



# APEX MATTERS

"Keeping You in the S'know"

Volume 21 : Issue 7

Your FREE  
Local Snow Culture  
Newsletter!

March 2025

Preserved Light  
PHOTOGRAPHY



Aaron Galvin getting air in "The Pit" ~ Photo by preservedlight.com

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# Thanks For Your Support!

By Myleen Mallach, Owner/Publisher of Apex Matters

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apexmatters@telus.net | 250.490.6951 | ApexMatters.com

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# Apex Mountain Resort

## March/April Special Events:

**March 12 ~ Last Ladies Day of the Season** - Thank you so much to all the wineries that came and were able to show off their vintages for all the amazing ladies who participated.

**March 15 ~ Retro Day** - Dress in your 'blast from the past' and hit the slopes in tight and bright, puffy or animal print.

**March 15-30 ~ Spring Break** - Hours of Operation: Lifts are Open Daily from 9am - 3:30pm, with Night Skiing on Friday and Saturday Nights from 4-9pm until March 29. The Tube Park is open from 10am-3pm daily.

**March 22-23 ~ FIS BC Cup Slalom Race** - On Adrian's Alley, which will be closed to the public those two days.

**March 22 ~ Wine Tasting** - Observatory Wines is having a wine tasting in the General Store starting at 3pm.

**March 22 ~ Beach Day** - Celebrating our polar opposite seasonal activities in the Okanagan up here on the hill. Dress up in your beach attire and hit the slopes! The Gunbarrel Saloon is hosting a Patio Party, where you can enjoy après-ski in the sun. Don't forget the "Winter Bod" contest starts at 7pm, located in the Gunbarrel Saloon.

**March 29 ~ Last Night Operations of the Season** - Come out to play under the lights one last time!

**April 5 ~ Highest Flying Dummy Downhill in the World!** - Watch Dummies fly down over 50' high and hundreds of feet through the air at our Aerial Site in the Apex Village! Dummies must not weigh over 250 lbs. Sign up is in the office and it's completely free to enter. Your finished Dummy must be outside of the Gunbarrel Saloon by 11am.

**April 6 ~ Last Day of the 2024/2025 Season!** - Thanks for having fun with us and have a wonderful summer.

**1.877.777.2739 | ApexResort.com**

**Day Lift Operations** ~ Daily 9am - 3:30pm thru April 6, 2025.

**Night Lift Operations** ~ Friday & Saturday 4-9pm as of Dec 20.

**Tim Horton's Tube Park** ~ Friday 4-9pm, Saturday 10am-9pm, Sunday & Holidays 10am-3pm. December 20, 2024 thru April 6, 2025.

**Skating Loop & Shinny Pond** ~ Open daily at 9am. Loop night lit until 10pm. Both ice surfaces are weather dependent.

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

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## Escape To Apex Mountain Lodge: Your Year-Round Retreat

By Dave Duckworth

Apex Mountain Lodge, nestled in the stunning wilderness of Apex Mountain Resort, is a well-known sanctuary for skiers during the winter months. But what if we told you this hidden gem is just as inviting in the spring, summer, and fall? With the snow melting away, the lodge transforms into the ultimate getaway for those seeking a peaceful retreat in the heart of nature.

When ski season ends, Apex Mountain Lodge opens its doors to new possibilities, offering flexible accommodation options that extend far beyond the winter season. Whether you're planning a weekend getaway or a more extended stay, there are a variety of choices available, perfect for families, couples, or solo adventurers looking to escape to the mountains.

### Short-Term and Monthly Rentals: Flexibility to Suit Your Plans

If you're looking for a cozy place for a weekend retreat, a short-term rental at Apex Mountain Lodge is a great option. Each suite offers stunning views, modern amenities, and a welcoming atmosphere, perfect for winding down after a day of exploration.

For those looking to make Apex Mountain a second home for a few months, monthly rental options allow for a more immersive experience in the mountains. Imagine waking up to fresh mountain air every morning and exploring the diverse outdoor activities right outside your doorstep. With both short-term and monthly rental options, there's flexibility to suit a range of schedules and preferences.

**Book Your Stay at Apex Mountain Lodge Today!**

# Nickel Plate Nordic Centre Update

By Jens Petersen

## Honoring a Legacy: Nickel Plate Nordic's Day Lodge Renamed in Memory of Colleen Schneider

Nickel Plate Nordic Ski Club is proud to announce that, as of Saturday, March 22, the club's day lodge will be renamed "**Colleen's Lodge**" in memory of longtime member and dedicated volunteer, Colleen Schneider. This tribute recognizes Colleen's passion for cross-country skiing and her deep connection to the Nickel Plate community.

Colleen first took up skiing at Nickel Plate in 1992, beginning a 30-year love affair with the sport and the ski club. She didn't just ski the trails - she helped shape the club through countless volunteer hours and leadership roles, making a lasting impact on the Nordic Centre. Her enthusiasm and commitment embodied the spirit of community that defines Nickel Plate.

Upon Colleen's passing in 2022, her husband, Ernst Schneider, made a generous donation to Nickel Plate in recognition of her love for the area. Originally, the club planned to use the funds to construct a warming hut at Eagle's Nest Lookout, but the complex and uncertain approval process for land use meant the project could take five or more years to materialize - if at all. Instead, the club chose a meaningful and immediate way to honour Colleen's memory: renaming the day lodge in her name.



### A Lasting Contribution

The donation from Ernst will help fund much-needed improvements to Colleen's Lodge, starting with the new roof project the club has been raising funds for this winter. This marks the beginning of a refresh that will keep the lodge welcoming and comfortable for years to come.

Born in Chilliwack in 1946, Colleen moved with her family to Penticton as a child, later graduating from Pen High. She worked for 20 years at the Penticton Regional Library, nurturing her lifelong love of books. In 1967, she married Ernst Schneider, a successful musician and composer, and together they built a life in Penticton filled with adventure, travel, and community engagement.

Beyond skiing, Colleen's adventurous spirit led her to explore the world through kayaking, hiking, snowshoeing, and cycling. She was active in her church and many local organizations, leaving a lasting impression on all who knew her. Tragically, Colleen passed away in a cycling accident on September 16, 2022, at the age of 79.

Now, with Colleen's Lodge, her legacy will live on at Nickel Plate. The warmth, camaraderie, and sense of belonging that she brought to the club will continue to be felt by skiers, volunteers, and visitors for generations to come.

The club extends its deepest gratitude to Ernst for his generosity and for allowing Nickel Plate to honour Colleen's memory in a way that truly reflects her spirit.

## Season Summary To Date

Nickel Plate Nordic Centre has enjoyed a number of great events so far this season. Below are a few highlights. More fun events are scheduled through March 2025. Stay up to date on special events and much more through our website at [nickelplatenordic.org](http://nickelplatenordic.org).

**Biathlon Demo Day - December 7, 2024** ~ Our Biathlon Demo Day was a fantastic kickoff to the season, giving skiers the chance to experience this thrilling combination of endurance and precision. Participants got a taste of the sport's unique challenge - powering through the trails before steadying their breath to take aim at the targets. Whether it was their first time on the range or they were fine-tuning their technique, everyone left with a newfound appreciation for the sport. The energy was high, the community spirit was strong, and we saw plenty of potential future biathletes in the making!



**New Year's Eve Snowshoe - December 31, 2024** ~ We wrapped up 2024 in true Nickel Plate style - on the trails, under a snowy sky, and surrounded by great company. Our New Year's Eve Guided Snowshoe was a magical way to bid farewell to the year, with a scenic 3-4 km trek through the quiet beauty of the alpine. Laughter echoed through the trees as participants posed with fun New Year's photo props, capturing memories along the way. After the adventure, everyone warmed up with a cozy drink and a snack, raising a toast to the year ahead. With a perfect mix of adventure and celebration, this event was a wonderful way to step into 2025!

**Beginner Waxing Clinic - January 4, 2025** ~ Nothing sets you up for success on the trails like a well-waxed pair of skis, and who better to teach the art of waxing than Nickel Plate co-founder Steve "Buz" Buzikievich? At our Beginner Waxing Clinic, Buz shared his decades of expertise, guiding skiers through the essentials of ski maintenance with practical tips and a few legendary stories along the way. From first-timers learning the basics to seasoned skiers brushing up on their technique, everyone left with smoother, faster skis - and a deeper appreciation for the science behind the glide. A big thanks to Buz for keeping the Nickel Plate spirit strong and our skis slick!





