



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 17 : Issue 5

May 2025

Your FREE Monthly
Community News!



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Quick Facts: Skaha Matters is published every month. All residents and businesses in Kaleden, Heritage Hills, Okanagan Falls, Skaha Estates, St. Andrews, and Twin Lakes receive an issue via Canada Post on the last business day of each month. Limited locations also carry copies. For full advertising details, please visit SkahaMatters.com.

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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.



"Building Community Spirit"

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

Kaleden Community Cleanup

On Saturday, April 12, the communities of Kaleden and Twin Lakes hosted their annual "Community Cleanup" day. In Kaleden, they had a fantastic turnout and filled a dumpster! In Twin Lakes, those that came out were bundled up to clean up their roadsides, helping fill about 10 garbage bags, along with car parts. It was nice to see some kids come out as well. Way to show your "Community Spirit"!



Thank you to the RDOS that supplied bags, gloves, pickers, cookies and water. Okanagan Falls will have their "Community Cleanup" from April 22 - May 3. So, there is still time to get out and show your "Community Spirit" too!

For nominations in this "Building Community Spirit" column, please email a few sentences and a photo to skahamatters@telus.net.



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Okanagan Falls & Skaha Lake

May 10th
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This project is supported by the BC Government's Buy BC Partnership Program, delivered by FHR LLP with funding from the Government of British Columbia.

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 am - 3:00 pm at **Gateway Ranch** located 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 kids and teens and there will be other games for people of all ages to play. Community organizations, Twin Lakes Fire Protection Services 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, beverages, and cupcakes will be served. Upon arrival, you can enter a draw for wonderful door prizes that have been donated by generous local businesses and artisans. Draw time for door prizes is 12:30 pm.

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 our local 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!

This free Community Day is possible due to funds raised at our Harvest Dance and a grant from the Kaleden Community Association. If you would like to donate a door prize, please contact Daina at zilkres@yahoo.ie.



TWIN LAKES SOCIAL CLUB

INVITES EVERYONE TO THE 3RD ANNUAL **FREE TWIN LAKES COMMUNITY DAY**

GATEWAY RANCH – 850 SHEEP CREEK ROAD

(ROADSIDE PARKING – THERE WILL BE PARKING ATTENDANTS TO ASSIST)

MAY 10TH, 2025 BETWEEN 11:30AM TO 3:00PM

PLEASE REMEMBER TO BRING YOUR OWN CHAIRS

SCHEDULE OF EVENTS

9:00AM-3:00PM – TWIN LAKES FIRE SERVICES SOCIETY ANNUAL WOOD CHIPPING EVENT – TO RESERVE THE CHIPPING TRUCK PLEASE PHONE OR EMAIL KAREN REGAMBLE AT (250) 498-5167 OR EMAIL KREGAMBLE@GMAIL.COM OR TWINLAKESFIRE@GMAIL.COM

11:30AM – 3:00PM – FUN OUTDOOR GAMES & COMMUNITY INFORMATION TABLES

12:00PM – 1:00PM – BBQ LUNCH WITH HOTDOGS, BEVERAGES, AND CUPCAKES

12:30PM – DOOR PRIZES DRAW

1:00PM – 2:00PM – FACE PAINTING FOR KIDS OF ALL AGES

1:00PM – 3:00PM – OUTDOOR LIVE MUSIC – HILLARY AND THE BACKROAD 3

IF YOU WOULD LIKE TO DONATE A DOOR PRIZE, PLEASE CONTACT DAINA @ ZILKRES@YAHOO.IE



Contact
MLA
Boundary
Similkameen

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

Championing Rural Voices In The Legislature

By MLA Donegal Wilson, Boundary-Similkameen

Since being elected, I've been committed to bringing the voices of Boundary-Similkameen directly to Victoria - and that commitment hasn't wavered. Whether I'm standing in the Legislature to highlight a community concern or working behind the scenes to push for policy change, my role as your MLA is to make sure we are not forgotten. One of the main issues I've raised this month on behalf of the communities in the Skaha Matters readership is the crisis facing rural infrastructure - especially water and sewer systems. Across only the South Okanagan portion of my riding, over \$200 million in upgrades are estimated to be needed. Whether it's private water systems, irrigation and improvement districts, or local governments, the story is the same: deteriorating infrastructure, unaffordable costs, and a provincial government that continues to mandate housing density without making the necessary investments to support it.

