



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 17 : Issue 4

April 2025

Your FREE Monthly
Community News!



Photo by MorrisseyPhotos@shaw.ca

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David Smith

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RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

529 Garage

With the weather looking better and better, it's time to dust off the 'ol bicycle and start getting back into shape ... oh wait! You don't have your bike anymore - someone stole it! Or you "misplaced" it. If this is happening to you, hopefully you read my July 2024 article about the 529 Garage program. If you have not, let me tell you about it.

The bicycle theft protection program, called 529 Garage, continues to gain support in our detachment area. Penticton and area are 3rd highest in theft of bicycles per capita in BC. Registering your bike with 529 Garage is an important step in preventing bike theft. In addition, cyclists need to purchase a good quality lock and use it properly to secure their bikes to a dependable structure. Bike shops can also assist you in getting the right lock for your needs.

This program is also available through Penticton Bylaw Services and Penticton Community Policing Office. Our trained volunteers will also be out behind "the peach" throughout the summer to help promote and register bicycles.

Check out the Penticton South Okanagan Similkameen Regional RCMP Facebook site for more information, as well as the City of Penticton website. Visit www.project529.com for full details.

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& DISTRICT
COMMUNITY

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Exhibitions & Coming Events

The Penticton & District Community Arts Council is excited to host our first exhibition of 2025!

February 15 - April 26 ~ Incredible Journeys in PDCAC Galleries:
Group Exhibition by Ullus Collective. This exhibition is a reflection on the journeys our artists have taken. Navigating the rough terrains of grief, loss, and challenges, while changing, learning, and healing along the way, we have arrived here today. We invite you to walk alongside our artists for a moment to celebrate the paths that lead us here and the people we have become.



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.pentictonartscouncil.com.

Spring Kick-Off Party

Saturday,
April 5th
11AM - 7PM



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- Refreshments

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Contact MLA Boundary Similkameen

E: donegal.wilson.mla@leg.bc.ca

PH: (250) 498-5122
TF: (855) 498-5122

Update From MLA Donegal Wilson

Boundary-Similkameen

After four weeks in Victoria, I am glad to be back home, reconnecting with the communities in the Skaha Matters readership area. Since returning, I've been working with local residents on important issues, including **groundwater flood mitigation**, the **removal of an abandoned boat**, and **educating myself on the process for upcoming votes related to water and sewer systems**. Additionally, I've been learning more about the discussions surrounding the **potential establishment of Okanagan Falls as a municipality**. These local matters are top of mind, and I remain committed to working alongside residents to ensure their concerns are heard and addressed.

Meanwhile, my time in Victoria has been busy, with the opposition already making significant progress in just a few short weeks. One of the most important changes we successfully pushed for was a **major revision to the government's "safe supply" drug policy**. The new approach now requires **witnessed consumption**, ensuring these drugs are not diverted to the streets. This is an essential step toward improving public safety and accountability.

We also introduced a **Private Member's Bill to support the biodiesel refinery in Prince George**, a key employer in Northern BC. Thanks to our advocacy, the government has committed to immediate action to protect these jobs - an important win for BC's resource sector.

Another priority has been breaking down trade barriers between provinces. We introduced a **Bill to enable Canada-wide reciprocal free trade**, removing unnecessary restrictions that hinder economic growth. Our country should be working together to support businesses and create jobs, not putting up roadblocks that make it harder for industries to thrive.

We also introduced a **motion to apply a carbon tax to U.S. coal passing through BC ports** - a policy that would have zero impact on Canadian industry, but could provide leverage to settle the long-standing softwood lumber dispute. Encouragingly, the Premier has taken this idea to Ottawa, and we are optimistic that this could lead to real progress for BC's forestry sector.

As we continue to push for these important changes in Victoria, I'm looking forward to spending time in the riding, meeting with constituents, and working on local issues. I appreciate the conversations I've had so far and encourage residents to reach out if there's anything I can do to help. It's great to be home - see you around the community!



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TAKE PART in your Local Cleanup!

Kaleden

**Saturday, April 12,
9:00 am**

**Pick up bags at the
Kaleden Community Hall**

Twin Lakes

**Saturday, April 12,
9:30 am**

**Pick up bags at
Hwy 3A and Twin Lakes
Road**

Supplies provided



Okanagan Falls

April 22 - May 3

**Pick up your bags
at the Okanagan Falls
Recreation Centre**

Keremeos

April 22 - May 3

**Pick up your bags
at the
Similkameen Rec Centre**

For more info contact rec@rdos.bc.ca



Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

The new garbage, recycling, and yard waste curbside collection contract begins July 1. The new contract is for automated collection and requires RDOS supplied or approved carts only. For an occasional additional bag of garbage, a \$2.50 Tag-a-Bag sticker can be purchased at the RDOS office.

Area "I" homes will be receiving a set of RDOS supplied bins for garbage, recycling and yard waste, unless previous arrangements were made

to have existing carts assessed for compatibility with the new automated system, with approved carts receiving an RDOS sticker. The cost per home for purchase of the new automated carts is \$56 per year for the next 5 years. However, Area "I" has used some provincial funding known as Community Gas Tax to purchase the carts, so residents of Area "I" will not pay for the new carts.

Kaleden has been a recognized "FireSmart Community" since 2018, while St. Andrews and Twin Lakes are working towards this recognition. Coordinated by KVFD, the FireSmart committee supports the return of the biweekly unlimited yard waste program to assist all residents in enhancing the fire safety of their homes. As a result, Kaleden and St Andrew's will continue with biweekly unlimited yard waste collection using the carts and brown bags at an extra cost of \$2/home for a total of \$18 for July to December 2025 to be added to the curbside collection user fees. Twin Lakes and White Lake Road will have 2 unlimited collections for July to December 2025, using the cart and brown bags (dates TBA in June), then in 2026, there will be 2 in the spring and 2 in the fall.

Anyone who ordered an extra yard waste bin has been asked to contact RDOS at solidwaste@rdos.bc.ca determine your wish to keep the extra bin or to use brown bags for unlimited collection.

As Director, it is my role to ask for feedback and respond to modify service levels to reflect the community's wishes. 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

LNID Annual General Meeting
Lower Nipit (Twin Lake) Improvement District (LNID)

Saturday, May 17 ~ Registration 9:30am & Meeting 10:00am
Kaleden Community Hall ~ 320 Lakehill Road

Agenda at sustainabletwinlakesbc.ca/agm-agendas/
or scan this code to download.

Kaleden Community FireSmart Event

Neighbourhood Roving Chipper - May 3rd

- Limb, trim and make use of the Chipper that will come to your driveway between 9 am - 3 pm.
- Register for this Free service - email firesmart@kaledenfire.ca
- Once you register for the service, you will receive more information, size of piles, how to stack, etc.



Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

Irrigation Season Starts April 15 ~ And NO watering before April 15, please! *Except for new lawns*, Stage 1 Conservation Measures are the same as in 2024:

- Irrigation Season runs **April 15 - October 15**. No watering outside of these dates!
- All properties south of Lakehill Road water on **Tuesday, Thursday and Saturday**.
- All properties north of Lakehill Road water on **Wednesday, Friday and Sunday**.
- Sprinkle **6-10 am** and from **7-11 pm** on assigned watering days.
- Run automatic underground systems from **midnight to 7 am** on assigned days only.
- Hand watering or drip irrigation systems (with individual drip emitters using no more than 0.5 gal/hr or 2 L/hr), can be done on any day and time.
- **No watering on Monday** for anyone!

Natural or landscaped areas on agricultural properties must follow the above restrictions. If you have a district irrigation connection and flow restrictor, and have "farm status designation" from BC Assessment Authority, you are exempt from the above restrictions for *watering crops only*.

NOTE - The rules regarding watering new lawns are under review; watch for an update in next month's column, or check the KID website and in the Conservation Measures coming with your Toll Bill.

Drought conditions loom and may require moving to Stage 2 or Stage 3 restrictions, depending on severity. Details of these will be included in your Toll Bills, and also will be available on the KID Website.

The Bill Tolls for Thee ~ 2025 taxes and tolls will go up by 4%, and the IHA Levy by \$50. Toll Bills will be mailed out in early May (Tax Bills in August). A survey also will be included in the May mailout, to gauge preferences for options as to loan repayment for construction of the water treatment upgrade mandated by the Province. **Please take the time to respond to this survey; your input is important!**

AGM A-Coming ~ The date of the 2025 Annual General Meeting has been tentatively set for **May 26** at the Kaleden Community Hall (more details next month). Two Trustee positions are vacant this year. One is due to the unfortunate passing of Dave Libby, and Brian Lang has decided to not stand for re-election (thanks for your service, Brian!). If you are interested in running for one of these Trustee positions, Nomination Forms are found in the "How Do I?" section on the KID Website. Completed forms must be received in the KID Office by **April 19**.

Join Voyent Alert! ~ If not already signed up, visit rdos.bc.ca/ notifications to do so, and you will receive KID water system notifications along with notices of emergencies such as wildfires, floods, as well as public engagement events.

Kaleden Irrigation District

Office Hours: 9-12 Mon/Wed/Thur
119 Ponderosa Ave | 250.497.5407
kaledenirrigation@gmail.com
www.kaledenirrigation.org

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Kaleden Volunteer Fire Department



By Fire Chief Tony Madeira

We are thrilled to announce some exciting appointments within the Kaleden Volunteer Fire Department.

Lieutenant Uwe Zink has been promoted to Assistant Chief. He brings a unique skill set to this very important role, and we are grateful for his contributions to the department and his commitment to the community. The Officer group are excited to welcome Uwe as Assistant to the Chief and they are committed to supporting him as he navigates any challenges that come his way.

Lieutenant Jean Dube will now be stepping into the position of Captain. Her dedication to the fire prevention and public education program is greatly appreciated. We are thankful for her continuing commitment to the department.

Firefighters Terry Arsenault and Alex Sielmann will be joining the rank as Lieutenants. Their valuable skills and knowledge will greatly enhance our team, and we look forward to their future contributions.

Please welcome each of them in their new roles and if you see them in the community, please congratulate them for their dedication to the fire department and to the service of the community.



L-R: Assistant Chief Uwe, Captain Jean, Lieutenant Terry and Lieutenant Alex.