**Evening Group Snowshoe - January 23, 2025** ~ There's something truly magical about exploring the trails by moonlight, and our Evening Group Snowshoe was no exception. With headlamps glowing and snow crunching beneath our feet, members and guests embarked on a peaceful yet exhilarating nighttime adventure. Along the way, we shared tips, swapped stories, and soaked in the crisp mountain air. The night ended fireside, where everyone gathered for a relaxed après-snowshoe social, warming up with good company and their favourite snacks and drinks. A perfect reminder that winter nights are meant for adventure!



**80s Day - January 26, 2025** ~ Neon windbreakers, leg warmers, and big hair took over the trails for 80s Day at Nickel Plate, and it was totally tubular! Skiers and snowshoers embraced the retro vibe, rocking their best vintage ski gear, while gliding through the snow in true throwback style. The competition for best-dressed was fierce, with everything from classic one-piece snowsuits to wild neon headbands making an appearance. Those who went all-in on the 80s spirit even scored 50% off their day passes! With music, laughter, and some epic photo ops, this blast-from-the-past event was a radical success. Can't wait to do it again next year - like, for sure!



**Nickel Plate Mountain Market - February 9, 2025** ~ Our Nickel Plate Mountain Market turned the ski hill into a cozy winter marketplace, bringing together a fantastic lineup of local artisans, farmers, and food vendors. Shoppers browsed handcrafted arts and crafts, picked up farm-fresh veggies, and sampled delicious local honey - all while sipping warm drinks and soaking in the stunning alpine views. The atmosphere was lively, with skiers and snowshoers stopping by to support local businesses and take home unique finds. A huge thank you to our talented vendors and everyone who came out to make this event a success - we love bringing the community together in the heart of winter!



**Canadian Birkie - February 7-9, 2025** ~ Two 1st Place and a 2nd Place at the Canadian Birkie in Edmonton!

Our Nickel Plate racers took on the legendary Canadian Birkie in Edmonton, and they did not disappoint! Competing against some of the toughest skiers in the country, Andriy Yastrebov delivered an outstanding performance, taking 1st place in his category against 36 competitors! Not to be outdone, Murray Farbridge raced his way to an impressive 2nd place finish in a stacked field of 52 racers. Peter Achtem took 1st place in his category against 18, incredible!

A huge congratulations to Andriy, Murray, and the entire Nickel Plate team for representing us so well on the national stage. Your dedication and hard work continue to inspire us all - way to go!

**Valentine's Ales & Trails - February 14, 2025** ~ Love was in the (mountain) air for our Valentine's Ales & Trails event, where couples and best friends traded flowers and chocolates for fresh air and adventure! Skiers and snowshoers enjoyed a scenic day on Nickel Plate's snowy trails, sharing laughs, exploring the winter wonderland, and working up an appetite. The fun continued down in Penticton at Tin Whistle Brewing, where cozy vibes, brews, burgers, and a sweet treat made for the perfect après-ski date. Whether celebrating romance or friendship, this unique Valentine's experience proved that the best way to the heart is definitely through the trails!

**FREE Family Day - February 17, 2025** ~ There's no better way to celebrate Family Day than a day of winter fun - completely free! Nickel Plate Nordic Centre welcomed families of all sizes to hit the trails, with free trail passes and rentals making it easy for everyone to join in. From first-time skiers to seasoned snowshoers, the day was all about laughs, fresh air, and unforgettable mountain memories. Special activities kept the energy high, and the smiles were as bright as the snowy landscape. Huge thanks to everyone who came out and made the day so special - we love seeing families embrace the joy of winter together!



**Nickel Plate Nordic Centre**

Winter Office Hours 9-3 Daily

*Located 6.5 kms past Apex Mountain Resort*

**[www.nickelplatenordic.org](http://www.nickelplatenordic.org)**

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Ski & Snowshoe Rentals & Lessons Available / Day Lodge & Kitchen Facilities  
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## Carvers Corner

By Lesley Evans

February was another busy month for the Apex Ski Club with all our race teams in action.

Our U16 group battled challenging conditions during the Teck Open event held at Whistler. This was intended to be an opportunity to train and race Super G, but the weather and conditions did not cooperate. Rain and warm temperatures shifted the event to Slalom racing. Huge kudos to the team for their resilience to pivot, work through adversity and find success. Liv Evans and Sophia Jaron-Flower posted top 15 results in the ladies' races and Eugene Roche cracked the top 20 in the men. Leah Evans placed 2nd on Day 1 of racing and 1st on Day 2, which ultimately earned her the Rob Boyd Cup for her placings that weekend.

That same weekend our U12 and U14 teams were racing at Sun Peaks with notable performances from Harper Duncan, Gracie Gill, Arthur Davison, and Josh Marhsall. Our teams still have several events left this month all over the province, including our U14s heading to Smithers for their provincials. Good luck to our racers!

Our Carvers Program is wrapping up mid-month, but there are still spaces available in our Spring Break camps that are being held March 21-23. Head to our website for more information, as these are great value and a ton of fun for younger skiers.

It seems strange that this is the last Apex Matters article of the season. Even stranger that it is the last one that I will write for the Apex Ski Club. My kids joined the club the 2015-16 season in the Carvers Program and progressed to the ski racing team when they got the U12 age group. A few years ago, I volunteered to take over writing the club's updates in this newsletter and want to thank Myleen for providing an avenue to share our news with the community.

In the years since joining the club, my kids have far surpassed any level we had hoped they would achieve, had the best time being able to train at Apex, and experience racing at other mountains in Western Canada. There are a group of us whose kids are now second year U16s and these skiers have hit the point where they will either end their ski racing careers or move on to the next level with the Okanagan Ski Team. Time will tell what their decisions are, but I know we are grateful to the Apex Ski Club for so many amazing seasons. Our children have developed a lifelong love of skiing and made some really great friends along the way. A heartfelt thank you to Head Coach Jorgen Anderson and his coaching team for their efforts over the years. I know that all of us with kids finishing up with club are grateful for your dedication and passion for the sport.

I look forward to seeing the next group of ski racers come through and represent the club, and wish our second year U16 crew of Julia Johncox, Sophia Jaron-Flower, Liv Evans, Leah Evans, Eugene Roche, Avery Warriner and Hikaru Noguchi all of the best as they wrap their season with the Apex Ski Club.

## Apex 2nd Year U16 Athletes - Back in Carvers/U12 ...



Apex 2nd Year U16 Athletes - Now ...



Julia



Sophia



Liv



Avery

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Leah



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By The AFC Team

**Apex Freestyle Head Coach Alexa Chick** ~ And just like that, the season is coming to an end - how crazy! Since our last issue, we've hosted a grassroots event that saw over 20 of AFC's club members participate in their first moguls and slopestyle competitions, we held a nighttime rail jam, we played host to some of the world's top athletes as the third stop on the NorAm tour, our snowboard athletes have been on the road to several slopestyle and snowboard cross events across the province, and several of our athletes competed in a Timber Tour up at Sun Peaks! It's been busy, busy, and we're not quite finished either!

Soon, the Performance Team and I will be heading to the East Coast for a Canada Cup in Ontario and Jr. Nationals in Quebec, before heading over to the West Coast with our Jr. Performance athletes to compete at BC Champs in Mt. Washington! Unfortunately, this means that I will be absent for our last days of programming on March 15 and 16, so I'd like to take this time to thank everyone for spending their winter with us and joining our AFC family! I hope you learned something new, made some new friends, maybe tried out a competition for the first time, and most importantly, I hope you had fun! I also want to thank our incredible team of coaches, our Program Directors Josh and Kata, our amazing parent volunteers, our BOD, our INCREDIBLE administrator Colleen (who I will miss connecting with on the daily), as well as James, Shawn, Taryn and all of the amazing staff at AMR for always supporting us in this freestyle journey - we couldn't do it without any of you!

Before we go ... our trampoline and water ramp schedule is almost ready, so keep a lookout for that to be released in the coming weeks! And if you're unsure of what summer training is all about, please do not hesitate to reach out to me or Coach Kata in the coming weeks to see what's available for you!

I look forward to seeing all of your smiling faces either at the water ramps, or when we're back on snow in December! That's all for now, folks!



Coach Alexa with Performance Team!



Thanks to Coach Kata with MK Capture Photography for the amazing photo weekend!

**Okanagan Shred Sessions** ~ The Okanagan Shred Sessions are entry-level regional ski events that help athletes develop their skiing skills in a variety of disciplines, while introducing them to competition in a fun-filled, action-packed environment.

The Apex event on February 8-9 featured a slopestyle competition in Okanagan Park and moguls on Andi's Alley. We were excited to see many first-time Apex athletes compete and hope they are inspired to try other events.



