hockey war story or two! Keep moving. Keep laughing. Keep going.

Lifeskills

By Jim Ongena, Life Coach in Summerland

Own It

"Failure is a misunderstood and underutilized asset."

We all screw up. It's what we perfectly imperfect humans do. We do it at work, at home, and at play. But the screwing up part isn't what I'd like to talk about, it's what happens **after** we screw up. This is what gets us into trouble.

Too often we deny, deflect or blame others when we mess up only to make things worse. I'm suggesting we own it, apologize, try to learn, and move on. This is how you grow through mistakes and build trust. Corporations and governments do the same thing and they even double down after a screw up, which strongly erodes our trust in them.

It is ALWAYS better, and more grown up, to own your mistakes. Every now and then you have an accident or screw up and really were not at fault, or at least it wasn't completely your fault. Again, your response is what's going to have the greatest impact. Try owning your little piece in the issue and ask others what they see about how things went down. It is possible that your perception of recent events may differ from that of others involved, and addressing these differences constructively can help minimize any negative consequences.

"Own it" is a useful idea and a good affirmation to explore.

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



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

By Jay Mallach, Custom Finish Carpenter

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

Below are two different feature wall projects. The first incorporated custom woodworking and an electric fireplace, along with custom placed electrical outlets for a large screen TV to be mounted. Below is another custom wood finished feature wall in a bedroom.



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

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A Glance Beyond Our Sky

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

Home

By Tom Landecker

Imagine that you are given the task of making a plan of your house. That's not very difficult. You take a measuring tape, you walk from room to room, and you draw up a plan. Job done.

Now imagine that you have the same task, but you aren't allowed to leave your armchair. You still have the measuring tape, and with a lot of bending and stretching you can make quite a good drawing of your chair. You can stretch the tape across the floor, and measure the distance to the walls, so you might manage a passable drawing of the room you are in. The room may have two doors, and through those you catch a glimpse of the next room. Your drawing of that room is based on a few facts, and some guesswork. You're left wishing for something that will let you see through the walls.

That's very much the situation astronomers were in when they tried to make a drawing of the Milky Way. There are no solid walls blocking our view, but in a lot of directions light gathering telescopes can't see very far. What's blocking our view? Tiny dark particles, that are the debris of dead stars. Astronomers name for this stuff is "dust". It's everywhere in the space between the stars, in some directions just a little, in other directions so much that all we see is blackness. That's why it's difficult to make a map of our house, the Milky Way.

That was the situation seventy years ago. Then the new science of

radio astronomy came along, and suddenly we could see through the dust. Light waves are blocked by the tiny dust particles, but radio waves don't notice the dust, and travel right through. Suddenly, we could make a good plan of our home, the Milky Way. The Milky Way is home to about 100 billion stars. The Sun is a typical star, neither the smallest, nor the largest, just a middle-of-the-road star. From the outside, the Milky Way would look like a pancake, flat and round, with a bulge in the middle. From edge to edge, it's about 100 thousand light years across. Most of the stars that our eyes can pick out on a clear, dark night are within a few thousand light years of us, we're seeing less than one percent of the Milky Way.

Now come back to your armchair. Although you can't see through the walls of your house, you can see out the window. Similarly, in a lot of directions our telescopes can see things beyond our Milky Way home. We can see other similar star systems, some quite like our Milky Way. The nearest is two million light years away. We call those star systems "galaxies". The Milky Way is a galaxy, and the Universe holds countless other galaxies. Some are bigger, some are smaller. Our home, the Milky Way is just a middle-of-the-road galaxy, our Sun a middle-of-the-road star. We're very normal.

Interesting websites:

- www.universetoday.com/articles/astronomers-see-through-the-milky-ways-dust-to-track-where-radiation-is-coming-from-at-the-center-of-the-galaxy
- www.skao.int/en/resources/what-radio-astronomy
- chime-experiment.ca

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

Next New Moon is December 19. Next Full Moon is January 3.

GREAT CABIN RECIPES

Swedish Cinnamon Knots

By Dee Milton

I do believe that cinnamon buns are a treat to be enjoyed at all times of the day, and for any occasion. However, these knots are so divine (and easy to make) that I may never make the 'real-deal' again. I have to pay homage to Sweden, as their traditional cinnamon buns are similar to these buns - only they include cardamon, which you can feel free to add for authenticity (2 tsp.).