Kaleden Community Association Update

By Randy Cranston

The accessible picnic table that will be installed in Pioneer Park this spring is funded with a grant from the Community Foundation of the South Okanagan Similkameen, through the generosity of the Kaleden Community Fund.



The Community Foundation of the South Okanagan Similkameen (www.cfso.net) is an established community partner dedicated to strengthening communities and improving quality of life by offering a wide variety of ways for individuals and organizations to donate and give back to their community, as well as funding all kinds of projects, programs and events that make our communities better places to live. The Kaleden Community Fund is a pool of donated dollars that is used to support a wide variety of activities specific to Kaleden. People donate to the Kaleden Community Fund to create a pool of donated dollars, which is managed by the Community Foundation. This pool of donations is invested and every year, in perpetuity, earnings from that investment are used to help support projects and programs in Kaleden.



All new website for all things Kaleden!

www.KaledenCommunity.com

Courtesy of the Kaleden Community Association

Twin Lakes Community Day

By Daina Zilans

FREE: Games, Lunch, Door Prizes, Face Painting & Live Music!



The Twin Lakes Social Club will be hosting **Twin Lakes Community Day** on Saturday, May 10. Activities will take place from 11:30-3:00 at Gateway Ranch, up at 850 Sheep Creek Road, which is the first exit on the north side

of Hwy 3A just west of Twin Lakes Market.

RDOS is providing a variety of games for the youngsters and people of all ages can play bocce ball, ladder golf, and bucket golf. Community organizations, FireSmart and GTLASS (Greater Twin Lakes Area Stewardship Society), will be on hand to give out important information about their activities in the Twin Lakes area and to answer any questions you may have.

A barbeque is starting at noon - hotdogs, burgers, and beverages will be served. Upon arrival, you can enter a draw for wonderful door prizes that have been donated by generous local businesses. Draw time for door prizes is 12:30.

Your children can have their faces painted, while you enjoy the final event of the day. You will be treated to live local music from the Twin Lakes, Willowbrook, Okanagan Falls band "**Hillary and the Backroad 3**" on the Gateway Ranch stage.

BYOC (bring your own chair) and come on out and join us on **Saturday, May 10 at Gateway Ranch**. Come meet other Twin Lakes area residents at this beautiful mountainside location and help build a vibrant Twin Lakes Community!

If you would like to donate a door prize, please contact Daina at zilkres@yahoo.ie.



**Kaleden Volunteer
Fire Department**



Annual Yard Sale Saturday, May 10

Kaleden Fire Hall - 303 Lakehill Road, Kaleden

8 am Sharp! No Early Birds Please! Ends at 12 Noon.

Cash sales only. Proceeds towards rescue equipment. Smokies will be on sale with proceeds to the Kaleden Bursary Fund.

Please donate your gently used items to our eco-friendly society. Only items in good working condition please. No TVs, old electronics, mattresses, cribs, car seats or hazardous materials. Items to donate can be dropped off at the back of Firehall on WEDNESDAYS ONLY until 6 pm to give Firefighters a chance to store items before our weekly practice. Small articles or glass wear packed in boxes please. Again this year, for those unable to drop off large items, a courtesy pick-up service will be available in the Kaleden and White Lake Road area on ONLY Wednesday, May 7 between 7-9 pm. Phone 250-497-8231 and leave a message or email kaledenfire@rdos.bc.ca.

**Spread the word ... Bring your family & friends!
Your support means a lot to us! We'll see you there!**





Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

Decision: Okanagan Falls Will Incorporate ~ Nobody can say that Okanagan Falls didn't give this a lot of thought, with previous considerations recorded as far back as 1974! And, on March 22, 2025, in an open, transparent and democratic decision by informed voters, Okanagan Falls residents voted 588 for and 512 opposed on the referendum question to incorporate.

Future leaders of BC's newest municipality should bear in mind the comments noted throughout the process, e.g. be fiscally responsible, ensure growth and development foster sustainability - not just growth and development, and maintain the 'small town feel' of the community.

After 50 years, it's good the decision has been made and time we all move forward - together! Next steps will follow, once additional information is provided by the province. THANK YOU to everyone for participating directly or indirectly in this important milestone for our community.

RDOS 2025 Budget ~ The budget was passed, with the property tax requisition for Area "D" residents increasing by 5.56% over last year. Some Area "D" additions at 3rd reading included: replacement for 1 of the Community Recreation Centre's basketball hoops; and some additional reserve contributions.

Monthly "unlimited yard waste pick-ups" were also added at 3rd reading, at a cost of approximately \$16/house/year. This in addition to 2x each month in February and November. While the earlier planned reduction to 2x in each of spring and fall was a well-intentioned to minimize rate increases, it would negatively impact residents' efforts to FireSmart their properties - many have a large amount of yard waste every month. The monthly frequency that is now planned, is intended to strike a balance between cost cutting and safety. The changes take place in July and carry on for the balance of the year. The frequency of "unlimited yard waste pick-ups" can be reconsidered for the 2026 Budget late this fall.

Infrastructure Upgrades ~ Residents of Okanagan Falls are seeing signs of the "Infrastructure Investment Program" initiated in December 2023. A 2" water pipe has been a constraint on the Okanagan Falls water system as a whole. This was upgraded to 8" in the laneway immediately south of Highway 97 between Cedar and Ash. Other upgrades will occur throughout this year and next.

And yes, changes in water pressure from the upgrade triggered the "Boil Water Notice". While Notices are frustrating for some, these system upgrades are essential to maintaining a good water system that provides long term benefits to the entire town.

What Do The Boil Water Notifications Mean ~ These are issued to keep people safe, in accordance with Interior Health Authority requirements. When issued, the advice is to use a safe alternate water source, or boil water - full boil for at least 1 minute - for all drinking, toothbrushing, food preparation/cooking, ice making and infant formula preparation. There are two levels of notification, as follows:

- Boil Water Notice = the advice above applies to all residents, and business operators are required to notify guests. This is the more severe notification and everyone should comply.
- Boil Water Advisory = this advice applies to those residents who are seeking additional protection - a less severe notification.

RDOS Water Service Office Relocated ~ Water service operators have relocated to a dedicated office located by the Waste Water

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Thu Apr 17 @ 7:30

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Sat Apr 26 @ 7:30

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Treatment Plant. They presently service 5 systems in or near Okanagan Falls. RDOS Community Services will continue to use half the building the water services staff moved from; however, the entire building will be available to the New Municipality and may offer a cost effective approach to a Town Hall.

RDOS Strategic Priorities ~ So that RDOS doesn't take on more than it can accomplish, and can get done what it says it's going to do, staff have prepared a list of all the 'strategic priorities'. These include items outside of normal operational tasks, ranging from getting a 'Housing Needs Report' to comply with BC government requirements and identify the type and location of housing needed throughout the Region, to updating the websites, to repositioning or adding a bus stop on a BC Transit bus route, to holding a referendum for converting a sewer or water service from a private operator to RDOS, and more. Supporting the incorporation of Okanagan Falls is on the list, requiring the most staff hours of any item on the strategic priorities list.

There are just over 250 strategic priorities! That's a surprisingly large number, but every item has to be completed for one reason or another. With 9 different electoral areas each needing certain items done for themselves, plus items needed for the Region as a whole, plus items needed to comply with provincial and federal legislation, it adds up fast to 250 priority items. The good news is that each item is budgeted with an estimated number of staff hours and planned for completion in 2025 or 2026. The challenging part of this is that any new priority can only be completed in 2025 or 2026, if other items requiring comparable staff time are removed from the list.

Director Information ~ Office hours are 1-3 pm on the first Tuesday every month at the RDOS Okanagan Falls Office.

Matt Taylor, Director for RDOS Area "D"

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

OK Falls Parks & Rec Commission

By Bob Daly, Chair

As we move into spring, you will notice a flurry of activity by RDOS Parks Staff: clean-up of winter debris, checking trees for winter damage; seasonal washroom opening (Easter); annual playground inspection; irrigation testing and start-up; aeration of turf areas and beach rototilling, just to name some of the necessary preparations for the opening of the parks.

Some of the capital park projects you can look forward to this year include: completion of Garnett Family Park upgrades; installation of Water Fountains / Water Bottle filling stations at Kenyon and Christie washrooms; planning for improvements to Lions Park, and planning for the replacement of the Picnic Shelter in Kenyon Park.



The end of winter in Christie Park.

The Commission is also working with RDOS Staff in planning a number of Volunteer Projects for this year. The goal is to bring enhancements to the parks that staff cannot provide in their regular duties and to minimize the amount of staff time drawn from their regular duties to oversee the volunteers. Such volunteer projects include providing bike stands for the parks, refurbishing benches in Lions Park, painting picnic tables in Kenyon Park, painting parking dividers in Lions Park, and exploring other volunteer work that provides the enhancements that volunteers can bring to our parks.

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Sewer & Water Utilities Acquisition By RDOS For Heritage Hills, Lakeshore Highlands & Vintage Views Community Vote On April 12, 2025

By Board Members of HHLHCA

We would like to remind everyone to please vote on April 12, 2025 between 8am - 8pm at Okanagan Falls Community Centre, 1141 Cedar Street, or at the advance poll on April 2, 2025 between 8am - 8pm at the RDOS Office, 101 Martin Street, Penticton. Mail in voting can be requested by emailing communications@rdos.bc.ca.

This is an exceptionally important vote which will determine whether you receive safe drinking water and whether the sewage treatment system works. The outcome of this vote will substantially impact this community.

Please inform yourself with regard to the engineering studies which the RDOS has had carried out on both the water system and the sewage system. The RDOS studies also determine the overall future costs to bring these utilities into provincial and municipal compliance. You can locate the engineering study by accessing the RDOS website at rdosregionalconnections.ca.

The Heritage Hills/Lakeshore Highlands Community Association (HHLHCA) has been actively involved with the performance and evaluation of the water utility for the past 12 years, and the sewer utility for the past 5 years. They have carried out their own assessment study, resulting in a unanimous vote of members on August 8, 2012 to request the RDOS to assume ownership of the water utility. They have liaised with the RDOS, Interior Health and Ministry of Environment consistently over this period of time. It has become clear from this work that the only viable option available for our community is to have the RDOS assume ownership of both the sewer and water utilities. The current owner has stated at a public meeting and in person to the RDOS, that he has no interest in continuing to operate or own either utility. The Province has indicated that it is not interested in taking over water or sewer systems and the RDOS will not consider or revisit the acquisition of the two utilities for at least 5 years from now if the acquisitions by them are not supported by the community at the Assent Vote on April 12, 2025.