**THANK YOU!**  
to our generous sponsor

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For making this another great weekend with:

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**Apex Freestyle Snowboard Club Program Director Josh Shulman** ~ Yeeehaaaawww!!! What a season it has been. Crazy to think that it is about to wind down. I am so proud and impressed by our club this past season. We've seen amazing growth in our numbers and continued success at events, but most importantly our club is developing an amazing culture of fun, progression and LOVE for snowboarding. A huge shout out goes to all our athletes, coaches AND parents for helping to make our club so special and so fun to be a part of. THANK YOU! Before I sign off, I want to take a moment to acknowledge our athletes achievements at the recent BCSnowboard Slopestyle event at SilverStar.





Jaxon Ede brought home not one but TWO Silver medals.



Stone Shulman also snagged a Silver and Nathan Hamm grabbed 3rd place.



Breckin Willment won another GOLD medal as well! Nice work fellas!!

**Try Freestyle March 17 & 24** ~ Has your skier or snowboarder been eyeing our freestyle program and want to give it a try? Here's your chance! Come "try freestyle" for just \$10 and it includes lunch at the world famous Gunbarrel Saloon! Try Freestyle Ski is March 17. Try Freestyle Snowboard is March 24.

Must be able to ski or board blue runs and load the chair or T-bar without assistance. Register at [freestyleapex.com](http://freestyleapex.com).

#### Upcoming Events At Apex Mountain Resort

- Mar 15/16 - Last day of regular ski/snowboard programming
- Mar 17 - Try Freestyle Ski Day
- Mar 18-20 - Ski Spring Break Camp
- Mar 22 - Park Jam - Okanagan Park
- Mar 24 - Try Freestyle Snowboard Day
- Mar 24-26 - Snowboard Spring Break Camp

**Annual Online Auction Fundraiser** ~ Our annual online auction will be held from March 15-30, 2025. Visit <https://app.galabid.com/afc2025> to bid on some great items. All proceeds from this fundraiser will directly benefit our athletes. Thank you for supporting the Apex Freestyle Club!



**We're Hiring!** ~ Interested in joining our team as an Administrative Assistant? Part-time, year round position working from home and providing support to the Program Director and Board of Directors. For more information or to submit a resume, please send an email to [theresa@freestyleapex.com](mailto:theresa@freestyleapex.com).

**Thank You's** ~ As the season winds down, this is a great opportunity to reflect and thank all those who play an integral role to our club.

**Alexa Chick** for packing up and relocating to the Okanagan to take on the job of Head Coach/Program Director. Thank you for your time and dedication to improving the programs for all kids and coaches. Our athletes and club are truly better because of you.

**Colleen Rolston** has done an amazing job as our Administrative Assistant the past 3 seasons, providing valuable support to our coaches and Board of Directors. We are grateful for your time and expertise, and we're so glad that you will continue to be a part of our team as the bookkeeper!

**Kata Stohler** for continuing the job of Fundamentalz/Freestylerz Program Director and providing valuable support to Alexa and our parents.

**All of our Fantastic Coaches** for giving up your weekends to lead, laugh with and influence the next generation of freestyle skiers and snowboarders.

**Josh Shulman and the Snowboard Rad Dads** for building a program for snowboard kids to have the opportunity and outlet to learn and safely progress their sport.

**Volunteers** to keep our programs affordable. It takes a village and countless volunteer hours. Thank you to everyone who gives their time supporting events, shoveling snow, placing fences, baking cookies, organizing auctions, and all of the many other beneficial tasks completed over the year.

**Apex Ski Patrol** for supporting our events and assisting our athletes and community in picking up the pieces when we miscalculate. We greatly appreciate your skills and knowledge.

**Apex Mountain Resort** for supporting our facilities and events and believing in the freestyle spirit and all of its disciplines. Can we move the Air Bag once more?

**Board of Directors** - Theresa Sengl, Josh Shulman, Lisa Ante, Jesse Ritchie, Marko Cucnik, Derek McCaughey, and Austin Eaton for giving up your precious time every month for the benefit of: The Kids. The Club. The Community.

**Spring Break Camps** ~ Registration is open at [freestyleapex.com](http://freestyleapex.com) for our popular ski and snowboard camps. Open to all and participants need not have been enrolled in our winter programs. Ski Camp runs March 18-20. Snowboard Camp runs March 24-26.

# Hey Apex Fam!

By Alec Henderson, Team Canada Slopestyle and Big Air Skier



I hope everyone has enjoyed their ski season this year at Apex. Spring has come early this year with temps being warm and sunny recently. Maybe we are going to see some late snow that Mother Nature likes to provide right when it seems like the end of winter.

It has been a while since I was last in the Okanagan, the ski bum life has fully consumed me and I have been travelling around North

America for the past couple months. It has been a lot of fun, as well as a lot of ups and downs that competition skiing brings.

At the beginning of February, I had the second Slopestyle competition of the year at Buttermilk Aspen, Colorado. It was the same course the X Games is hosted on, and wow, it was the best course for my style of skiing I have seen in competition. I ended up putting the run of my life down there and took the win! It was a super exciting moment in my career! My first NorAm win and on my favourite course, with my favourite people.



Next up, I went straight to Stoneham, Quebec for my first ever Canadian World Cup! Home soil meant many more spots for team Canada. It was super fun having so many of my team mates to compete with. I put down a solid run, but just not quite enough to get me into the final and I ended up 2 spots out. The following week there was a NorAm in the same place. The weather wasn't so good and it made things challenging on some days. This one was a double header Slopestyle and Big Air event. We skied 5 days in a row for this competition and I qualified into the final in the top spot for each event. I was very close in the Slopestyle, unfortunately tickling one of my grabs and not holding it long enough made me miss the podium and I ended up 4th. This part of freestyle skiing is the toughest. You have to be consistently perfect.

In the Big Air on the last day, I was pretty fatigued mentally and physically after a couple weeks of hard skiing and I just couldn't do the tricks I wanted to on that day when it mattered. Sometimes things just don't go your way.

Now while these competitions are important, and yes I wish I did better, it's easier to get over it when I have something coming up that I have been dreaming about since I was a little boy watching skiing on my TV at home.

**SLVSH CUP Grandvalira 2025** ~ I encourage if you are reading this, take a moment and look up on YouTube, "Slvsh Cup". And yes, it's with a "v" instead of a "u".

Basically, how it works is 16 boys from around the globe come to a little village in a small country called Andorra. This is a tournament style event with 8 people on each side of the bracket that will eventually work its way to a final. How the game works is very similar to a game I'm sure you've played on the basketball court, called "Horse". Set a trick, if you get it and your opponent doesn't, your opponent gets a letter. If you don't get the trick you set, and your opponent does, you will get a letter. The game continues until somebody has "Slvsh" written out. Simple and fun. I have been watching slvsh games for a long time and I am so excited and honoured to be invited to Andorra this year. And, I'm thinking I can do pretty well.

I have played one game in the past. If you want an example of what the game is like, look up "Alec Henderson slvsh".

Anyway, thanks for tuning in and reading about the ski stuff and what's going on in my world. I love this sport very much! Thank you for being a great community and having my back.

I hope everyone has a fantastic rest of their season and spring treats you well.



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## A Different Season

By Fred Albrechtson, Nickel Plate Junior Racer Alumni

As the cross-country race season approaches an end, I figured that I would reflect on not being apart of it. My favourite part about racing was the community, long adventure days, and the commitment to something greater, something that most people cannot do. Over the last ten months or so, I have certainly missed aspects of practice and training camps. I've missed going to races with the team, not so much the travelling part, but the social aspect. As for the racing itself, I haven't missed it whatsoever. I haven't looked back once and thought, "man, I wish I was racing right about now". I haven't missed the politics or the drama. During the early months of the season, November and December, the Canmore Nordic Centre makes as much snow as they can. When the coverage is minimal and only a 3-4 kilometer loop is open, you are blasted in the face by a snow gun at least once a lap. When the sun is still below the horizon, and it is -15 degrees or below, that is freaking cold. It is nice now being able to ski on my schedule, or run, bike, or go to the gym. I am no longer on a strict training schedule, and feel free to do whatever I wish, without having some daily overarching goal that I need to achieve. Training every day gets extremely repetitive, as there are only so many different workouts, hills, or trails. Now, I feel like I've been able to sit back and enjoy every little aspect. The only time that I really ski now is for a social event, and I don't feel guilty about it whatsoever. I haven't been out more than once every two weeks, and I have no issues with that. The business has certainly made the transition from racing much easier. I think most retired athletes run into an identity crisis, because they essentially lose the largest dimension of their personality. I've been able to roll it right over into my business, without thinking twice. I'm hoping to get out on the skis a little more often in March and enjoy some of the sun. It's bikini season people!