I've raised this concern multiple times in the House, met with local governments, and advocated for residents. One example is the Heritage Hills development. After hearing from residents, I met with directors and staff at RDOS to discuss several failing systems in the South Okanagan, including Lakeshore Waterworks and Vintage Views Wastewater systems. I advocated on behalf of homeowners to get answers and emphasized the urgent situation.

Since then, the community voted in favour of transferring ownership of these systems to the RDOS, which will now allow much-needed work to begin. I sincerely hope that, with the referendum now behind us, the RDOS will work closely with homeowners to get the job done, while also ensuring water remains affordable for residents. I also hope that the residents are able to find a way to create a group that represents them as a single voice. That this can be done through a democratic process that residents support.

When I talk about rural challenges in the Legislature, I speak from lived experience and direct conversations with people across our riding. Whether it's the need for stronger emergency room coverage, improved support for water systems, or better coordination with local governments, I am bringing your stories forward - because they deserve to be heard.

Reach out anytime at Donegal.Wilson.MLA@leg.bc.ca or call 250-498-5122. I'm listening and fighting for you. Follow me on Facebook or Instagram: Donegal Wilson MLA Boundary-Similkameen.



From The Director For RDOS Area "I"

Spring is a busy time for everyone. I have included some updates on current questions I've received.

The Multi-purpose Sports Court at Pioneer Park will be under construction starting Thursday, April 10, 2025. The Regional District of Okanagan-Similkameen (RDOS) has contracted Orca Asphalt Maintenance to complete improvements to the court site. The project is scheduled to be completed on or before July 18, 2025.

Subrina Monteith

Director of
RDOS Area "I"



The court project will include:

- Repairing cracks in the asphalt and resurfacing the court playing surface.
- Removing and replacing the court net systems (one tennis court and two pickleball courts).
- Placing court line markings (one tennis court and two pickleball courts).
- Installing interior fences to separate the courts.
- Place a third access gate in the exterior fence.
- Installing sound baffle curtains.

There will also be a booking system for users of the courts once completed. Stay tuned for information on booking the courts.

Changes to the Kaleden Parks & Recreation service have returned to volunteer-run programming. Below is information for those interested in starting or managing a volunteer-run program.

RDOS Recreation Volunteers: Recreation volunteers can support or run a multitude of programs such as art, sports, and special events. RDOS would onboard new volunteers and provide support and insurance coverage. More information can be found on the RDOS website at www.rdos.bc.ca/newsandevents/volunteer. To apply, fill out an application form, which can be found at www.rdos.bc.ca/assets/COMMS-2025/VolunteerApplicationForm-1.pdf.

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

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**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!**



Kaleden Volunteer Fire Department

By Jean Dube



It's the start of camping season. Time to get the gear together and head out into the wilderness.

There's just something special about sitting around a campfire, but with campfires come big responsibilities. The careless use of campfires can cause wildfires that may threaten people, communities, and destroy forest resources.

Follow these steps to ensure campfire safety:

- Check for fire bans and weather conditions.
- Use the park campfire pit provided. If you do not have a fire pit, build a fireguard out of rocks and ensure the area around the fire is clear of debris.
- Use kindling like twigs or newspaper to start a fire. **NEVER** use gas or accelerants.
- Keep a shovel, bucket of water or sand nearby while the campfire is lit.
- Campfires must be attended by an adult at all times. Supervise children closely around the fire. Keep children back at least 1 metre.
- Before you retire for the evening or leave the area, your campfire **MUST** be fully **EXTINGUISHED**.



A campfire is defined as a fire no larger than 0.5 metres high and 0.5 metres in diameter. Extinguish your fire by stirring water into the embers until the ashes are cold to the touch. Remember hot coals can reignite the fire. Wind borne embers can travel several kilometres away and cause ignition to the forest or homes. Please report WILDFIRES by calling *5555 or 1.800.663.5555.

REMINDER: Saturday, 10 May is the Annual Kaleden Volunteer Fire Department Yard Sale from 8 am - 12 pm. SEE YOU THERE!