Start by warming 2 cups of milk on the stovetop, over medium-low heat for 2 minutes, stirring constantly. You want the milk to be just over room temperature, not too hot that it will burn your yeast, but warm enough to activate it. Next, remove your pot from the heat and add 2 ¼ tsp. of quick-rising yeast, stirring until dissolved. Move your mixture to a standing mixer (or to a large bowl, if you're going to hand knead) and add ½ a cup of sugar, 1 tsp of salt, ½ a cup of room-temperature butter and 6.5 cups of white flour. Using your dough attachment, combine dough for 8-10 minutes, the dough should be firm and not sticky. Cover the bowl with a towel and let rise for 30 minutes, or until doubled in size.

While you wait for the dough, combine your filling: ½ cup of softened butter, ½ cup of sugar and 2 Tbsp. of ground cinnamon. Whip filling until all ingredients are thoroughly combined.

Remove the dough from the bowl gently and knead lightly until dough just loses its tackiness from rising, using a dash of flour if needed. Roll the dough until it is approximately 1 cm thick; if the dough needs extra help, I found that stretching it (similar to pizza dough) did the trick. Once the dough is formed into a large rectangle, spread the filling evenly over your dough, I lightly wet a flexible spatula and used that at the end to even out the thicker parts of filling on the dough. Next, fold your dough 'hamburger-style', ensuring that your ends meet up. Using a sharp knife (or a pizza cutter), slice your folded dough into 1-inch strips. Once strips have been cut, hold up slices with both hands, twisting the dough on both sides about 5 times (per side) before rolling the dough and turning them to a knot with the end tucked under the bun.

Once assembled, place your knots on 2 parchment-lined baking sheets (12 per sheet) and cover with a towel, letting rise for 30 minutes. While your knots rise, pre-heat the oven to 480 degrees Fahrenheit and whisk a large egg in a small bowl until frothy, adding 1 tsp. of water for consistency. Once buns have risen for the second time, brush with your prepared egg wash and sprinkle with 1/4 cup of raw sugar. Bake your knots for 6-7 minutes in the middle of the oven, baking each batch separately.



CatMatch

Meet Richard



AlleyCATS tries to find a match for every cat in our care. Even the ones with issues. We are currently looking for a home for Richard, a beautiful tabby and white neutered male of 8 years of age. Richard has some gastrointestinal issues and is on medicine that he will probably have to take for the rest of his life. He is very friendly, playful and a talker! If you would like to learn more about Richard, please email alleycatsalliance@gmail.com and leave your phone number, so we can contact you.



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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

The season of wonder and merriment is upon us. The streets are decked out with beautiful decorations, and the stores are filled with every type of item to buy that one could imagine. In noticeable absence, however, are angels, snowflakes, and scenes of the first Christmas of long ago. Where are the signs of peace, joy, and love that many of us associate with Christmases of the past? Surely, we carry them around in our hearts and live them out in our actions.

That has me thinking about the many volunteer activities available for the Christmas season and into the New Year. There is gift wrapping at the Cherry Lane mall in Penticton, not to mention that is something you might offer to do for a friend or neighbour who has difficulty maneuvering paper, ribbon, and scissors. Helping the Salvation Army with their Christmas appeal is a time-honoured Christmas volunteer tradition. Writing cards and letters for those who find that task difficult is something that might enable Christmas to be a little merrier for someone in a Care Facility. Donating money and gifts to SOWINS is a great feel-good project you and your family might undertake. Don't forget our furry friends! Give the gift of time by walking a dog at the SPCA this joy-filled season. Many of our local churches have special sponsorships of a family or two in need. Why not see if you can help?

Volunteering is a wonderful Christmas gift you can give yourself and an organization or individual. It helps to break loneliness. One feels a sense of accomplishment. The delight in helping others can boost your self esteem. Sometimes we learn new skills and even can teach them to others. The friends you make are second to none!

This holiday season, make volunteering part of your festive tradition. Call the Volunteer Centre at 1-888-576-5661 and Subrina Monteith, our Executive Director, would be pleased to help you. Look us up on our webpage at www.volunteercentre.info or send an email to info@volunteercentre.info. You'll be glad that you decided to volunteer in 2025.

Have a wonderful holiday season and Merry Christmas. I look forward to sharing with you in 2026!

Preserved Light

PHOTOGRAPHY



@preservedlight