In other news, business has picked back up, and I was fortunate enough to make a few big purchases. I am proud of being able to purchase them for cash, without having to borrow a penny. My new truck and chipper should suit me well, and (hopefully) make me a bit of money. I hope that everyone is doing well and enjoying the longer days!





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## Hello Everyone!

By Grady Parsons, BC Mogul Team Member & AFC Alumni

I hope you have all had a great season as it comes to a close. Reflecting on this NorAm season, I've learned a lot. While the results weren't exactly what I hoped for, I'm more determined than ever to come back stronger next year.

Deer Valley was by far the most challenging and fun course I've ever skied. The steepness and overall difficulty made it such an exciting experience, and it pushed me to elevate my skiing to a new level. I was able to ski some of the best runs of my career there, although I unfortunately didn't land a competition run.

Next up was Apex. The weather started off perfectly, with fresh snow and some of the best skiing I've ever had there. However, right before my run, thick fog rolled in and my run, along with those of 10 other athletes, was cancelled.

At Stratton, I started the competition feeling strong, but my health took a sharp turn for the worse. I got sick with a fever, but decided to push through. I skied my competition run, but being under the weather definitely impacted my performance and ability to ski at my best.

Now, I'm wrapping up my final NorAm event at Val Saint-Come, Quebec. I'm feeling better and excited for the chance to make finals here. Looking forward to finishing the season strong!



Grady Parsons in an aerial maneuver during a mogul competition.

## What's Happening At The Edge?

By Ash Dunsford

We can't believe it's March already and this time of year is always bittersweet, as we say hello to the longer days of sun and transition into spring skiing. We've had a crazy busy February here at The Edge with Family Day weekend, the Noram Freestyle comp, and of course all those great snow days we had. As always, a huge thank you to our beloved locals and visitors who support us - we love y'all!

Our "Where in the World is Your Edge Toque" contest has had some great entries the past few weeks! We will be wrapping up the contest near the end of March, so make sure you get your submissions in using the hashtag #edgetoquetravels on Facebook or Instagram. A grand prize winner gets a Pizza Party for 4 complete with a bottle of Hester Creek wine!

The Edge will remain open during its regular hours until the Apex closing day on April 6. Thanks again for a fantastic winter season and we look forward to all the fishing, hiking, biking, and relaxing the Okanagan summertime brings!

~ From The Edge Family - Cheffy, Leah, Ash, Emma, Colleen, Ian, Jill, Ance, Marleigh, Mahkaila, Chelsea, and Molly



Take part in The Edge Bistro's "Where in the World is your Edge Toque?" contest! Post unique photos in fun places wearing your Edge toque and have a chance to win prizes throughout the season! You'll also be entered to win our Grand Prize Pizza Party for 4 awarded during March Break. Use #edgetoquetravels



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Ian "Iceman" Dunsford with Bon Homme at The Edge





Above - The Davies Family in their Edge Toques in Nepal  
Below - Emma sporting her Edge Toque in Argentina





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## Slushy Thoughts From The Snow Bank

By Brad Nunes

Whew ... and like a whoosh of snow falling on top of me from a tree, as I inspect its bark at high speed, our season is winding its way to its end. It has been a pleasure going on this journey with all of you. We've laughed, we've cried, we did that one thing we all swore we wouldn't talk about in polite company. Good times ... good times. But let us not lament the season with an entire month of goodness still left! Nay! Let us charge headlong into March (without charging headlong into branches mind you). Spring skiing is awesome!

We often have great sun at the top of the hill. We sometimes bust out the ol' BBQ to grill some dogs. We get the tunes pumping (as long as the second hand radio stays alive) and the general vibe is always good.

Every weekend in spring seems to have a theme. We've already been to the Wild West and Onesie Day just happened. I think we took a pass on 'dress like your ex' day. While likely very amusing, it did pose some legal grey area when it came to slander. Apparently, some dudes look so bad in drag, the courts could find you officially offensive. There is the other side of course, when you look just so dang hot that you pull more numbers than she ever did. Given the two scenarios, I'm not sure who is winning more. But alas, we may never know. I guess we have to stay content with Hawaiian shirts and Retro Day! Retro Day is another one that likes to backhand me. Some kid sporting an 'old timey' Greenday hoodie snowplowed me last year, yelling "Get out of my way old man". Then, like a Pavlovian chihuahua, I snap back at the whipper-snapper, responding with "Get off my lawn!" There wasn't even any lawn! And, how did these ski boots become New Balance sneakers? Anyway, keep your eyes on the socials and come out well themed and join in the fun on the slopes.

This month is also great for me personally, because some family from out of town are coming up to the hill for a little ski holiday. So, I get to alternate with taking my brother-in-law down runs that 'you can totally do' and screaming 'PIZZA' at my young niece as she takes out 3 tourists and lifty at the bottom of the carpet. In those cases, just toss a towel over her head and don't approach directly from the front. I learned most of those safe handling techniques from the crocodile hunter and they have served me well with my more feral nephews and nieces. But, it will be a great time. I get to brag about our awesome hill and just spend some real quality time together. I can't wait.

So, there you have it. That will push us towards the end of the month and the end of the season. Get out there as much as you can. Rip up the last of our snow and don't leave any behind. Have an amazing and safe summer season. So much love everyone! Cheers!



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Thanks for a  
great season!  
See you in  
September!



# Penticton Sno-Trackers Club

By Simone Wyles, Secretary

It's been a busy season for the Penticton Sno-Trackers Snowmobile Club. Even though we didn't get the biggest snowfall, the Sno-Trackers took advantage of what Mother Nature gave us.

In November, we introduced our Board of Directors. Board of Director members are nominated and elected to either one or two year positions. We are very fortunate to have a lot of talent and skill sets contributing to the club.

The Santa Claus Parade was our first true club event in December. Members decorated their trucks, trailers and snowmobiles to reflect the Christmas season. The Sno-Trackers received great feedback from all involved.

Our first club ride was at Greystokes at the Kelowna Snowmobile Club. We had a good crew go out and enjoy the fresh snowfall. A big thank you to the Kelowna Snowmobiling Club for their hospitality. The Kelowna and Penticton Snowmobiles Clubs have a strong relationship within the snowmobiling community.

Our Whipsaw Ride changed at the last minute due to lack of snow, but the group found it in the South Okanagan area near Mt. Baldy. Lots of laughs and camaraderie were had, as many experimented with their sleds in the snow. Some even carried out belly pan inspections to insure their sleds were in tip top shape!



PENSAR had their annual training day and the Penticton Sno-Trackers stepped up to the plate to assist as convergent volunteers. It was a great training opportunity to work with a team and coordinate resources if needed in the backcountry. Thank you to all the members who participated for their service.

With so much going on in December, the Penticton Sno-Trackers decided to have their holiday celebration in January. With an exceptional turn out, we inundated Giants Head Brewery and had a fantastic time eating too much delicious food, exchanging gifts and winning door prizes. Thank you to all of our sponsors and friends for their generous donations. The grand prize was a custom helmet from CKX built specifically to the specs of the winner!

February brought the Carmi Trail Ride, with bonfire, smokies and fireworks! This experience was held on the other side of the valley up Carmi and the 201 Forest Service Road. Exploring the trails and leading the way to untouched meadows and lakes made for some great riding and fresh powder. Fun fact, the first Penticton Sno-Trackers snowmobile club had their first cabin in this area. It has since burnt down, but for some the memory remains.



Some of our ladies participated in the Hunter's Range Ladies Day Snowmobile Ride in Enderby. This is always a fun event with an amazing turn out. Our ladies walked away with some swag and more knowledge from the awesome guides on this ride. The Penticton Sno-Trackers support their neighbouring clubs whenever we can. The Trout Lake "Ride the Selkirks" is in its third year. Our pilgrimage to this historic hotel never disappoints for sledding, hospitality and scenery. A highlight this year was a wonderfully planned excursion to Meadow Mountain and a visit to the Nelson Sno-Goers Cabin. We thank Curtis Turchak's navigational skills and his relative, who gave us the recon to have an incredible two days on the mountain. March is now upon us. It's getting warmer out and the snow is not accumulating like it used to. Time is coming to think about storing our snow ponies and moving on with other activities. So, a wind up celebration is planned at the Gunbarrel, for one last gathering to say goodbye to our sled friends and celebrate our season.