The future of our community is in our hands. Please vote and make an informed decision.



Regional District of Okanagan-Similkameen

NOTICE OF ASSENT VOTING

LAKESHORE WATERWORKS SYSTEM SERVICE ESTABLISHMENT BYLAW NO. 3071, 2024, AND LAKESHORE WATERWORKS SYSTEM LOAN AUTHORIZATION BYLAW NO. 3072, 2024 ASSENT VOTING OPPORTUNITY

PUBLIC NOTICE is given to the electors within the proposed **Lakeshore Waterworks System Service Area** in the Regional District of Okanagan-Similkameen as defined on the map below, that assent voting will be held on the following question:

“Are you in favour of the Regional District of Okanagan-Similkameen adopting Lakeshore Waterworks System Service Establishment Bylaw No. 3071, 2024, to operate, maintain, and upgrade the Lakeshore Waterworks System -AND-

Lakeshore Waterworks System Loan Authorization Bylaw No. 3072, 2024, to authorize the borrowing of up to \$13,530,000.00 (thirteen million, five hundred and thirty thousand dollars) for capital upgrades of the Lakeshore Waterworks System?”

VOTING DATES AND LOCATIONS

GENERAL VOTING: SATURDAY, April 12, 2025

8:00 am to 8:00 pm
Okanagan Falls Recreation Centre
1141 Cedar Street, Okanagan Falls, BC

ADVANCE VOTING: WEDNESDAY, April 2, 2025

8:00 am to 8:00 pm
Regional District of Okanagan-Similkameen
101 Martin Street, Penticton, BC

ELECTOR REGISTRATION

There is no need to pre-register to vote as the registration of qualified electors will take place at the time of voting. You will be required to make a declaration that you meet the following requirements:

- 18 years of age or older on assent voting day
- Canadian citizen
- resident of BC for at least 6 months immediately before the day of registration
- resident of OR registered owner of real property in the Vintage Views Wastewater Area for at least 30 days immediately before the day of registration, and
- not disqualified under the *Local Government Act* or any other enactment from voting in the assent voting and not otherwise disqualified by law.

Resident electors must produce **2 pieces of identification** (at least one with a signature). Picture identification is not necessary. The identification must prove both residency and identity.

Non-resident property electors must produce 2 pieces of identification (at least one with a signature) to prove identity, provide proof that they are entitled to register in relation to the property, and, if there is more than one owner, provide written consent from a majority of the property owners to one owner voting.

MAIL BALLOT VOTING

REQUESTING A MAIL BALLOT PACKAGE:

Mail-in ballot packages can be requested by filling out the Application for Mail-In Ballot Package form available at www.rdosregionalconnections.ca or in-person at the RDOS office (101

Martin Street, Penticton) or by contacting Legislative Services at elections@rdos.bc.ca or 250-492-0237 (toll free 1-877-610-3737).

Information Required:

1. Full name;
2. Residential address;
3. Address of the property in relation to which you are voting (for non-resident property electors);
4. Method of delivery of your mail ballot package:
 - pickup at Regional District of Okanagan-Similkameen office;
 - regular letter mail through Canada Post to residential address; OR
 - regular letter mail through Canada Post to an alternate address provided when requesting the mail ballot package.
5. Two pieces of identification that together prove who you are and where you live. Combined BC Driver's License/Services Card is considered one piece of identification.

Mail ballot packages will be sent out commencing on or about February 24, 2025. For the mail ballot to be counted, you are responsible for ensuring that your completed ballot is received at the Regional District Office no later than 4:30 pm on April 11, 2025, or at the Okanagan Falls Community Centre, 1141 Cedar Street, Okanagan Falls, BC between 8:00 am and 8:00 pm on April 12, 2025. Your mail ballot package will contain instructions on how to complete and return your mail ballot.

MAP OF SERVICE AREA



SYNOPSIS OF PROPOSED BYLAWS

To create a service to operate, maintain and upgrade the Lakeshore Waterworks System and to borrow funds for capital upgrades of the Lakeshore Waterworks System.

TAKE NOTICE that the above is a synopsis of the proposed bylaws and that this synopsis is not intended to be and is not to be understood as an interpretation of the bylaws. The full bylaws may be inspected at the Regional District of Okanagan-Similkameen office, 101 Martin Street, Penticton, BC, during regular office hours, 8:30 am to 4:30 pm, Monday to Friday or online at www.rdosregionalconnections.ca.

For further information on the bylaws or the voting process, please contact:

Christy Malden, Chief Election Officer
Gillian Cramm, Deputy Chief Election Officer
elections@rdos.bc.ca
250-492-0237 | Toll Free at 1-877-610-3737

Christy Malden
Chief Election Officer



Regional District of Okanagan-Similkameen

NOTICE OF ASSENT VOTING

VINTAGE VIEWS WASTEWATER SERVICE
ESTABLISHMENT BYLAW NO. 2068, 2024
AND

VINTAGE VIEWS WASTEWATER SYSTEM LOAN
AUTHORIZATION BYLAW 3069, 2024
ASSENT VOTING OPPORTUNITY

PUBLIC NOTICE is given to the electors within the proposed **Vintage Views Wastewater System Service Area** in the Regional District of Okanagan-Similkameen as defined on the map below, that assent voting will be held on the following question:

“Are you in favour of the Regional District of Okanagan-Similkameen adopting Vintage Views Wastewater Service Establishment Bylaw No. 3068, 2024, to operate, maintain, and upgrade the Vintage Views Wastewater System -AND-

Vintage Views Wastewater System Loan Authorization Bylaw No. 3069, 2024, to authorize the borrowing of up to \$6,962,000.00 (six million, nine hundred and sixty two thousand dollars) for capital upgrades of the Vintage Views Wastewater System?”

VOTING DATES AND LOCATIONS

GENERAL VOTING: SATURDAY, April 12, 2025

8:00 am to 8:00 pm

Okanagan Falls Recreation Centre

1141 Cedar Street, Okanagan Falls, BC

ADVANCE VOTING: WEDNESDAY, April 2, 2025

8:00 am to 8:00 pm

Regional District of Okanagan-Similkameen

101 Martin Street, Penticton, BC

ELECTOR REGISTRATION

There is no need to pre-register to vote as the registration of qualified electors will take place at the time of voting. You will be required to make a declaration that you meet the following requirements:

- 18 years of age or older on assent voting day
- Canadian citizen
- resident of BC for at least 6 months immediately before the day of registration
- resident of OR registered owner of real property in the Vintage Views Wastewater Area for at least 30 days immediately before the day of registration, and
- not disqualified under the *Local Government Act* or any other enactment from voting in the assent voting and not otherwise disqualified by law.

Resident electors must produce **2 pieces of identification** (at least one with a signature). Picture identification is not necessary. The identification must prove both residency and identity.

Non-resident property electors must produce 2 pieces of identification (at least one with a signature) to prove identity, provide proof that they are entitled to register in relation to the property, and, if there is more than one owner, provide written consent from a majority of the property owners to one owner voting.

MAIL BALLOT VOTING

REQUESTING A MAIL BALLOT PACKAGE:

Mail-in ballot packages can be requested by filling out the Application for Mail-In Ballot Package form available at www.rdosregionalconnections.ca or in-person at the RDOS office (101

Martin Street, Penticton) or by contacting Legislative Services at elections@rdos.bc.ca or 250-492-0237 (toll free 1-877-610-3737).

Information Required:

1. Full name;
2. Residential address;
3. Address of the property in relation to which you are voting (for non-resident property electors);
4. Method of delivery of your mail ballot package:
 - pickup at Regional District of Okanagan-Similkameen office;
 - regular letter mail through Canada Post to residential address; OR
 - regular letter mail through Canada Post to an alternate address provided when requesting the mail ballot package.
5. Two pieces of identification that together prove who you are and where you live. Combined BC Driver's License/Services Card is considered one piece of identification.

Mail ballot packages will be sent out commencing on or about February 24, 2025. For the mail ballot to be counted, you are responsible for ensuring that your completed ballot is received at the Regional District Office no later than 4:30 pm on April 11, 2025, or at the Okanagan Falls Community Centre, 1141 Cedar Street, Okanagan Falls, BC between 8:00 am and 8:00 pm on April 12, 2025.

Your mail ballot package will contain instructions on how to complete and return your mail ballot.

MAP OF SERVICE AREA



SYNOPSIS OF PROPOSED BYLAWS

To create a service to operate, maintain and upgrade the Vintage Views Wastewater System and to borrow funds for capital upgrades of the Vintage Views Wastewater System.

TAKE NOTICE that the above is a synopsis of the proposed bylaws and that this synopsis is not intended to be and is not to be understood as an interpretation of the bylaws. The full bylaws may be inspected at the Regional District of Okanagan-Similkameen office, 101 Martin Street, Penticton, BC, during regular office hours, 8:30 am to 4:30 pm, Monday to Friday or online at www.rdosregionalconnections.ca.

For further information on the bylaws or the voting process, please contact:

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Christy Malden
Chief Election Officer

Penticton Outdoors Club Celebrates 50 Years Of Outdoor Adventures

By Cristy Taylor

Inspired by the beauty and wilderness of the South Okanagan Valley, in 1975 four kindred spirits founded the Penticton Outdoors Club (POC). The initial four mountaineers, Ann Kiefer, Fred Van Seters, Tom Landecker, and Stu Patterson, shared a common passion for the Okanagan area, creating a community that has grown to 47 active members spanning in age from 30's through 80's, primarily retirees in their 50's and 60's. When asked about the difference in ages, Bev Krieger (former President and a senior hiker extraordinaire) smiled, observing "new members often say they're inspired to keep up with us!", acknowledging the desire to encourage young people to join, noting "inspiring new leaders, and fostering a love for the outdoors are key to continuing our legacy".