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

Please Attend the KID AGM on May 26 ~ (Check out the separate Meeting Notice for details.) Two Trustee positions are open this year. If you'd like to serve as a Trustee, please complete and submit a Nomination Form to the KID Office by **May 21**.

April Showers Bring May Toll Bills ~ You should receive your Bill by mid-May. A survey will be included regarding options for loan repayment, which will be needed to complete the water treatment upgrade mandated by the Province (background info is provided in the Projects & Planning section on the KID Website). **Please provide your input to this important survey!**

Irrigation Up and Running ~ And, so are the Stage One Water Conservation Measures, along with compliance checks by KID staff. A copy of this year's Conservation Measures will be sent this month along with your Toll Bill, but the measures remain the same as last year EXCEPT for the rules regarding watering new lawns and plantings, which are still being revised. Refer to the Water Info section on the KID website for the current Conservation Measures.

Speaking of Running Water ~ KID's efforts to plug leaks continue; several leaks were located and repaired in March. However, March consumption in 2024 was 75% higher than in 2023, so the search continues. See any chronically wet areas in your neighbourhood? Please let KID know!

Another Ripple Effect of Climate Change? At the BC Water Supply Association (KID is a member) Spring Workshop, it was reported that cyanobacteria numbers are increasing in the South Okanagan due to warming water temperatures. This critter produces nasty toxins harmful to humans, and deep intakes like KID's won't guarantee protection. This concern boosts the argument for adding UV to our water treatment procedures.

Water Meter Pilot Program Launching ~ Ten meters have been purchased, and will be installed for data collection purposes at selected irrigation properties.

Living in Uncertain Times ~ Along with our economic and political uncertainties, you can add weather and water to the 2025 picture. The April 1 Okanagan Basin Water Board Update reported that snowpacks were at the low end of normal (82%), but with significant precipitation needed to fully recharge the watershed. Temperatures across the Okanagan were at or slightly above normal. Short story made even shorter, no clear seasonal trend for the Okanagan can be forecast - yet! Maybe next month?

Celebrate the Cemetery! ~ Planning is underway for an opening ceremony in June to showcase the improvements to the cemetery. More on this in next month's column ...



Kaleden
Irrigation District

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



Kaleden FireSmart Tip

By Linda Dahl

DEFENCE!!!

Hot weather is coming! Continue to protect your home by keeping that 1.5m area around the house COMPLETELY clear of burnable debris!

Remove: Dead shrubbery, cedars, wooden fences, tall grasses, and all other burnable or inflammable objects.

These actions should be the very first thing you do to start to FireSmart your home.

Need help? Reach out to: firesmart@kaledenfire.ca

KALEDEN IRRIGATION DISTRICT

NOTICE OF ANNUAL GENERAL MEETING

Monday, May 26, 2025 at 7:30 pm

at the Kaleden Community Hall

AGENDA:

- Minutes of the Annual General Meeting held May 6, 2024
- Trustees Report & Operations Report
- Financial Statements for the year ending Dec 31, 2024
- Remuneration of Trustees for 2025
- Introduction of Candidates for Trustee
- Setting of Election Date (if required)
- New Business

Nomination papers are available online at kaledenirrigation.org or at the District Office, located at 119 Ponderosa Avenue, Kaleden Monday, Wednesday or Thursday morning, and must be filed at the District Office by **Noon, Wednesday, May 21, 2025**.

Cheryl E. Halla, Office Administrator

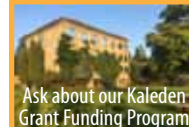
Phone: 250-497-5407 Email: kaledenirrigation@gmail.com

Kaleden Community Association Update

By Glenda Livolsi

Happy Spring To All!

The members of KCA are hoping everyone is enjoying a new season of spring. May your lives be filled with fresh air, warm sunshine, and lots of laughs. We are all looking forward to the days getting longer and watching for the spring flowers to bloom. The warming temperatures entice us all to put away all our winter boots and swapping them for sandals. If you haven't done so, take a spring walk along the KVR trail, breathe in the fresh air, and listen to the birds singing. Or, if you prefer, go for an evening walk and see the new LED flood lights at the old 1912 Kaleden Hotel. Many thanks to Lowther Electric for installing the lights and making adjustments. The Kaleden Hotel is a heritage-listed property. Construction started in 1911 and it featured 26 beds and two restaurants. The Kaleden Hotel unfortunately closed due to the outbreak of World War I and the Great Depression.