Our AGM will be held in the fall. If you are interested in what we are all about or becoming a member, visit [pentictonsnotrackers.ca](http://pentictonsnotrackers.ca). Follow our socials on Facebook and Instagram. We can also be reached by email to [pentictonsnotrackers@gmail.com](mailto:pentictonsnotrackers@gmail.com).



The Penticton Sno-Trackers wish to pay tribute to Brian Hiebert, a member since the 1970's. Always seen sledding the perimeters of whatever region we were in, Brian always kept a lookout for everyone and the safety of the group was always his first priority. Sadly, Brian passed away, but he will always be a lifelong member in the hearts of the Penticton Sno-Trackers.



# Keeping Your Knees Strong After Ski Season

By Dr. Deirdre O'Neill, Naturopathic Doctor

Ski season is winding down, and your knees have put in the work. They've absorbed impact, stabilized every turn, and endured long days on the steep slopes. Now, as we transition into spring activities, it's time to give them some well-earned attention.

## Common Knee Issues Post-Ski Season:

- **Ligament Sprains** ~ Skiing is hard on the MCL and ACL, with twisting falls and awkward landings being prime culprits. If you've had a minor tweak that didn't quite go away, now's the time to address it before you hit biking or hiking season.
- **Osteoarthritis** ~ That deep ache or swollen knee after a day on the hill? It could be wear and tear catching up with you. The cartilage lining the ends of your bones may be thinning, leading to joint stiffness and discomfort. Managing inflammation and supporting joint repair now can help you stay active all summer.
- **Meniscus Strain** ~ Your meniscus acts as the shock absorber for your knees, and skiing can put serious pressure on it. Persistent clicking, swelling, or pain with deep bending could signal an issue that needs support.

## How To Support Your Knees In The Off-Season:

1. **Strengthen The Stabilizers** ~ Your quads and glutes take on a lot of the work in skiing, but post-season training should focus on hamstrings, calves, and hip stabilizers. Single-leg deadlifts, step-ups, and balance exercises keep your knees - and the whole chain - strong and resilient.
2. **Hydrate & Lubricate** ~ Your knees are bathed in synovial fluid, and dehydration reduces its ability to keep joints moving smoothly. Prioritize water intake and add omega-3s through fish or supplements to keep inflammation down.
3. **Support Cartilage Health** ~ Collagen, Glucosamine, SAME are all geared at helping to rebuild cartilage and supporting the knee synovial fluid.
4. **Mix Up Your Movement** ~ Shift from high-impact activities to low-impact options like swimming, yoga or cycling to maintain strength and balance, while giving your knees a break from pounding forces.
5. **Regenerate With PRP Therapy** ~ If you've got lingering pain or an old injury that hasn't fully healed, PRP (Platelet Rich Plasma) can help. Injecting your own platelets into damaged tissue jump-starts the healing process, reducing pain and improving function. Ideal for osteoarthritis and ligament injuries that need a boost.

**Ready To Keep Moving Pain-Free?** If your knees took a hit this winter, now is the time to act. Book a **Discovery Call** to see if PRP is right for you, or join my **14-day Joint Health Challenge** to set yourself up for a strong, pain-free season ahead.

Your knees carried you through ski season - make sure they're ready for what's next.

*Dr. Deirdre O'Neill, Naturopathic Physician, has expertise in Prolotherapy and PRP using Ultrasound Guidance. She practices in Penticton at Alpine Natural Health and is part of the volunteer Canadian Ski Patrol.*



# Springtime Brings Sunny Skies, Artisan's Den Sales, And Bob Ross.

By Jane Ono

As we see the 2024-25 season come to a close, I want to thank all of our customers who have been in to The Artisan's Den this year. Whether you are a 'regular' or an "I've-never-been-in-here-before" visitor, we appreciate your patronage. Thanks for stopping by for a snack or for lunch and a beer, thank you for supporting our local artists by purchasing their wares, thank you to those who have taken up pottery as a new hobby, and thank you to our instructors and participants in the "Everyone is an Artist" series. The Artisan's Den has a lot to offer our Apex community. Thanks for the support to make it possible.



During the last weeks of this season, we will be reducing the prices on much of our artwork. Each artist has the chance to reset their prices (ranging from 15-75% off) in order to offer you the best values possible for their works. Stop by often for the great deals.



Our last session of the "Everyone is an Artist" series is a "Paint Like Bob Ross" night. Hosted by Taffy and Sue (and Bob, via TV), we will all have the chance to create a Bob Ross look-alike. Dressing up like Bob adds to the fun. The session is on Thursday, March 27 starting at 7 pm. The cost is \$50 (including taxes). Register soon, as seats are already filling up. To register, contact Jane at The Artisan's Den or [janeonstrike@gmail.com](mailto:janeonstrike@gmail.com). Happy Spring!



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**Subrina Monteith**

Director of  
RDOS Area "I"



## From The Director For RDOS Area "I"

The RDOS has been working through the budget for 2025, as well as the related operational work plan. Having a clear understanding of projects and staff capacity, has put some Area "I" projects on hold until 2026.

Questions continue around the Waste Transfer Station and residents are asked to connect to Apex Mountain Resort directly, as they maintain the facility on contract with the RDOS. If you wish to contact the RDOS about the Waste Transfer Station, please email [solidwaste@rdos.bc.ca](mailto:solidwaste@rdos.bc.ca). I will be in attendance at the APOA AGM on Saturday, March 22. Bring any questions you may have, or reach out to me any time. Have a great last few weeks of the ski season. Enjoy your spring!

Subrina Monteith, Director of RDOS Area "I"

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## ACA March Update

By Marc Fletcher, President

Wow, March already! Time to squeeze in as much skiing as possible until the lifts stop turning.

The ACA will be having one more event this season. Come join us on Saturday, March 22 outside The Artisan's Den for a S'more Party from 11 am - 2:30 pm to raise funds for Adaptive Sports at Apex. The ACA will match the donations up to \$500, so let's raise some money for a good cause.

As the season winds down, my thoughts turn towards spring and summer. This summer, we are looking to better establish some of the trails around the village. If trail work is something you may be into, let us know by email (put "trail work" in the subject heading) and we will organize a few trail days. I also want to remind folks that we have our "Tool Library" for trail maintenance (we have shovels, rakes, McLoeds, a water pack and buckets to lend), as well as discs to borrow for anyone wanting to try out the Disc Golf Course. Contact us by email to [apexcommunityassociation@gmail.com](mailto:apexcommunityassociation@gmail.com) with a 24 hour notice and we will do our best to get you sorted out. Enjoy the last days of this season!



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## Update From MLA Donegal Wilson

Boundary-Similkameen

### Wrapping Up The Ski Season & Updates From Victoria

As the ski season at Apex Mountain Resort comes to a close, I want to extend my appreciation to all the staff, volunteers, community members and visitors who make Apex such a special place. The energy and passion of your community never fails to impress!

Meanwhile, I am now in my third week in Victoria, adjusting to new routines and the fast pace of city life. Transitioning from small-town living to the capital has been an adventure - navigating traffic, finding the best coffee spots, and learning the ins and outs of the legislature. But no matter where I am, my focus remains on representing the people of Boundary-Similkameen and bringing common sense to government.

Already, the official Opposition has made significant progress in holding this government accountable. In just two weeks, we successfully pushed for a critical change to the province's "safe supply" drug policy. The government will now require witnessed consumption, preventing these drugs from being diverted onto our streets. We also introduced a Private Member's Bill to support a biodiesel refinery in Prince George, a crucial industry for Northern BC. The government responded immediately, committing to act and protect these jobs. Keeping people working and supporting resource-based communities remains a top priority. Another key initiative is our bill to enable Canada-wide reciprocal free trade between provinces. Right now, unnecessary barriers prevent goods and services from moving freely across our country. This needs to change if we want to strengthen our economy and allow businesses to thrive, especially in the face of looming tariffs. Additionally, we introduced a motion to apply a carbon tax on US thermal coal passing through BC ports. This tax leaves Canadian industry unaffected, but introduces much-needed leverage towards resolving the long-standing softwood lumber dispute. Encouragingly, the Premier has taken this idea to Ottawa, and we remain hopeful that this policy will bring real benefits to BC's forestry sector. As we push forward on these important issues, I'm also looking forward to spending two weeks in Boundary-Similkameen in the middle of March. This time at home will be a great opportunity to connect with communities, meet with constituents, and continue advocating for the needs of our riding.

We are making progress on opening our new office, so please follow me on Facebook or Instagram for our Grand Opening.