Hiking remains the main activity for the POC, enjoying 32 group hikes last season from March through October, and an additional 32 pre-hikes performed by trail leaders (17 lead volunteers) and interested parties in advance, ensuring trail safety and assessing the conditions and difficulty of trails. Favorites include Brent Mountain (Apex area), Three Blind Mice (a network of trails between Naramata and Penticton), McIntyre Bluff, Apex Mountain, and numerous others. While day hikes are the norm, there are also multi-day backpacking/camping trips in various provincial parks (Banff, Yoho, Glacier, etc.). Throughout the years, the club has helped maintain popular hiking trails, clearing debris after storms, placing emphasis not only on being fit, keen (some would say hardcore) hikers, but caring for the environment.



The South Okanagan is known for lakes, and with expanding memberships come expanding interests. Kayaking is quickly gaining in popularity, and members enjoy day paddles, topping off the summer last August with a 5-day camping/kayaking outing at Wells Gray Provincial Park.

The longevity of the club may be a result of the philosophy that the club has the potential to be as interesting and exciting as the members wish. Activities are led by volunteer members from the group who select, plan, and lead the adventures - a hike, an occasional bike ride, snowshoeing, backcountry skiing, kayaking or whatever. If there are new members that want to lead, there are mentors to help and encourage them. As the leader, they set the activity, the route, the date, and the pace. The club has embraced the idea that the needs of the members help drive the club activities, exploring and protecting the wilderness in the company of friends made through shared experiences and common goals. Whether there are a handful of people attending or a large group, it means there's been adventure and camaraderie for everyone, where we can all learn, find inspiration, and renew our spirits.

Members come not only from Penticton and the immediate area, but as far away as Osoyoos, Vancouver, Peachland, Keremeos, and even one from the US. Anyone wishing to be part of the next 50 years of adventure can find more information at the POC website at PentictonOutdoorsClub.ca.



Okanagan Falls



Youth Outdoor Special Event

Location:
Okanagan Warriors Adventure
on Marron Valley Road

Drop-Off and Pick-Up:
will be at the Okanagan Falls Recreation Centre

When:
Saturday, April 26

Time:
3:00 - 6:00 pm

Ages:
12 to 16

Cost:
\$40

Follow the QR code to register or visit rec.rdos.bc.ca








Get ready for an exciting afternoon at Canada's largest outdoor obstacle course! Feel like a Ninja Warrior as you tackle obstacles in a beautiful outdoor setting.
 This event is perfect for adventure seekers and fitness enthusiasts of all levels.

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

Horseshoes & Stick Curling

By Larry Martin

Horseshoes and Stick Curling are open to all ages and abilities. Most play is for exercising, socializing, and having fun. For those who choose to compete, there are Regional, Provincial, Canadian, and even World Championships.

Stick Curling season will be ending with the Canadian Stick Curling Championship in early April in Grande, Prairie Alberta.



L - BC Stick Curling Championships. R - 55+ Games Horseshoes Participants.

Area Horseshoe Clubs will soon be opening for the season in Penticton, Summerland, Vernon, and Salmon Arm. All are planning to host local tournaments with participants from around the Province, including categories from beginner to expert. Local players will be competing in the 55+ BC Games to be held in Nanaimo in September, along with other athletes representing other sports from our Zone 5. Information for all sports in the 55+ Games is at 55plusbcgames.org/zone5/. Registration is open now for 55+ Games. Some sports require entry through zone competition to qualify.

If you would like to give Horseshoes a try, contact the Penticton Horseshoe Pitching Club or email fs-lemartin@shaw.ca.

Okanagan Falls Volunteer Fire Department



By Colin Pickell

We are happy to announce a few updates with our membership this spring. First of all, 2025 got off to a great start with four new recruits joining our hall back in January. A big welcome to Bert, Stephan, Martin and Justin, who have already been busy with recruit training and attending calls in February and March, including multiple RV fires in our district. We are always happy when members of the Okanagan Falls community step forward to be part of our department, and we'd like to thank these four for showing great commitment right out of the gate.

We also recently celebrated the promotion of three firefighters to the rank of Lieutenant. Congratulations to Colin Pickell, Hayden Zahrawi, and Clay Stevenson, who all joined our Fire Department on the same day seven and a half years ago. Since joining, they have prioritized further training both locally and abroad, including through the JIBC and Texas Training Division, completing their NFPA 1001 certifications, Fire Officer and Instructor courses, Ice Rescue Technician training, Strategies and Tactics, Engine Boss and Wildfire Structure Protection training, and will be participating at this month's Wildfire Resiliency and Training Summit being held in Penticton to become Wildfire Mitigation Specialists, Structure Protection Crew Leaders and Task Force Leaders. In May, Colin and Hayden will be teaching the car fire session at the upcoming Spring Seminar hosted this year by Oliver Fire Department, bringing hundreds of firefighters from around the province to the area for a weekend of training and socializing. Congratulations to Lieutenants Pickell, Zahrawi and Stevenson!



L-R: Recruit Stephan, Lieutenant Stevenson, Recruit Justin, Lieutenant Zahrawi, Recruit Martin and Lieutenant Pickell. Absent: Recruit Bert.

Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



Massage is a natural therapy that can help people of all ages with a plethora of physical and mental health issues. The incredible benefits of getting a massage on a regular basis are actually quite amazing. One of the greatest and simplest benefits is that it makes you feel so wonderful.

Massage is a natural and

effective way to promote relaxation, reduce stress, and alleviate pain, offering numerous physical and mental health benefits. Massage can help to relieve both acute and chronic pain by reducing muscle tension, improving circulation, and stimulating the release of endorphins, the body's natural painkillers.

If you've never had the desire to get a massage, I sincerely encourage you to give it a try. Try to let go of any negative preconceptions you may have. There's nothing to make you feel nervous or uncomfortable. Massage is indeed a natural and ancient form of healing, with evidence of its use dating back thousands of years in various cultures, including India, China, and Egypt.

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

Unlocking Pain Relief: The Neurological Approach Of NKT™ And P-DTR®

By Danielle Cournoyer, Functional Movement Therapist

NeuroKinetic Therapy™ (NKT™) and Proprioceptive Deep Tendon Reflex® (P-DTR®) offer a fresh approach to tackling pain and improving movement. Imagine your body as a finely tuned orchestra. When one instrument goes off-key, others struggle to compensate, leading to chaos. This is what happens when injuries cause certain muscles to weaken, forcing others to overwork.

NKT™ uses gentle pressure to test muscle strength, identifying which ones are slacking and which are overcompensating. By retraining these muscles, the body can return to harmony, much like a baby learning to stand by perfecting each attempt. The NKT™ protocol of test-release-retest helps correct dysfunctional patterns, making it an essential tool in rehabilitation. This approach is not just about fixing what's broken; it's about teaching your body to move efficiently and pain-free.

P-DTR®, on the other hand, focuses on the body's sensors - those little nerve endings in muscles and joints that tell your brain what's happening. Sometimes, these sensors send mixed signals, like a car alarm going off for no reason. P-DTR® recalibrates these signals, helping to restore balance and ease pain. By addressing dysfunctional receptor signaling, P-DTR® can provide immediate improvements, such as pain relief and restored range of motion.

Consider the common experience of hitting your funny bone. This triggers a reflexive withdrawal to protect the area, but if the pain receptor remains overly active, it can lead to compensatory muscle fatigue and pain over time. P-DTR® addresses these issues by recalibrating sensory input and neuromuscular responses, offering lasting relief and improved function.

Together, NKT™ and P-DTR® create a powerful duo. By adjusting the sensory input, they help the brain make better decisions about movement, leading to effective pain relief and improved mobility. Whether it's loosening tight neck muscles or recalibrating a misfiring sensor, these methods offer a sophisticated yet accessible path to neuromuscular health.

Imagine being able to move freely without the nagging pain that holds you back. These therapies aren't just about healing injuries; they're about enhancing your overall quality of life. With NKT™ and P-DTR®, you can enjoy the activities you love without fear of pain, allowing you to live more fully and energetically.

Embrace this innovative approach and let your body find its rhythm again. With these techniques, you can enjoy lasting relief and enhanced physical function, unlocking a new level of well-being and vitality. Whether you're an athlete looking to optimize performance or someone seeking relief from chronic pain, NKT™ and P-DTR® offer a pathway to a healthier, more vibrant you.

We apologize for the recent issues with our contact page. We're thrilled to announce it's now fixed. For any inquiries or to book an appointment at Bamboo Body Fitness, feel free to reach out directly through DM or contact us at 250-496-2225. Thank you for your patience and support!

Danielle Cournoyer, Functional Movement Therapist
103 Lombardy Pl, Kaleden | 250-486-2225 | bamboobody.net




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Okanagan Falls



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Experience the healing potential of sound waves. This reflective journey provides profound relaxation as the vibrations flow through your body, mind, and spirit. This distinctive class will have you feeling revitalized and radiating from within.

Instructor: Carla

Location:
Okanagan Falls Zen and Fitness Centre

When:
Saturday, April 12


Time:
11:00 am - 12:00 pm



Ages:
16+

Cost:
\$15 + GST

Registration Required

Follow the QR code to register or visit rec.rdos.bc.ca



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

Your Gut Health Is Key To Your Overall Health

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



Research is growing rapidly in Gastrointestinal (GI or gut) health and uncovering some insights into how this part of the human body is responsible for so much good health, as well as, so many health problems. What we know definitively is that a healthy gut is a major predictor of wellness and an unhealthy gut a major predictor of disease.

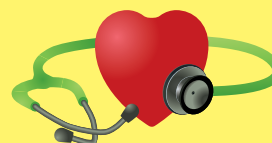
The rich microbiome, mainly in the large intestine, is comprised of many different microbes which are extremely health promoting, when properly balanced. A healthy microbiome contains in the range of 100 trillion microbes, which is at least 10 times more than our own human cells. This is our “top-soil” and it maintains our vitality and health. As every organic farmer knows, the health of the plants and animals depends on the health of the soil. And so, it is with people. We cannot grow healthy cells and tissues without a healthy microbiome. When an abundance of health-giving microbes lines our gut mucus membranes, as well as all the other protective membranes in our body (such as our respiratory tract), they maintain not only healthy digestion and absorption of vital nutrients, but also a highly functioning immune system, brain, and organ system.