All new website for all things Kaleden!

www.KaledenCommunity.com

Courtesy of the Kaleden Community Association



KALEDENHUB

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

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

HUB NUMBER: **250-460-3387**



Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

'THIS ... Is Okanagan Falls' ~ The Okanagan Falls Lions Club does a really good Easter Egg Hunt, and it's always great to see masses of kids and families having fun!

Decision: Sewer & Water Systems Will Convert To RDOS ~ Vintage Views Wastewater and Lakeshore Waterworks systems were the subject of 2 referendums in April. Residents voted for both to convert to the RDOS, with 104 in favour (12 opposed) of the Wastewater conversion and 323 in favour (53 opposed) for the Water Works conversion.

Resident agreement for the purchases, at \$1 per system (assets only) and capital upgrades up to \$6,962,000 for the former and up to \$13,530,000 for the latter, was a condition of the purchase agreement. Capital upgrade amounts are for worst case scenarios, prepared to inform decisions of both RDOS Board and users of the systems. Actual costs may be less and will be reduced where possible through grants and financing at lower cost municipal financing rates. With agreement of the buyer, the seller and the residents now in place, the province is expected to approve the transfer of licenses and assets for legal conversion in late 2025 or early 2026.

Upcoming Decision: Another Water System Considers Conversion ~ Owners within the service area for the Skaha Estates Improvement District (SEID) have an Assent Vote to decide whether or not to convert that system to the RDOS at a \$1 for the system (assets only) and capital upgrades up to \$15,500,000. Again, the capital upgrade amount is for a worst case scenario, prepared to inform decisions of both RDOS Board and owners within the service area. Actual costs may be less and if converted could be reduced through grants and financing at lower cost municipal financing rates. The Assent Vote is 9 am - 3 pm on Saturday, May 31 at the Okanagan Falls Community Recreation Centre, 1141 Cedar St. Vote details are available on the SEID website at skahaestatesimprovementdistrict.ca.

Next Steps? ~ Having made the decision to incorporate, many Okanagan Falls' residents are interested to see signs that the incorporation is moving forward. A positive first step already taken to implement the referendum decision, was the Province's confirmation of funding details, received March 31.

The next steps include: **1) Interim Corporate Officer (ICO)** - Appointed by the Province, the ICO is legally responsible to represent the interests of the new District Municipality until such time as a Corporate Officer is appointed by an elected Mayor and Council; **2) Letters Patent** - These signify the new District Municipality is a legal entity and require an Order in Council recommended by Cabinet for approval by the Lieutenant Governor. These also detail how the various services presently delivered by RDOS will be delivered by the new District Municipality; and **3) Election** - Election of the Mayor and 4 Councillors requires approved Letters Patent. While perhaps an over-simplification, these are the big things that need to happen, in order, to incorporate the community as directed by the referendum results. All these steps are done by the provincial government, and will have to comply with any new legislation passed in the last 12 years or so since the last incorporation took place, so it's going to take some time. I have written the Minister, with RDOS support, requesting these steps be undertaken in a timely manner.



Nighthawk Vineyards is hosting two great events in May!

Join us for a **Puppy Party Fundraiser & Mother's Day Brunch**



2735 Green Lake Road, Okanagan Falls
250.497.8874 www.nighthawkvineyards.com

MoTi Meetings Lead to Progress On Some Issues ~ Meetings between RDOS and MoTi - now MoTT, Ministry of Transportation & Transit - on a variety of road related issues were reported in the December Skaha Matters. These meetings are leading to some progress! One issue has been flooding along some roadways. MoTT is adding a culvert and clearing roadside ditches along McLean Creek Road at Big Horn Estates. These actions should reduce over-road flooding in that area, as increasingly intense rains occur with greater frequency. While not the only project discussed, I want to thank MoTT staff as this is a significant and much appreciated project.