Enjoy the final days of the ski season. I'll see many of you soon!





## AVFR March Update

By Molly Raine, AVFR Deputy Chief

### Get Ready for Wildfire Season and Support Your Fire Department ~

As we wrap up another fun season, we have two important community events coming up in June that you won't want to miss!

### Wildfire Community Preparedness Day and New Apex Firehall Grand Opening - June 14

We're excited to host this year's Wildfire Community Preparedness Day at our brand-new firehall! Join us for the Firehall Grand Opening! To kick off the event, we'll honour a special fire service tradition - a ceremonial engine push into the bays, marking the official opening. This is your chance to tour the new firehall!

This annual event is all about enhancing our community's resilience to wildfires. Living in the wildland-urban interface means we must take proactive steps to reduce wildfire risks. Fuel reduction is a key focus, helping to prevent the spread of fires. But beyond that, this day is an opportunity to raise awareness about FireSmart practices and the collective actions we can take to protect our homes and community.

Preparedness isn't just about safety - it also brings us together, strengthening the bonds that make our community stronger before, during, and after an emergency.

Bring the whole family for a fun and informative day filled with:

- Hands on activities and demonstrations
- FireSmart home protection tips
- Meet your local firefighters
- Fuel reduction initiatives

Let's work together to protect our beautiful Apex community! Stay tuned for more details on times and activities.

## Father's Day Fundraiser at Dragon Boat Pub - June 15

Celebrate Father's Day while supporting our fire department's fundraising efforts! Join us at the Dragon Boat Pub in Penticton for an afternoon of fun, great food, and community spirit. All proceeds will go toward covering shortfalls in the firehall build, helping us secure the resources we need. What to expect:

- Burger and beer deal
- Raffles and silent auction
- Potential fishing derby and prizes - Stay tuned for updates!

Stay tuned for more details in the coming weeks. Mark your calendars, spread the word and help us make this event a success!



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## Welcome To Our New Board of Director Members!

By Kelly Johnston, Fire Chief

March is the month of transition on many fronts. As one more Apex ski season comes to a close, we start to think about the transition of the seasons. Certainly, this mild weather that we're experiencing of late is pushing it along a little faster than we're all probably ready for!

**Meet the New AFBS Board of Directors** ~ Changes within the Apex Fire Brigade Society and Apex Volunteer Fire Rescue are also moving along rapidly! The AFBS held our Annual General Meeting on February 22. We said goodbye to our outgoing board members, Dave Stigant, Colette Stoof, and Sage Staples, and thanked them for all of their dedication and positive changes they have made. We then welcomed three fresh faces to the BoD! We're happy to have Chris Foley, Jeanine Nickel and Shawn Whitty join John Davis, Jacqueline Foley, Kelly Johnston and Glenn Spence on the BoD. Jacqueline has accepted the nomination as the society's new President, with Glenn as Vice-President, Chris as Secretary, and Jeanine as Treasurer.

**June 14/15: Weekend Celebrations for New Digs for the AVFR and Two Fun Community Events!** ~ The new BoD is also excited to see that the new Apex Volunteer Fire Rescue hall is in the final stretches of completion expected for the end of April with a Grand Opening on June 14! Wildfire Community Preparedness Day is also on June 14th. And, our big Father's Day Apex Fire Brigade Society Fundraiser to be held at the Dragonboat Pub in Penticton is on June 15th. Thank you for all your support, Keith Corbett!

**We Would Still Love to Have You a Part of the Team!** ~ Finally, with our new and exciting Board of Directors' line-up in place, we are still looking for community-minded people to join the AFBS. There are no requirements ... the only "requirement" is that you want to help with the safety of our community whether you live here full time or not. Many hands make light work. We have a role for everyone, some examples include fundraising, grant proposal writing, supporting community events, supporting emergency operations through our Critical Support Unit, or any other job that you can probably think of! Please consider joining the AFBS and become part of the vital link to successful fire protection and public safety in the Apex community.

**Questions?** Reach us anytime at [afbs.info@apexfirerescue.ca](mailto:afbs.info@apexfirerescue.ca).



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## APOA March Update

By Barry Leigh for the APOA Executive

**Apex Needs A New Official Community Plan (OCP)** ~ Apex began over 60 years ago and residences consisted mostly of small cabins to accommodate the hardy skiers of that era. Since then, it has changed so as to comprise a community consisting of single family residences of various sizes, condominiums and townhouses, with a large portion of these residences being used as vacation rentals. As well as the resort village which provides skier services, Apex now has a certified fire department, an active community organization, and a state-of-the-art waste handling facility. With these developments, the APOA feels that there is a need to update the existing Official Community Plan (OCP).

In the current OCP (refer to 2016 Bylaw #2683), the Regional District Okanagan-Similkameen (RDOS) recognizes the need for the OCP to reflect these changes, but in this document the OCP revisions are seen as being coupled with future expansion of Apex Mountain Resort. It is the feeling of the APOA that the make-up of the community, particularly that of the full-time residents, both owners and renters has evolved to the point where an updated OCP is warranted. To that end, we are hoping to gather the statistical information that would support this conclusion. The RDOS assessment of the number of full-time residents of Apex is based on the amount of water usage - see 2016 Bylaw #2683. We feel that, although useful, this measure does not provide the accuracy or detail needed to get a clear picture of the make-up of those residing at Apex and so determine the needs of the community as they relate to the Official Community Plan. Therefore, APOA would welcome any suggestions or ideas as to how we can obtain this information. We can be contacted at [apoaexec@gmail.com](mailto:apoaexec@gmail.com).

**The APOA Annual General Meeting will be held on Saturday, March 22 at 4 pm in the Apex Cafeteria.** Current members will be notified of the date, time and place by email. We look forward to hearing from some special speakers and seeing everyone there!

**If you own property at Apex, we encourage you to join the APOA.** The more members we have, the better we can serve our Apex community. The APOA is the voice that represents property owners and all residents on matters important to the community. Whether it's reasonable access to public schools for Apex families, road safety, or the impact of forestry or resource extraction, APOA is there to represent the interests of the community. We are also a conduit to our local government. Subrina Monteith, our RDOS Area "I" Director, is a regular at our board meetings. Her presence is valued. She takes our issues to the RDOS and she keeps us informed about RDOS decisions that affect our community. I hope you can see the value of the benefits that the APOA provides to the community and that you will want to be a part of our organization. So again, I ask that if you have a property interest at Apex, that you consider joining the APOA.

**Memberships are just \$30/year.** The easiest method of paying is by e-transfer to [apoaexec@gmail.com](mailto:apoaexec@gmail.com). More information and registration forms are available at [apexpropertyowners.com](http://apexpropertyowners.com), along with alternative payment methods. Consider joining the us today!



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## **GREAT CABIN RECIPES**

### **Easy Roasted Mushroom Risotto**

By Dee Milton

Spring has sprung! Okay, almost ... so that means that we have room left for one more hearty, delicious recipe (before all we crave is fresh, bright food). This one-skillet oven risotto is simple to prepare, comes without all of the constant stirring and is topped with crisp mushrooms - this meal just can't be beat.

To begin, position the cooking racks in your oven so that one sits at approximately 1/3 of the height of oven, and place one on the bottom; preheat to 350°F. Next, in a medium sized bowl, toss 1lb. of sliced shiitake (or cremini) mushrooms, 3 cloves of peeled and mashed garlic, 6 sprigs of thyme and 1 tsp of crushed red pepper flakes in ¼ cup of olive oil. Distribute mushrooms evenly on a baking sheet before sprinkling with ½ tsp of salt. Roast mushrooms on bottom rack for 25 minutes, ensuring to flip them once after 15 minutes.

While the mushrooms are roasting, heat 2 tbsp. of olive oil in a large Dutch oven, cast iron skillet or oven-proof heavy pan. Add one medium onion, diced finely, and cook until translucent (3-5 minutes). Stir in 1 cup of Arborio rice and season with salt and pepper. Cook, stirring occasionally, until the rice grains begin to change, turning translucent on the edges (roughly 2 minutes). Once slightly softened, add 1/2 a cup of white wine and bring rice to a simmer, stirring occasionally until the pan is almost dry (about 2 minutes). Once the rice parts nicely when a spoon is dragged (gently) through the middle, add 2 ½ cups of chicken stock and bring the mixture to a simmer, then cover and bake in the oven until the liquid from the stock is almost entirely absorbed, but the rice is still firm in the centre (17 minutes).