The gut mucus membrane, if stretched out flat, is the size of two tennis courts and acts as a filter between us and the outside world. It is our main area of interaction with our environment and distinguishes that which is friendly to us from that which is harmful. Utilizing a complex system of immune, hormonal, biochemical, and cellular mechanisms, our gut lining protects us from harmful invaders and allows us to be nourished by friendly nutrients. This filter is largely maintained by our microbiome. When the microbiome is out of balance, leaky gut can occur, which is like having holes in the filter. The barrier breaks down and the system of discerning good from bad begins to fail. This leakiness leads to inflammation, which is the root cause of most chronic illnesses (which account for 75% of health-care costs). Estimates are that illness is at least 80% environmentally caused, and at the most, 20% genetically induced.

So, what is causing such havoc in our guts to lead to skyrocketing rates of chronic illness? Chronic diseases include those of the heart and circulation; of the brain such as Alzheimer's disease, Parkinson's, Autism, ADD/ADHD, depression, anxiety; digestive disturbances; metabolic disorders like diabetes, thyroid disorders, and obesity; arthritic and pain conditions; as well as chronic fatigue syndrome and autoimmune conditions. Yes, these are all inflammatory conditions, caused, or at least made worse, by gut issues. The underlying causes seem mainly to be linked to dysbiosis and leaky gut. But what is causing that? The answer lies in the changes we have made over the past few decades in the way we eat, the medicine we take, our lifestyle habits, and the level of toxins we are taking in. These things can all upset our microbiome and lead to leaky gut and immune imbalances.

Stark examples of the changes we have made relatively recently in our society are:

- An increase in prescription antibiotics and pesticide use in farming, which both kill the healthy microbiome.
- An increase in highly processed food intake and a decrease in the consumption of whole foods.
- A decrease in real foods, which is full of health-giving nutrients.



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Dr. Tamara Browne, Naturopathic Physician

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

250-497-6681
www.drtaamarabrowne.ca



- A decrease in naturally fermented foods, which are rich in healthy bacteria.
- An increase in GMO food which is designed to be sprayed with glyphosate (Roundup), which is a chemical proven to cause leaky gut and destroy the microbiome.
- A change in childbirth and child rearing practices with more C-Sections and less breast feeding. Plus, the decline of real food in children's diets.

In recent years, research on specific whole foods diets, lifestyle measures, and strains of probiotic supplements offer some hope for chronic disease management. Supplementation with certain probiotic strains such as human Lactobacillus and Bifidobacterium strains, Saccharomyces boulardii, Lactobacillus reuteri, and Bacillus coagulans, to mention a few with research to back up their use, show promise for improving intestinal pathologies such as leaky gut, IBS, IBD, colitis, diarrhea, and generalized inflammation.

Getting to the cause of ill health is the first step in moving towards wellness, vitality, and becoming the healthiest version of yourself. We should not accept the notion that our bodies are just falling apart. Research and common sense tell us that this is not the normal course of our lives. We can, and should, be vital and healthy for our entire lives. With an understanding of underlying mechanisms that can disrupt optimal health, and by adopting a preventive, wellness approach to daily living, lifelong wellness is very possible. Proven nutritional strategies have been developed to reverse the damage caused by this imbalance and to enhance a healthy, life promoting microbiome. For guidance see a Naturopathic Physician. Dr. Tamara Browne can be reached at 250-497-6681 or online at www.drtaamarabrowne.ca.

This article is for informational purposes only and should not be considered medical advice.

Kaleden Branch: 101 Linden Avenue - 250-497-8066
Tuesday 1-5 pm / Thursday 1-8 pm / Friday 1-5 pm

Last month's combination of leonine and gentle lamb-like weather found us here at the Kaleden Library celebrating the return of spring with a posy of fun activities. Our Banned Books Week "Guess the Quote" contest challenged patrons to match selected quotes to the challenged or banned books, and the lucky winner of a \$15 Coles/Indigo gift card prize was Ellie, who correctly identified Dr. Suess' "The Lorax" as the challenged book. Congratulations, Ellie!

Kids who found themselves staying close to home over Spring break and who wanted to take a break from watching digital screens had some hands-on fun at the library during our "Spring into Spring Crafting" and Extra Special LEGO Club events.

Children's Programs:

Preschool Storytime ~ After a short pause over Spring Break, our last set of Preschool Storytimes will start up again on **Tuesday, April 1** from 10-10:45 am. We will share rhymes, fingerplays and stories every Tuesday **until May 27**.

Special Presentation ~ On **Thursday, April 10** at 3:30 pm, the library will be hosting an information-filled presentation called "**Meet Your Local Firefighter - Jean Dube**" where she will share her best tips with kids wanting to learn how they can be fire safe.

Easter Event ~ Just in time for Easter on **Wednesday, April 16** from 3:30-4:30 pm, school aged children can bunny hop into the library for our **Easter Egg-stravaganza** program, where we will egg-xemplify getting creatively crafty with egg-xactly the right ingredients for some fun.

Register for any of these **FREE** library programs either online via the events calendar on the Kaleden Library Branch page at orl.bc.ca/hours-locations/Kaleden, or by emailing Kaleden@orl.bc.ca, or calling the branch at 250-497-8066.

Submitted by Judy Komar, Kaleden Community Librarian



OK Falls Branch: 101 - 850 Railway Lane - 250-497-5886
Tuesday 10 am - 6 pm / Wednesday 10 am - 4 pm
Friday 10 am - 5 pm / Saturday 10 am - 2 pm

We are open: Come on in and check out our newly renovated space.

Adult Programs:

Crafting Circle ~ Every Wednesday from 1-3 pm and Saturdays from 10 am - 2 pm. Bring your creative talents and participate with like-minded individuals. Have fun while you create!

Book Club ~ Wednesday, April 16 from 1-2 pm. This month's discussion will be "No One Is Talking About This" by Patricia Lockwood. If you would like to join our club, please contact the Okanagan Falls Library for more information.

Art Therapy ~ Every Saturday from 10 am - 2 pm. Come and experience the calming effects of adult coloring. We also have coloring pages for kids!

Children's Programs:

Preschool Storytime ~ Starting April 1, Preschool Storytime is every Tuesday from 1:30 - 2 pm. Build your child's love for reading with interactive games and fun picture books.

Okanagan Falls Kids Building Club ~ Every Saturday from 10 am - 2 pm. Bring your family and imagination and see what you can create with LEGO, Keva Planks and Megagontile.

Afterschool LEGO Club ~ Wednesdays from 3-4 pm. Bring your school buddies, put your imaginations together and see what you can create while having fun building with LEGO.

Take & Makes ~ Don't forget to pick up your monthly Take & Make from the library, while supplies last!

Other:

Friends of the Library ~ Your local Friends of the Library are actively looking for new members, who are interested in supporting our local library through fundraising events, such as book & bake sales and raffles. If you are interested in joining the Okanagan Falls Friends of the Library, please contact the library for more information.

Puzzle Table and Exchange ~ Do you need a change of scenery and a quiet place to relax? Visit us at the library and enjoy some quiet time working on our current puzzle. We also offer a puzzle exchange, take a puzzle home and bring it back when you are all done. We also gratefully accept puzzles (with all their pieces) too!
Submitted by Artesa Wiker, Okanagan Falls Community Librarian



Recently, a group gathered at the Okanagan Falls Library to celebrate the launch of Faye Arcand's debut novel "Inside Outside". The book, a psychological suspense, is a contemporary story of two women whose lives are destined to collide. Inside Outside is available at Indigo and Amazon. www.fayearcand.com



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The Dark Ages

By Tom Landecker

380,000 years after the Big Bang, the Universe was a hot soup of subatomic particles. If we had been there, we would have seen the sky filled with a uniform orange glow. That glow is still detectable, but the expansion of the Universe has stretched out the light waves until they are now just a faint background for our radio telescopes, the Cosmic Microwave Background.

A little later, the protons and electrons assembled themselves into atoms. For the next billion years, Hydrogen atoms dominated, and Hydrogen atoms do not emit light, so the Universe went dark. Astronomers call this epoch the Dark Ages. We can investigate what happened in the Dark Ages, but it's difficult work.

While Hydrogen atoms do not emit light, they do betray their presence by generating radio signals. Those signals leave the atoms at a precisely known wavelength, very close to 21 centimetres. Those radio signals from the Dark Ages have been spreading out across the Universe for about 13 billion years. Over that time, two things have happened to them. First, the signals have spread out over a vast volume, and the signals reaching a radio telescope are now very, very weak. Second, the waves have been stretched out by the expansion of the Universe, and are now much longer than 21 centimetres.

To learn about the Dark Ages, we have to face three problems. First, the signals are weak - the faintest signals that radio astronomy has ever tried to capture. Second, the expansion of the Universe has moved those signals to longer wavelengths, where our Milky Way generates signals that can easily drown out the weaker, more distant ones. And third, the signal from the Dark Ages will be in the range of wavelengths which are flooded with the signals that people use to communicate. To listen to the Universe when it was 380,000 years old, we will have to do battle with cell-phone signals, FM radio broadcasts, and communications with aircraft; and the list doesn't end there.

The telescopes needed are very simple, just a wire stretched between two poles, or something like the "rabbit ears" that we once used on our TV sets. Where to put that simple telescope? The further from civilization, the better, to reduce the level of man-made signals.

Astronomers from McGill University, in Montreal, are operating a simple antenna on Marion Island, half way between the southern tip of Africa and the Antarctic (and they are also checking out a site in the Canadian arctic). Indian astronomers have floated an antenna on a remote lake in Tibet. A group of American researchers is working in the West Australian desert. The American group published a result in February 2018, reporting a detected signal far stronger than anticipated. Six years later, the result is still very controversial. Stay tuned.

Interesting websites:

- montreal.ctvnews.ca/seals-seabirds-and-scientists-why-this-remote-island-is-a-radio-astronomer-s-paradise-1.6592079
- theeducationalblog.quora.com/The-EDGES-Experiment-This-May-Deserve-Two-Nobel-Prizes
- www.rii.res.in/highlights/indias-saras-radio-telescope-provides-astronomers-clues-nature-universes-first-stars-and-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.

Central Ridge Veterinary Clinic - Okanagan Falls



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Vi Creasey
vcreasey@shaw.ca

Diane Chatfield
dchatfield@tpi.ca

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How & Why Do You Travel?

By Vi Creasey

I have been travelling for more than 50 years, and I've learned many things. One of the most important things I've learned is that there are two modes of travel, either to "retreat" or "engage".