Recognition ~ The men and women of the Okanagan Falls Volunteer Fire Department (OFVFD) put themselves at risk to keep us safe, responding to fires, first response health issues and motor vehicle accidents throughout the service area. It was great to see their commitment recognized and appreciated, in this instance by the Penticton Indian Band (PIB) Fire Department. OFVFD was on standby in response to a 2024 fire on PIB lands. Several members of the PIB Fire Department attended a recent OFVFD meeting, presenting a metal sculpted feather and thanking members of the OFVFD. A benefit of being your Electoral Area Director is that I am able to observe some OFVFD meetings, and it was my good fortune to see this 'peer to peer' expression of appreciation from one group of professionals to another.



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

Matt Taylor, Director for RDOS Area "D"

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



Okanagan Falls Community Association Update

By Colleen Simmons

Your Couch Doesn't Need You

Ever find yourself caught in an endless scroll, wondering where the time went - and maybe feeling a little guilty about it?

There's a simple and meaningful way to feel more connected, and it doesn't require deleting all your apps: volunteering in your community.

More and more people are stepping away from traditional religious institutions, and while that shift makes sense for many, it can leave a gap - one that was often filled by community service and connection. Many faiths have long encouraged giving time and energy to others, not just as a duty, but as a way to grow and find purpose. That spirit of service is something we can carry forward, with or without the old structures.

Here in Okanagan Falls, we've always had a strong tradition of people rolling up their sleeves and making good things happen together. But, knowing where to start can be hard. Maybe you'd love to help, but your calendar's already full. Or, maybe you're worried that volunteering means a big commitment. The good news? It doesn't have to.

The Okanagan Falls Community Association (OFCA) is all about bringing people together to shape a vibrant, connected community. Big or small, every effort makes a difference. Whether it's an hour a month or helping with a single event, your skills and ideas matter - and you'll probably have some fun along the way.

We'd love for you to join us at the OFCA Annual General Meeting on Tuesday, May 6 at 6:30 pm at the Okanagan Falls Elementary School Gym. You'll hear what's happening around town, have a chance to share your thoughts, and maybe find a small way to get involved. We promise to keep the meeting short and the vibe welcoming. Membership is still free.

As our community grows, so does the importance of local voices. Come meet your neighbours and see how even a small contribution can make a big impact. We know you're busy - but you'll be glad you showed up.

Okanagan Falls Volunteer Fire Department



By Colin Pickell

In a few short days, firefighters from across this province, as well as Alberta and Washington state, will arrive in Oliver for the 2025 Volunteer Firefighter

Spring Training Seminar. Running May 2-4, it will bring over 300 volunteer firefighters together for hands-on training ranging from live fire, car fire, auto extrication, and many more. Our fire department is happy to be sending four members to participate in this great event, plus we will have two of our members lead the car fire session. Sessions are open to the public to view from a safe distance and will be held at the Oliver Parks and Rec grounds. For some firefighters, this will be their first opportunity to train under such realistic conditions, and the sessions are always packed with new training and techniques. More information can be found on the Oliver Fire Department's Facebook page.

With spring in full swing, this is a great time to ensure your property is FireSmart! Free property assessments are available, where a Wildfire Mitigation Specialist will come to your property and identify wildfire risks and mitigation strategies. Book yours today through FireSmartBC.ca. There is a chipping event happening in Heritage Hills on May 10th from 10-2.



Annual General Meeting

The Okanagan Falls Community Association is excited about what's ahead for our town! As we look to the future, we're setting our sights on building a vibrant Business Improvement Association and continuing to create a connected, thriving community we're all proud to call home.

Now's the time to get involved and help shape the direction of Okanagan Falls. Your voice matters, and even a few hours of your time can make a real difference through small, hands-on projects. Our next meeting will be short and is a great chance to get involved and be a good neighbour. *This meeting is not about the Incorporation Process.*

Tuesday, May 6th

6:30 - 7:30

Okanagan Falls Elementary School

Visit www.okanaganfalls.ca
email: okanaganfallscommunity@gmail.com



TASTING ROOM & WINE SHOP

Open daily, 11AM to 3PM.

Join us **May 10** for our Celebrate
Spring event - tickets at
MFVWINES.COM

4287 McLean Creek Rd | Okanagan Falls, BC | 250 497 8553

Stag's Hollow Celebrating 30 Years!