Return the pot to the stovetop and set the heat to medium before adding ½ a cup of chicken stock. This time stir the rice mixture constantly, until the rice is tender but still a bit crunchy (roughly 2 minutes). Remove the rice from the heat and stir in 1 cup of freshly grated parmesan, 2 tbsp. of cold butter, and ½ a tsp. (or the zest from ½ a small lemon) of finely grated lemon zest. If needed, add a little bit of warm water, so that risotto is thick but still easy to dish. Top the risotto with crispy mushroom mixture, freshly grated parmesan and fresh parsley. Drizzle with olive oil for the perfect finish and, if you love citrus, this risotto also pairs well with a lemon wedge!

If you're missing the protein in this dish, add cooked, cubed chicken when you add the parmesan for a delicious way to incorporate more flavour and nutrition.



# Acute Concussion - What's Happening In Your Brain & How Do You Manage It?

By Shandia Cordingley, BScPT, Registered Physiotherapist,  
Canada Snowboard Health & Athletic Performance Team -  
Lead Physiotherapist

*Certificate Sport Physiotherapy, Certificate Sport-Related Concussion Management*

Concussion, also known as a mild Traumatic Brain Injury (mTBI), is a **REVERSIBLE** neurological dysfunction or temporary energy deficit in the brain. It is caused by direct blow to the head, neck OR body that transmits an impulsive force to the brain. Concussion is a functional injury within the deep tissues of the brain. It is not a structural injury, thus it can NOT be seen on standard imaging such as an MRI or CT scan. Signs and symptoms may present immediately or evolve over minutes or hours. Concussion has two phases, the Excitatory Phase and the Spreading Depression Phase. Most importantly though, a concussion IS TREATABLE.

Contrary to popular belief, a concussion is not caused by bruising of the brain inside the skull. Concussion happens when there is a mechanism of injury that causes an acceleration/deceleration of the tissue layers within the brain resulting in a quick stretching or shearing of the brain cells. This shearing action causes a neurometabolic cascade, which results in millions of neurons to fire all at once producing electrical chaos in the brain. This Excitatory Phase lasts seconds to minutes or hours, producing immediate symptoms such as disorientation, nausea, unsteadiness, or 'seeing stars'. These initial symptoms will often dissipate quickly, but the excitatory phase uses up a lot of energy which makes it very difficult for the brain to then produce enough of the energy molecule ATP. ATP is required to 're-set' the brain back to a normal metabolic state. This causes a large drop in energy which is the second phase of concussion, Spreading Depression. This temporary energy deficit results in symptoms such as fatigue, headaches, cognitive issues, feeling foggy, and emotional symptoms. This low energy state in the brain can last for up to 3-4 weeks.

Early recognition, proper medical assessment and proper **EARLY** management are **KEY** to recovery from concussion. You **DO NOT** need to lose consciousness to suffer a concussion. There are 22 non-specific symptoms of concussion, i.e. headache, nausea, dizziness, difficulty concentrating, sensitivity to light or noise to name a few. The Concussion Recognition Tool (CRT6) is a great resource, which provides a summary of the potential signs and symptoms of a concussion. It also gives a summary of the Red Flags to watch for with in the first 24-48 hours that may indicate a more severe brain injury. The presence of red flags such as a severe or worsening headache, decreasing level of consciousness, slurring speech, etc., requires immediate emergency care.

If a concussion is suspected, the person should be immediately removed from the activity/sport. Research shows that, even with mild symptoms, continued increased activity levels immediately after a concussion can result in prolonged recovery. In addition, when the brain has not returned to its normal metabolic state, i.e. is in an energy deficit, a second blow to the head can potentially lead to a more severe brain injury. It is recommended that an individual with a suspected concussion be monitored and not left alone for the first 2-3 hours post injury. After that, it is okay for them to sleep, but for the first night they should be checked in on every few hours to be sure they are breathing normally.

Several studies have shown that the **number one predictor of optimal concussion recovery is seeking immediate advice from a health care professional (HCP) with specific training in concussion management.** In 2022, the 6th consensus statement on concussion, which is based on the most up to date evidence, was published by concussion experts from all around the world with specific guidelines on concussion prevention, recognition and



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stepwise strategies for return to learn and return to activity.

Early education is key! The days of strict rest and sitting in a dark room after a concussion are gone. Prolonged rest can negatively affect recovery, as well as lead to further sequelae such as physical deconditioning and mental health issues. Recommended now is an initial period of relative rest (24-48 hours), which can include regular daily activities (with no risk of hitting your head) and short bouts of screen time (5-15 min), that do not exacerbate symptoms.

After the first 24-48 hours, even if not symptom free, we can begin to implement light to moderate aerobic activity as treatment for acute concussion. In fact, low risk, sub-symptom threshold physical activity within the first 5-7 days post injury can reduce prolonged recovery by 50%. From there, one can advance through an individualized, stepwise progression of return to unrestricted cognitive and physical activity. We also know a concussed individual can become symptom free before the brain has returned to its normal metabolic state. That is why there are testing protocols and benchmarks that a trained professional can use to help make safer return to activity decisions. It is also very important that children and youth return to unrestricted learning prior to returning to unrestricted activity.

Education by a concussion trained HCP on how much activity is appropriate, how to monitor symptoms, anti-inflammatory nutrition advice, sleep hygiene, breath work, pacing strategies, and advice on how to safely progress to return to sport/activity are all important pieces of the recovery process.

For 70% of people, the typical recovery from concussion for adults is 2 weeks and up to 4 weeks for children. In 30% of people, symptoms may persist longer than 30 days, which is known as Persistent Concussion Symptoms (PCS). There are 5 main sub-types that can cause PCS, including Dysregulation of the Autonomic Nervous System, Inflammation/Hormonal Dysregulation, Visual/



Vestibular Disturbances, Cervical or Whiplash Injury, and Mental Health Component. No matter how long you have had symptoms for, these sub-types can be assessed and treated collaboratively by a multidisciplinary medical team.

There are several Canadian concussion resources that parents, coaches, and individuals can access to improve their knowledge about concussion. The research is ongoing and always evolving; regardless, I cannot reiterate enough that EARLY management and EDUCATION are key. There are many physiotherapists who have specific concussion management training, including a few of us in the Dale Charles Physiotherapy group. We are keen to improve concussion awareness in the community and available to help quarterback a collaborative rehab process with your physician, coaches, teachers and any other HCPs that may be involved. Concussion is treatable!!

Resources: The Concussion Recognition Tool 6 (CRT6), Consensus statement on concussion in sport: the 6th International Conference on Concussion in Sport- Amsterdam, October 2022, Online Concussion Course | Faculty of Kinesiology | University of Calgary, CATT Online - Concussion Awareness Training Tool, Brain injury Resources | CanChild, Concussion - Parachute, Brain Injury Guidelines - Ontario Neurotrauma Foundation (ONF), Home | Brain Injury Canada, HeadsupCAN - Concussion Education Program Breakdown, Concussion Patient Education Series - YouTube.



CANADIAN SKI PATROL™

## Volunteer Patrol Update

By Brad Nunes, CSP SO Boundary Zone

Hello Everyone! We would like to send a huge THANK YOU to Dale Charles Physiotherapy Group for their kind and generous donation of two toboggans. This donation helps us care for you on the slopes, ensuring you get off the mountain safely and quickly. Thanks again to these amazing physiotherapists!



Above L to R ~ Phil Burman, Becky Hill, Paul Girard, Christine Campbell, Terry Niznikowski, Emily D'Aoust, and Matthew Skaszczyk.

Below L to R ~ Phil Burman, Ashley Reddy, Denise Mend, Grant Gichard, and Jenn McGrinder.



Enjoy the last turns of the season! Stay safe and ... Happy Spring!

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



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# Blast From The Past

By Myleen Mallach, Owner/Publisher of Apex Matters

Local historian Doug Cox is always happy to share his knowledge on the heritage of Apex Alpine. Doug was bestowed with the Jack Stocks Apex Alpine photo collection, was a CSP Hill Captain and Okanagan Zone President in the 1970's. He has an extensive Apex image and information collection and has also published several books on Okanagan History. Below is a short snippet of Apex History courtesy of Doug, which includes Jack Stocks' photos.



Scout Cabin in 40's with Apex Mtn behind.

people skied into the area using the cabin as a base. Jack Stocks, a local photographer and scout leader, guided senior scouts into the area during Christmas and Easter breaks. The amount of snow and the terrain made this an ideal ski area.