If you are traveling to escape the routines of work, to recharge, relax, reinvigorate, and replenish yourself, this is considered R&R. In this mode, you travel to remove yourself from your routines, or to get the pampering and attention you don't ordinarily get, and ideally to do fun things instead of work things. So, you travel to where it is easy. This is called a vacation or R&R.

The second mode of travel is engagement and experience, or E&E. In this mode you travel to discover new things, to have new experiences, to lean into an adventure whose outcome is not certain, and to meet 'otherness'. You move to find yourself by encountering pleasures and challenges you don't encounter at home. This kind of travel is a type of learning, and of the two modes, this is the one I favour.

This month, I will give you the first tip from Reliable Travel, with more tips coming in the following months.

Tip #1 ~ Organize your travel around passions instead of destinations. An itinerary based on obscure cheeses, navel history, dinosaur digs, or jazz joints will lead to far more adventures and memorable times than a grand tour of famous places. It doesn't even have to be your passions; it could be your friend's, family member's or even one you've read about. The point is to get away from the expected into the unexpected.

At Reliable Travel, we can help you plan any vacation you desire. Please give us a call for all your travel needs.

CatMatch



Meet Bridges!

This is our boy, Bridges. He was abandoned on a rural property and has taken a while to relax in his foster home. You can see, mission accomplished! LOL

Bridges will need a quiet home with a companion to keep him company. He is just one of several cats in our care that need that little extra love and patience to allow them to blossom. Stop in at PetSmart in Penticton to see if he is the boy for you! www.alleycatsalliance.org.



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Highlights From Kaleden Elementary School

By Principal Ron Manning

We hope that all of our Kaleden families had a wonderful Spring Break. The colder, darker winter days and nights are past us and spring has truly sprung! It is so nice to see the plants and flowers beginning to bloom and blossom.

We have many activities planned for our final term of the school year. Cross country runs will be back in the mix, as will walking field trips and many more outdoor activities. We will also have a singer/performer from the Yukon (Remy Roddin) come to Kaleden to perform at 9 am on Wednesday, April 30. Everyone is welcome to attend.



New To Kaleden?

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School Trustee Report For SD67

By Karen Botsford, School Trustee

The sun is shining, and the promise of spring is in the air as I write this report. Students and families are in the midst of Spring Break. I hope it was a time for rest, play and rejuvenation. The final term of the school year is always a busy one.

Addams Family at Summerland Secondary ~ I attended the fantastic musical comedy production at Centre Stage on Saturday, February 22. All the familiar characters brought back memories of the Addams family and their ghoulish lifestyle. The acting was superb, the choreography creative, and the set and backdrop were very professional. The energy was palpable, and there were many witty lines and lots of laughter. I thoroughly enjoyed the performance! Kudos to the students and staff, parents/caregivers, who put countless hours in to create such a successful production.

Reading Expo at Skaha Lake Middle School ~ Books read and reviewed by the Grade 7 students varied from the Goosebumps series to Little Women and included every genre. Held in the gym on February 27, the presentation boards were impressive. I had an opportunity to speak with many students about their projects and quite a few were already reading the next book by their chosen author.

Transportation Review ~ The transportation review was conducted last fall, and the report was received in late January. The board passed a motion at the February 26 meeting to direct staff to initiate public engagement. A website has been developed with information on the review, a survey for families/guardians to complete, a section with FAQ and an opportunity to ask questions. Please visit www.letsconnect.sd67.bc.ca/transportation-review.

In addition, there will be two in person sessions held, April 14 at Summerland Secondary from 6-7 pm and April 16 at siya? House 425 Jermyn Avenue behind the Board Office from 6-7 pm.

2025-26 Budget ~ The Budget Committee has met once and will be meeting frequently after Spring Break in order to work towards a balanced budget (due to the Ministry by June 30). The committee is comprised of members of each of our partner groups and rightsholders, trustees, and senior management. There will be a survey posted for public input in early April, as well as a public consultation meeting April 17 at 6 pm at siya? House (behind the Board Office).

Thompson Okanagan Branch Meeting Feb 28 - Mar 1 ~ It was our turn to host the branch meeting, which is comprised of 9 school districts. The 70 attendees included trustees, secretary-treasurers and superintendents. We highlighted some of the recent capital additions, including a tour of the new daycare centre opening in April at Uplands Elementary and the new gym at Summerland Secondary. Superintendent Manuel and teachers provided presentations on the great work staff are doing in SD67 to support student success. It is always uplifting to share best practises. We all learn from one another, and together as a branch, we have a larger voice to advocate for the challenges facing districts.

For more information, please contact Karen Botsford, School Trustee for SD67, by sending an email to kbotsford@sd67.bc.ca.

Kaleden Elementary PAC Update

By Trena Fisher, PAC Chair

The Kaleden Elementary School PAC meeting is scheduled for Tuesday, April 8 at 6:30 pm in the school library. We would love to welcome any parents who have a child going to school at Kaleden Elementary to join us. Stay tuned this month for our Spring Plant Fundraiser! If you have any questions or comments, please contact PAC Chair Trena Fisher via email to trenafisher@outlook.com.

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

March was an exciting and action-packed month! We successfully practiced all of our emergency drills, hosted a fun "Come Rhyme with Me" event, exercised through swimming, gymnastics and hiking, and we welcomed future kindergarten students at our "Ready Set Learn" event.

April promises to be just as exciting for our students! We'll have in-line skating (rollerblading) lessons in the gym, family conferences, an Easter egg hunt, a talent show, a theatre performance, and we will be kicking off parkour lessons. We are incredibly fortunate to offer such a wide variety of engaging activities for our students to enjoy! Thanks to everyone that assists in making them happen!



School Trustee Report For SD53


By Sholeh Pickell, School Trustee

Happy to see these spring days getting more frequent and looking forward to getting back into my garden. Spring break will have concluded when this article comes out and I feel like the break came at the perfect time. With so many activities happening at the schools, the teachers and students appreciate the recharge to finish the school year strong.

Work experience is a great way to sample an interest with low commitment of time and money and our district has over 60 students placed in the district's work experience program in various work environments throughout the district. This work experience is invaluable both exposing students to possible career paths and preparing students for those careers which they may have already chosen. The district would like to thank all the local businesses who are participating in this program. If you have a business and would be interested to host students on work experience, please reach out to me. I'm happy to connect you to the program facilitators.

For many years, our district has been developing more ways to hear student voice. A few of our ways of doing this is through empathy interviews, surveys, and peer interviews between younger students with older students. A resource the district uses to gather student voice is by using the book "Street Data". The book was used to develop Street Data Learning Series for staff within the district. The staff who are participating in a year-long learning series focused on the book. The core concept of Street Data is for adults to work with students to make learning experiences as relevant and meaningful as possible. The group has two more sessions this year and will be presenting their learning in May.

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



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Okanagan Falls PAC Update

By Chantelle Bruwer

PAC is once again partnering with the **Okanagan Falls Legion** to help host their Meat Draws. Thanks to the Legion for their ongoing support of our little school. A special thank you to our parent volunteers. The next PAC hosted Meat Draw will take place on **Saturday, April 26 at 3 pm**. Come out and have some fun, while raising money for the PAC.

During the month of April, all our students will get a chance to enhance their gymnastics skills by attending lessons at **Ethos Parkour** in Penticton. Our PAC is sponsoring these parkour lessons for all students.

Come join us! The next PAC meeting is scheduled for **Thursday, April 3 at 6 pm** in the School Library. All parents/guardians of OKF students are welcome! Free child minding is available.

Our PAC Executive can be reached year round via email at okfpac@gmail.com. If you'd like to get involved or donate to Okanagan Falls Elementary PAC, please reach out.

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6 Signs It Might Be Time To Move Into A Condo

By Sergej Sinicin of neuHouzz Real Estate Group



There are many reasons that may spur you to downsize from a house to a condo, but the decision to finally sell your home is not easy. Homes have years and years of memories attached to them, so it's an emotional transition as well as a rational decision.

You may have thought about downsizing and simplifying your lifestyle, but how do you know it's the right time? If you're on the fence about moving into a condo, here's a few key questions that could indicate it's the right choice for you.



Is It Time To Move To A Condo?

1) Is your home too large for your current needs? A house that was once a noisy, bustling, activity-filled place now feels hollow and silent. Your neighbours left, your kids got married, and your friends retired elsewhere. There are multiple rooms you're no longer using, and cleaning has become a hassle. Moving into a smaller place gives you a chance to start over with new memories, new friends, and less work!

2) Has maintenance become demanding? Lawn care, snow removal, repairs - it all requires time, effort, and money. Such tasks can start to take their toll and take away from enjoying your home. If you find it hard to keep up, it's time to consider a condo. Downsizing to a condo allows you to pay a small fee to get all the outdoor maintenance done for you.

3) Do you need to reduce expenses? If you're facing retirement and you no longer have the income to support mortgage payments, property taxes, or utility bills, then selling your home and moving into a condo can free up equity and lower the cost. If you've paid off your mortgage, you now have the chance to invest in other endeavors, such as travel or anything else you've been dreaming about.

4) Are amenities and services too far removed? This is a big one, especially for older adults and seniors who don't enjoy participating in today's traffic anymore. As your age and the frequency between doctors' visits increase, being located closer to health services and grocery stores becomes important. Condos are often located close to these services, plus may offer amenities like gyms, pools, concierge services, and social spaces. Win - win.

5) Do you have security concerns? When you're away from home for long periods of time due to travel or long-term visits, a condo can provide an added layer of security. With controlled access, cameras, and often on-site personnel, it will offer a more practical and secure living environment than a house. Lock & go!

6) Have your mobility needs changed? If your physical health is declining or it's becoming increasingly difficult to climb stairs, navigate the basement laundry, and get the mail, downsizing to a condo just makes sense. A one-floor condo will provide you a more manageable living situation, and if you buy new you can even have it fitted with wider hallways for wheelchairs or walkers, or grab bars in the bathroom.

Final Thoughts ~ Moving from a house to a condo can be a great choice and it doesn't need to change your 'joie de vivre'. But it is essential to weigh the pros and cons, consider your long-term needs, and evaluate the financial changes. If you've answered YES to one or more questions, call 778-764-1373 to let me help you sell your home and set up a proper search for your perfect new condo.

Are You A Hummingbird Lover? Good News - They Are On The Way!