By Erica McIntosh, Marketing & Sales Coordinator

Stag's Hollow Winery, a pioneer in winemaking in the Okanagan Valley, proudly celebrates its 30th Anniversary this year. From its humble beginnings as one of the region's first wineries to its status today as a trailblazer in sustainable and innovative viticulture, this family-owned winery remains deeply rooted in its commitment to distinctive wines, environmental stewardship and community connection.

A Dream Takes Root ~ Founded in 1995 by Larry Gerelus and Linda Pruegger, Stag's Hollow was born out of a passion for pushing the limits of both winegrowing and winemaking using grapes, both new and old, suited to the area's soils and microclimate. The winery's name pays homage to the dramatic kettle hole, or "hollow," on the property and a serendipitous encounter with a fawn in the vineyard. As just the third winery in the area at the time, Stag's Hollow quickly distinguished itself by embracing varietals uncommon to the Okanagan, such as Albariño, Tempranillo, Teroldego, Vidal and Dolcetto. Larry and Linda's adventurous spirit and commitment to quality laid the foundation for the winery's reputation as an innovator, crafting wines that delighted both traditionalists and explorers of new tastes.

A New Chapter Begins ~ In 2019, Eric Liu took the helm, bringing fresh vision while honouring the legacy of the founders. Under Eric's leadership, Stag's Hollow has expanded its viticultural reach, acquiring the nearby Maple Vineyard in 2023 to enhance its Chardonnay and Riesling production. His commitment to sustainability has also been unwavering, with the winery earning certification from Sustainable Winegrowing BC in 2021 and Salmon-Safe BC recertification in 2024. Eric's efforts include building a state-of-the-art warehouse and implementing eco-friendly farming practices, all aimed at preserving the land for future generations.

Cultivating Excellence ~ Since 2018, Winemaker Keira LeFranc has brought a fresh perspective to Stag's Hollow, crafting award-winning wines that highlight the region's unique geography. With a focus on hand-tended vineyards managed by long-time Vineyard Manager Vilem Blazek, Stag's Hollow continues to emphasize sustainability and craftsmanship at every stage of the winemaking process. "For 30 years, we've been guided by a passion for creating wines that tell a story of place. Best of all, every bottle we produce is 100% BC grown, reflecting the distinct beauty and character of our region", says Keira.

Celebrating 30th Anniversary ~ The winery will be hosting a series of exclusive dinners, outdoor parties and tasting events to celebrate their 30th Anniversary. For more information, visit stagshollowwinery.com or contact Erica McIntosh at 250.497.6162.

OK Falls Parks & Rec Commission

By Bob Daly, Chair

Spring Arrives in Okanagan Falls Parks

Okanagan Falls Parks are well into spring: grass is greening, leaves are starting to appear on trees, and there is fresh paint on a number of park buildings. Staff continue to work waking up the parks and trails with the initial maintenance of gardens and beds, inspection of sports courts and fields, path sweeping, and turf maintenance.

You will also begin to see volunteers "Friends of Okanagan Falls Parks", as they work on projects in the parks. Friends of Okanagan Falls Parks is a group of talented and community-minded people led by Parks and Recreation members



Spring arrives at Kenyon Park.

with direction from Parks Staff who volunteer for park projects, depending on the nature of the project and availability of the volunteers. These are projects out of the scope of regular duties for Parks Staff and include painting picnic tables, refinishing park benches and providing bike stands for the parks. The commitment and efforts of the community volunteers result in enhancements which beautify the parks and bring the parks to a higher standard. The last Friends of Okanagan Falls Parks project was in June 2024 and involved painting a 400 ft fence in Kenyon Park that hadn't seen paint in 16 years. 12 volunteers spent a day pressure washing the fence and 19 community members turned out to paint it another day.



"Friends of Okanagan Falls Parks 2024"



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Hummingbirds Return!

By Colleen Simmons

By April 1st, you can expect to see these tiny aerial acrobats zipping through our gardens. Some of you may have already spotted an Anna's Hummingbird - unlike most other species, they're quite resilient to colder weather.

In Okanagan Falls, we're lucky to host four hummingbird species in the summer: Rufous, Calliope (the smallest nesting bird in North America), Black-chinned, and the relatively new arrival, Anna's. While the first three follow a traditional north-south migration, Anna's have a different approach, traveling east to west. That's just one of many fascinating facts about these incredible birds!