The Elkhorn Ski Bowl, located five miles south of Twin Lakes, started in 1938, had a tow, and at one time over 200 members. The Elk Horn Ski Bowl came to an end in 1947, when the cabin was ransacked, burned and vital parts of the engine were stolen. The old engine was taken from Elk Horn and installed in a new hill west of Summerland referred to as Meadow Valley. Walter Powell was involved with the ski hill and supplied photos and info regarding skiing in the 1950's.



Elkhorn Ski Bowl Cabin near Twin Lakes.

Vernon's SilverStar initiated a ski boom in the Okanagan with installing a Poma lift on the mountain in 1959. This revitalized skiing in the Southern Interior. A group from Penticton got together to discuss the possibility of a ski hill near Penticton. The group included Don Buchanan, Jack Dalrymple, Harley Hatfield, Al Kenyon, Dr. John Gibson, Paul Sharp, George DesBrisay, Walter Powell, Dr. Herbert McGregor, Jack Stocks, Harold Donald, and Stan McPherson. They were looking for a mountain over 3,500 feet in elevation and accessible. Mount Beaconsfield was the group's number one choice.

The Old Nickel Road went up from Green Mountain, behind Beaconsfield and Apex Mountain to the Nickel Plate Mine. It was, unfortunately, steep with many switchbacks and unsuitable to get to Beaconsfield Mountain. The group proposed a road to go up the Green Mountain Road and up Shatford Creek and that at no time would the grade exceed 8-10%.

The group called a meeting in 1959 and acting on information from the Department of Transport took steps to make Mount Beaconsfield a Class "C" Provincial Park. This way, they wouldn't have to buy the land and they could still get permission to construct buildings. The park and ski hill was called "Apex Alpine".

Mr. Carroll Aikins of Naramata, who had mineral claims and a cabin on the mountain, agreed to give up his mineral rights and stipulated that his cabin would be for the exclusive use of the 1st Penticton Scouts. The group also had to purchase a large ranch belonging to Joe Harris to facilitate the new road.

Bob Van Os had been skiing at SilverStar and became involved with Apex Alpine. In a past interview with Bob, he stated, "The first lift was a cable tow. Jim Coe and I bought from an old Model T Ford in Osoyoos. It ran fine and we drove it up to Penticton. I had a Chevron Service Station and Jim took the wheels and welded on the circular wheel, so that we could put a cable through. Jimmy was pretty good at mechanical work. The cable tow worked, but it was sure hard to hold on to. We used to get those little clamps made out of wood with notches in them, and just grab it on there. We sold mitts back then, that had little staples in them, otherwise you'd wear them out too fast. Don't see many of those around any more. All we had for a day lodge was just one of those big empty containers, with just a wood stove in it. That was the first year, probably 1959 or 1960. I didn't work on installing the Poma lift, but I did do a lot of help on the clearing. I used to go up in the summer time, in fact the ski club members used to go up there in the summer time and do clearing for a free pass. You would just give your name and number and how many hours you had worked toward a pass."



Apex's Cable Tow powered by a Model T Ford.

Walter Powell and Stan McPherson recalled that the cable tow from Meadow Valley in Summerland was moved to Apex Alpine and eventually the engine from Elkhorn Ski Bowl was added. The cable tow was the ski lift used in 1960.

Bernard Pomagolski flew into Penticton from Squaw Valley to personally supervise the installation of the Pomagolski ski lift, which had been shipped from France in June, 1961. The 7,600 foot cable made it the longest Poma lift in Canada, able to transport 100 skiers an hour up the 3,800 foot hill. The lift had ten pylons supporting the cable with tower 10 being the anchor tower at the top of the mountain.

After a careful study of all the lifts, the directors chose a Poma lift as it was considered the most suitable, most economical and most practical. Plus, it could transport more people per hour than any other lift. Construction of the buildings and installation of the Poma lift was carried out by several local companies, plus volunteer help. The project was completed and opened December 10, 1961, being the official Opening Day of Apex Alpine. The total cost of the lift was \$42,000. Bernard Pomagolski stated that Apex was destined to become one of the top skiing areas in the country. It has excellent terrain and a bright future.



Apex Poma Lift bullwhell under construction during the summer of 1961.





## South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

A few weeks ago, Subrina Monteith, the Executive Director of the South Okanagan Similkameen Community Connections Volunteer Centre, received a lovely phone call for which I was fortunate to be present. The caller thanked her for the article, such as this one and particularly affirmed the inclusion of our phone number. We were reminded that not everyone is computer savvy and using emails and websites is either intimidating or impossible. We were affirmed for knowing our clientele and making our resources as user friendly as possible.

The kind volunteer who phoned pointed out two important principles too easily forgotten. Many of our volunteers are most comfortable with the phone as a tool of communication. Member agencies are wise to remember this in their advertising and resource materials. Don't forget to include your phone number! Phone messages ought to be returned in a timely manner. Prospective volunteers are often anxious to get going!

The other point raised revolved around orientation and training. New volunteers crave being able to do things correctly. Clear understanding of the expectations and the requirements of the job are essential if the new volunteer is to thrive. "Please don't make us sink or swim!" To those entrusted with supporting volunteers, the time you give in the beginning towards orientation and guidance will be rewarding for all.

The South Okanagan Similkameen Volunteer Centre is committed to working alongside you to ensure the optimum volunteer experience. If you are interested in either a short term or longer-term volunteer opportunity, please check out the Volunteer Centre for help in finding the right volunteer experience for you. Subrina Monteith, the Executive Director, would be happy to meet with you. Call for an appointment at 1-888-576-5661, email [info@volunteercentre.info](mailto:info@volunteercentre.info) or check out [www.volunteercentre.info](http://www.volunteercentre.info). We want you to have the ultimate volunteer experience!

## Jay's Tunes To Turn To

Artist ~ Saint Motel | Song ~ "A Good Song Never Dies"

Enjoy the music you love! Weather it (pun intended) be rock, folk, rap, country, indie, or whatever genre resonates, just embrace how the music moves and flows through you! After all, "a good song never dies", and that song is whatever is in your heart and mind.

A huge shout out to all the mountain staff ... from our groomers, lifties, maintenance, instructors, patrol and office staff, to our food and beverage workers, retail staff, and all the managers and supervisors. We greatly appreciate all your hard work. Ski ya later!

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



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## CatMatch



### Meet Hersey!

Unexpectedly captured, transported in a mysterious box on wheels, my siblings and I found ourselves in a whole new world! A world where food mysteriously appeared and we were no longer cold. We have neat little items to play with, which sure beats the pinecones that we had in our previous world! And the best part is the alien beings, who although large, seem to have gentle hands and love to scratch behind our ears. Come meet us at Total Pet in Penticton. [www.alleycatsalliance.org](http://www.alleycatsalliance.org).



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## Lifeskills

By Jim Ongena, Life Coach in Summerland

### A Useful Poem

*"It's easy enough to be pleasant,  
when life goes along like a song.  
But the person worthwhile is the one who will smile,  
even when things go wrong."*

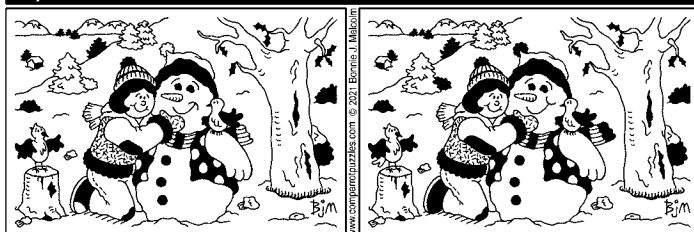
Being human, we are not always at our best, and occasionally, do or say things we wish we didn't. Most of us recognize this, and for the most part, live our lives in concert with our values and in ways that make us proud. It's only when we get tested that we slip ... tired, worried about money, or someone pushes our buttons. THIS is when this poem should be brought out, because it's only at these rare times that we need help being nice, tolerant and patient. My hope is that you do memorize it and recall it next time you get tested, so that you have fewer "slips" in your actions. It's just a few times when we might need it and even less if we use it.

*"Character is not made in a crisis, it is revealed."*

To contact the author directly, email [jimongena1@gmail.com](mailto:jimongena1@gmail.com).

**ComParrot**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Leaf on branch is missing. 2. Bird's tail feather appears. 3. Pom-pom on hat is colored in. 4. Bush behind girl is colored in. 5. Tree on girl's shoe is colored in. 6. Snowball by tree trunk has moved. 7. Snowball behind stump has moved. 8. Girl's shadow patch is larger. 9. Cabin and tree are reversed. 10. Snowman's mouth is different. 11. Branch is shorter. 12. Scarf is longer.

This space could be yours ... Either go heli skiing or book an ad!



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PHOTOGRAPHY



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