By Alison Moran, RPBO Hummingbird Project Coordinator

The Rufous, Calliope and Black-chinned Hummingbirds all come to the South Okanagan to breed and to feast on our spring and summer bounty. It is a long way to come and the trip is perilous with many challenges along the way. Most of them will be here in May.

These birds are important pollinators, but do you know they are also keen insect eaters? The diet of nestlings is almost entirely made up of small insects that have emerged from aquatic systems. Their favourite food are midges - those little clouds of tiny insects you see above your head on a walk.



Photo by Jon Moran

Citizen scientists have been hard at work learning about these birds in BC and Alberta, coordinated by Rocky Point Bird Observatory's Hummingbird Project. They have found that some species are in steep decline, most concerningly the Rufous Hummingbird, which is a 'tipping point' species (i.e. has lost two thirds of its population in the last 50 years and is on track to lose another 50% in the next 50 years). They look

at how these birds use the environment, and have examined diet and exposure to high levels of agricultural pesticides.

The aim of all this work is conservation, being able to give the public and land managers solid information with which to make decisions that support these birds and help struggling populations recover.

The Hummingbird Project is launching a new citizen science initiative to look at large-scale hummingbird movements. They want to understand how hummingbird movements relate to air quality across a range of habitats. Specifically, they are looking for volunteers who live outside the urban centres and who feed hummingbirds across the breeding season and would be willing to track nectar consumption twice a week. If you are interested in participating in nectar-use monitoring and finding out if your location might be suitable for inclusion in this study, please let us know at hummingbird@rpbo.org.

We are also rebuilding some of our monitoring capacity in the South Okanagan. There may be availability for a few new team members, e.g. scribes. Please recognize this is a long-term commitment, we monitor every two weeks throughout the season. If you are interested in participating in monitoring, you will also need to be detail oriented, have good eyesight and hearing, and if handling birds, good hand-eye coordination. You also need to be an early riser - we start very early! Please contact us at hummingbird@rpbo.org for further discussion.



Male Juvenile Rufous - Photo by Doreen Olson

Kaleden Quilters, Crafters & Barn Quilters

By Vivian King

Welcome Kaleden Quilters, Crafters and Barn Quilters! You are invited to join us every Wednesday from 1-4 pm in the Kaleden Community Hall. Ladies of all skill levels are invited to join us for an afternoon with other quilters and crafters. Coffee and tea are always available. The spring session runs from March 12 - April 30 for \$20/person. For more information, call 250-497-1164 or email viv20king@gmail.com. We'd love you to join us!

Kaleden Museum

By Mike Gane

Kaleden Packinghouses - Part 2 of 4

This series is 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!

In Kaleden, Muir Stuart had the advantage of a site, a building and permanent equipment, while the Penticton Co-op had to use makeshift accommodation, working in tents on the Battye property for several years. As a result, Stuart had cornered most of the local tonnage by the 1920s and was the dominant fruit handler until selling out to the Penticton Co-op in 1922. For just one year, the Penticton Co-operative Growers handled the entire local crop. But in 1923, the local growers broke away to form the Kaleden Co-operative Growers, with F.W. King - President, R.D. Mutch - Vice-President, and H.W. Corbitt, Reg Hody and H.H. Whitaker as Directors. F.W. King remained president until 1949, when he became Vice-President. He served in that capacity until he retired in 1961 at the age of 72. The following years saw a succession of building additions and equipment upgrades at the site on the corner of Lakehill Road and Linden Avenue. However, it took the advent of the rail line through Kaleden in 1932 to move the local plant into the twentieth century.



KMA 2024-003-P012 (Bill Findlay collection)
Early Stuart Packinghouse



KMA 2014-001-P028 (Ray Findlay collection)
Later view of the Packinghouse. Now Kaleden Co-op.

Tune in next month for Part 3 of the Kaleden Packinghouses series.

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

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Kaleden Seniors Committee Update

By Karla Avendaño, KSC Coordinator

Last month, we had the pleasure of welcoming renowned gardener Scott Austin to Kaleden, with an excellent turnout of approximately 60 people. We gathered at Kaleden Community Hall to hear Scott's captivating stories, insightful knowledge, and meditations from his book, *Sun, Sand, and Sagebrush*. He had us all laughing and reflecting on the simple joys of life, making it a truly memorable afternoon. A heartfelt thank you to everyone who attended this wonderful event!



Save the date! On April 11th at 12 pm, Lisa Scott from OASISS will be speaking at Kaleden Community Hall about invasive species. Learn everything you need to know about local plant identification! Would you like to receive email updates from KSC? Contact us at 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 Donna Taylor

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

Annual Flea Market April 12 from 9-1. The kitchen will be open.

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.

Activities in April 2025:

Canasta ~ Mondays at 10 am

Morning Pool ~ Mondays at 10 am

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

Evening Pool ~ Tuesdays at 5:30 pm

Social & Lunch ~ Wednesdays at 10:30 am (Reservations are required on Monday. Call 250-498-7030.)

Mexican Train Dominos ~ Wednesdays at 1 pm

Afternoon Pool ~ Wednesdays & Thursdays at 1 pm

Bridge ~ Thursdays at 1 pm

Cribbage ~ Thursdays at 7 pm

Line Dancing ~ Fridays at 1 pm

Pancake Breakfast ~ Saturday, April 5 from 8-10 am

General Meeting ~ Monday, April 7 at 1 pm

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


Pot Luck ~ Saturday, April 26 at 5:30 pm

Carpet Bowling & Scrabble ~ Both on hold for now

Country Music Jamboree ~ Returning in September

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

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.

Music & Market In The Park

By Grant Henderson, Event Coordinator

To further celebrate our 10th Anniversary of Music in the Park, we have added one additional event day during the summer. It has been a real joy to see this program gain popularity each and every year. I think I can speak for the Music in the Park founders when I express my gratitude to the people of Okanagan Falls for their growing support and attendance at our music and market events.

As promised in last month's issue, following is the Entertainment Lineup for the 2025 season of Music & Market in the Park. All events are held on a Sunday in Centennial Park, Okanagan Falls, except for Canada Day, which falls on a Tuesday this year. The market will open at 3 pm and the band begins at 5 pm.

- June 22 - Uncorked
- July 1 (Canada Day) - Memory Lane
- July 13 - Blueshounds
- July 20 - Rumble Seat Revival
- August 3 (BC Day Weekend) - Bench Boys
- August 17 - Rebel Luv
- August 31 (Labour Day Weekend) - Desert Rockers


Inquiries can be forwarded to musicintheparkokfalls@gmail.com. Please help us to make this the best year, ever!




Okanagan Falls Lions Update

By Bob Wilson, Past President

Our clocks are now advanced, St. Patrick's Day is gone and we're on our way to spring after a relatively mild winter. The Lions Club has been meeting and continuing our activities for this year, with the Annual Easter Egg Hunt coming up on Sunday, April 20. In keeping with the last 20 years plus, there will be all kinds of goodies to be found in Okanagan Falls Lion's Park starting at 1 pm. Watch for the posters around town and information on our Facebook page. See you there!



Annual Lions Easter Egg Hunt
Sunday, April 20 ~ Starts at 1 pm
Lions Park in Okanagan Falls





The ongoing School Breakfast Program is doing well, thanks to our early morning volunteers. The latest report shows an average number at 30-35 youngsters attending three times a week. A big thanks to Mike, Kyle and the breakfast bunch!

Music in the Park will be along before we know it and we have some new things planned for this year, but we'll leave that as a mystery for now. Again, watch for upcoming information. That's about all for now. See you around town. Stay healthy and safe.

Blood, it's in you to give! The next Blood Donor Clinics will be held on April 7-10 at the Penticton Senior Drop In Centre from 1:30-5:30 pm. The Canadian Blood Services needs both donors and volunteers, visit www.blood.ca or call 1-888-236-6283.

The Okanagan Falls Lions Club meets the second Monday each month at 7 pm 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/ or www.facebook.com/okanaganfallslionsclub.

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Straight Razor Shave	\$50
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OK Falls Heritage & Museum Society

By Sue Wazny

March has been a busy month for the Society! The new Board has been active getting committees together to diversify the workloads and bring more interested community members on. We are forming committees for fundraising, grant writing, the Pioneer Paver Project, the Bassett House & Museum Society legacy project and Membership, just for a start. If you are interested in getting involved in an exciting growth year, please contact the society at thegoodfolks@okanaganfallsheritage.org.

We were very fortunate to be able to partner with Tickleberry's for their first day of the season on March 1st, which was the 35th Anniversary of their opening. We made sure the Museum and the Thrift Shoppe were open during their open hours, so we had lots of traffic on our side of the bridge as well. Tickleberry's generously offered to donate the proceeds of the day to our Society. We were thrilled to accept approximately \$1200 from them and look forward to many more community collaborations!

We also got the opportunity to partner with our Local Legion Branch 227 to sell Meat Draw and 50/50 tickets for an afternoon at the beginning of February. We took away another sizeable amount of a donation for our efforts (and we had fun doing it!). We are grateful for our community partners.

Thrift Shoppe News ~ We had a Valentine's Special in the Shoppe - anything that had red, pink or purple in it was 50% off. We also had a St. Patrick's Day special for anything green, plus all jeans at \$2. Our jean sale will continue until the end of March, with a lot of new stock out on the floor. Watch for our Easter promotion in April and a Mother's Day special in May as well. After doing our semi-annual Bag Sale, our wonderful volunteers will be changing the shoppe over from Winter to Summer apparel on April 8th. Come in on the 10th for the best selection!

Our Museum Curator Connie White has been working tirelessly in the museum creating new exhibits. We hope to have the Bassett House and Museum open for the public in early May. We would love to have some volunteer tour guides to help out this summer. If you are interested, please contact us.



Thrift Shoppe

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Branch 227
Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

PLEASE NOTE: BC Yukon Command has ordered a NEW ELECTION, due to discrepancies with the November Elections. The new election will be held on April 28, 2025 at 6 pm. Please attend and be sure to vote!

Legion In The Community ~ As the cornerstone of communities across the country, we provide essential service and support to help veterans, seniors, youth and those in need.

Open Monday to Saturday from 2 pm to close. **Open Sunday** from 11:30 am to close. Everyone Welcome! On Sundays, the guys will be playing pool.

Beginner Line Dancing ~ Tuesdays & Fridays from 10-11:30 am. \$2 drop-in.

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

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

Wednesday Car Show ~ Keep your eyes open starting in late April, as the hot rods will be rolling in again!

Pancake Breakfast ~ Cancelled during the month of April, as it falls on Easter Sunday. Our Pancake Breakfast returns May 18.

General Meeting ~ Tuesday, April 21 at 7 pm (3rd Tuesday).

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

Bottle Returns ~ Drop off cans and bottles at the Legion.

We are always looking for Volunteers ~ Great way to give back to your legion and community, plus meet new people!

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

The Executive wishes everyone a Happy Easter!

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South Skaha
Housing Society

South Skaha Housing Society Update

By Michael Livingstone, SSHS Chair

Spring is here! With the warmer weather, we have begun our annual spring cleanup at South Skaha Place, and before long, all signs of winter will be gone.

While we had hoped to announce a building start date and a sod-turning ceremony, we are not quite there yet. For now, our shovels will remain in storage, as we continue working toward this important milestone. In the meantime, we have an upcoming vacancy in one of our two-bedroom units. If you or someone you know is interested, please note that applicants must be 55 years or older and meet additional eligibility criteria. For more details or to obtain an application, please contact Locke Property Management. Stay tuned for further updates, and enjoy the arrival of spring!

LOCAL CHURCH DIRECTORY

Kaleden Community Church

10 am Sunday Worship ~ in-person and online

Easter Service at 10 am on Sunday, April 20. For information on all additional Holy Week services, visit kaledenchurch.ca. Visit kaledenchurch.ca for updates and the link to our live worship. 443 Lakehill Rd. | kaledenchurch@gmail.com | 250-497-5995

Okanagan Falls Community Church

Sunday Worship Service & Children's Church at 11 am and Easter Sunday Service at 11 am on Sunday, April 20

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

Okanagan Falls United Church

Sunday Service at 9 am ~ Speakers: April 6 - Rev. Paul James; April 13 - Rev. Laura Turnbull - Palm Sunday; No Good Friday Service; April 20 - Rev. Dr. Donald Schmidt - Easter Sunday; and April 27 - Sarah Tupholme. Everyone welcome! Coffee fellowship after service. Visit okfallsunited.ca for more information. 1108 Willow St, Okanagan Falls | 250-497-1171 or 250-488-8174

Our Lady of Lourdes Catholic Service

Good Friday Mass at 11:30 am. Easter Sunday Mass at 11 am. 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

Good Friday Service at 3 pm on Friday, April 18
Easter Sunday Service at 9:30 am on Sunday, April 20
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

"The Sweet Delilah Swim Club"

By Cheryl Gill, Many Hats Theatre Company Publicist

The Sweet Delilah Swim Club follows the story of five unforgettable women who have been friends since their college swim team days. Sheree, the spunky team captain, always in control and still trying to keep everyone organized. Dinah, the wise-cracking overachiever who is a career dynamo, but experiences endless frustrations in her personal life. Lexie, the pampered and outspoken one who is determined to keep her youth and looks, so she can hang on to her latest husband. Vernadette, the self-deprecating hard luck case, whose dark cloud follows her through life. And Jeri Neal, the sweet late bloomer into the world of men and motherhood.

Free from the pressures of everyday life (husbands, kids, and jobs), these five women have been meeting every August at "The Sweet Delilah", a quaint cottage on the Outer Banks in North Carolina. Covering the span of 33 years, these women renew their lifelong friendship with advice and raucous repartee to get through all of life's challenges. They prove that the enduring power of teamwork can get them through anything. *The Sweet Delilah Swim Club* is laugh out loud funny and poignant by turns, celebrating friendships that last forever.



Robert Manning

September 30, 1927 - February 18, 2025



We are saddened to announce the passing of Robert Manning. He was born in Arrowhead on September 30, 1927 and passed away on February 18, 2025. Robert was predeceased by his wife Mary in 2015. He is survived by his brother Art, Son - Deric (Debbie), Blaine (Sharon), Lincoln and Nixon, Renae (Benoit), Graef, Roen and Bode. Daughter - Liza (Bill), Greg and Madison.

Robert, a long-time resident of Okanagan Falls, was a truck driver for decades. Firstly on the highway, here, there and everywhere, and lastly, hauling logs locally. He loved home, but loved to travel as well, both long and short trips after retirement. Robert enjoyed fishing when he could. He cherished his time with his large extended family at Family Campouts and other gatherings. Robert was a member of the Okanagan Falls Heritage Society and Okanagan Falls Legion for many years.

His family would like to thank the staff at the Village By The Station, where he lived his last five years, for their care and support.

Jennifer Charlish

January 29, 1958 - March 3, 2025



Jen passed away peacefully at Moog and Friends Hospice in Penticton after a long battle with cancer.

She is survived by her loving husband Rod Hoecherl of 21 years; her two brothers, Bruce Charlish (Connie) and Lance Charlish (Lori); sister Beverley Charlish; and her dad Ken Charlish.

There will be no service as per Jen's request. Jen's ashes were placed in the Kaleden Cemetery on March 11, 2025.

Donations if you wish can be made to Moog and Friends Hospice or the Oncology Department at Penticton Hospital.

Condolences may be shared by visiting www.everdenrust.com.

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Jaynie Molloy BSc. Hon. CH.
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Gordon Lightfoot Tribute Show

Submitted Press Release

Fans of Gordon Lightfoot are invited to a special evening at **Venables Theatre on April 6**, as local singer-songwriter artist John Paul Byrne (*Okanagan Life* editor) pays tribute to the legendary Gordon Lightfoot in his much-lauded "If You Could Read My Mind: The Gordon Lightfoot Tribute Show". Byrne, known for his uncanny ability to channel Lightfoot's rich baritone and poignant storytelling, promises an experience that feels like stepping back into the intimate concert halls of the 1970s. Byrne delivers a rich and authentic experience that honours the legendary Canadian icon. Tickets are \$45 each. For more information and to secure your seats, visit venablestheatre.ca/coming-soon.html#LIGHTFOOT.



Flowers Or Fish Heads?

Send yours to skahamatters@telus.net



Your full name and location area is required on any submission.
(Please Note: Some discretion on content inclusion may be involved.)

Flowers to Myleen and Skaha Matters for all you do for our school and community. We appreciate you! ~ *From Okanagan Falls PAC*



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Monthly
Deadline
Between
15-20th



Card Making With Sherrie

By Barb Shanks

You are invited to join us for a special Card Making event with Sherrie at Okanagan Falls United Church on Thursday, April 10 from 7-9 pm. The cost is \$15 for 3 cards. Refreshments provided. Contact Sherrie at 778-931-3573. We hope you can join us!



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.



South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

The other day I was talking with a friend, and she was telling me about her volunteering preferences. She enjoys serving on boards and committees rather than doing hands-on activities for an organization. She is a planner, long range thinker, and detail-oriented person. She thrives on helping an organization run smoothly by developing a strategic plan and referring to it regularly. She asks thought-provoking questions, which helps to analyze and prioritize potential decisions. She is great at looking at a financial statement and seeing where possible problem areas might exist. Does this sound a little like you? Are you too a person whose strengths are in board and committee leadership? If so, why not contact the South Okanagan and Similkameen Community Connections Volunteer Centre and check out the opportunities for serving on a board or committee.

Perhaps you prefer more hands-on types of volunteering. Whether it is reading to children in schools, taking a dog for a walk at the SPCA, preparing and handing out food hampers at Oasis Church, weeding flower beds at Moog and Friends Hospice, or going for a walk with someone in a wheelchair, there are countless volunteer opportunities in the South Okanagan and Similkameen.

A visit with Subrina Monteith, the Executive Director of the South Okanagan and Similkameen Community Connections Volunteer Centre or a glance at our website will give you lots of volunteer ideas. Why not check us out at: 1-888-576-5661, info@volunteercentre.info, or the website at www.volunteercentre.info.

Make volunteering a significant part of your week!

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If Basic Cremation Is Your Choice

By Lesley H. Luff, Okanagan Falls & Osoyoos

Credible Cremation Services is always here to assist families with questions they may have when dealing with the death of a family member or friend. One of the most common questions is "what is the Canada Pension Plan (CPP) Death Benefit?" The CPP Death Benefit is a one-time, lump-sum payment made to the estate of the deceased contributor.

If there is a Will, the executor named in the Will to administer the estate must apply for the CPP Death Benefit within 60 days of the date of death. If the executor does not wish to apply for the CPP Death Benefit, they need to advise the CPP that the Estate will not be applying. **If there is No Will**, or if the executor did not apply for the death benefit within 60 days of the date of death, one of the following persons should apply. Payment of the death benefit will be made in the following order of priority, upon application, to: the Administrator appointed by the Court; or the person or institution who has paid, or who is responsible for the payment of the deceased's funeral expenses; or the surviving spouse or common-law partner of the deceased; or the next-of-kin of the deceased.

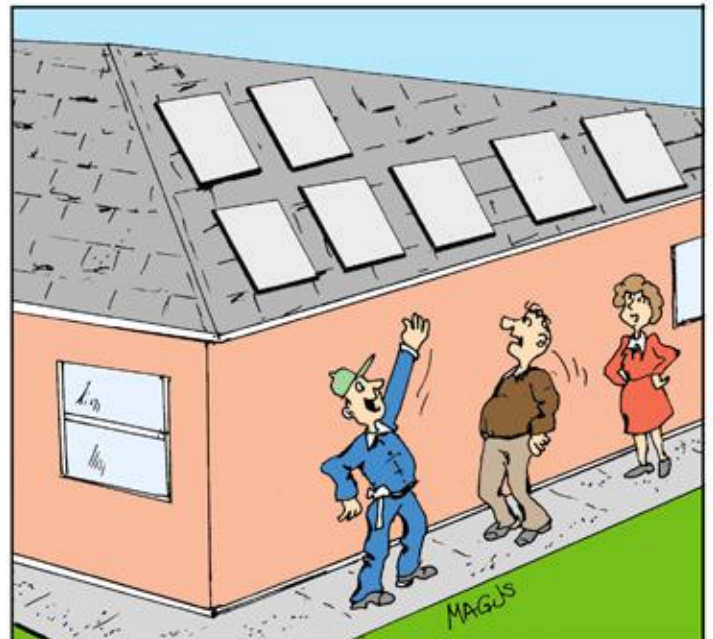
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