Merlin is a free app for your phone that will help identify all kinds of birds, even by listening to them. Very easy to use and did I mention free.

Despite their fierce and energetic nature, hummingbirds are astonishingly tiny. They typically weigh between 2 and 5 grams - about the same as a paperclip or a sheet of printer paper. The Rufous Hummingbird, in particular, embarks on a remarkable 6,400 km journey to Mexico each year. Since they can live for over five years, some have logged more miles than Grandma's old Volvo!

So, what can we do to support them? Half of a hummingbird's diet consists of soft-bodied insects like mosquitoes and gnats - so let's take a moment to thank them for their natural pest control! While we can't help much with their protein intake, we can support them by planting nectar-rich flowers and, if done responsibly, providing hummingbird feeders.

If you're using a feeder, it's essential to maintain it properly - otherwise, it's better not to feed them at all. The most crucial step is keeping it clean, especially during our hot summers. Avoid placing feeders in direct sunlight and clean them daily with diluted vinegar or bleach (never dish soap or a dishwasher). There should be no black residue or mold anywhere on the feeder.

There's no need to buy pre-made nectar or add food colouring. Instead, make a simple homemade solution: four parts water to one part sugar. Boil the mixture for a couple of minutes to dissolve the sugar and eliminate bacteria - consider it another boil water advisory! Store extra nectar in the fridge and increase the quantity as more birds arrive.

Providing a well-maintained feeder ensures hours of entertainment as you watch their dazzling aerial displays and lively territorial disputes. Plus, exciting research is happening right here in our area, including hummingbird banding studies that examine how air quality and smoke impact their health and reproduction.

For more information on local banding efforts, feel free to contact the author at colleensimmons@live.ca.

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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

April showers have brought beautiful May flowers ... and weeds! And that has me thinking of the many lovely gardens that benefit from the dedication of volunteers who tend them with love. There are the Moog and Friends Hospice House gardens, the Summerland Ornamental Gardens, Leir House Cultural Centre gardens, and countless more in communities throughout the South Okanagan and Similkameen. If gardening is not to your liking, why not give some time to other projects that beautify the community? The Adopt a Road and Adopt a Highway program comprises several facets, including picking up litter along the side of the road. Crime Stoppers encourages the public to anonymously report crime information to the RCMP. It is run by a volunteer board. Serving on community boards and committees is both gratifying and valuable. Each of these are volunteer driven.

The South Okanagan Similkameen Community Connections Volunteer Centre is here to help you match your skills and interests with the various organizations and programs available throughout the region. With over 1000 volunteers affiliated with the Centre and countless groups, teams, festivals, organizations, and businesses that we work alongside, we are a busy Centre.

If I have piqued your interest, why not contact the South Okanagan Similkameen Volunteer Centre and speak to Subrina Monteith, the Executive Director. She would like to meet with you. Call for an appointment at 1-888-576-5661 or email info@volunteercentre.info or check out the website at www.volunteercentre.info. We are 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!

Help us celebrate National Volunteer Week and come to Rotary Park on Lakeside Drive (beside the Lakeside Hotel) between 8-10am for a Free Pancake Breakfast on Saturday, May 3rd.

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RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Cyclists

Blue skies are what I am looking at right now and that means the classic cars, muscle cars and motorcycles are coming out on the road! This also includes cyclists.

Cyclists must follow BC regulations to keep themselves safe and so do motorists to keep the cyclists safe. The BC government just announced new transportation polices and regulations [Cycling regulations, restrictions and rules of the road - Province of British Columbia (gov.bc.ca)].

It's great to see that the City of Penticton has made some bike lanes to help cyclists be safe; however, not every street has this option and cyclists have to ride in the same lane as a motorist, or on the shoulder. Cyclists need to be aware that they are also governed by the motor vehicle act and need to follow the rules of the road to ensure their safety and that of others. Cyclists are required to obey all traffic control and direction signs the same as motorists, and in fact, can be fined as well for failure to do so.

Cyclists and motorists must share the road and this is best done if each obeys the rules and regulations that pertain to each other. Having a safe and great outing is dependent upon everyone following the rules, making sure that they are seen and their intentions such as turning, stopping, or passing are made known to the others. When in doubt, just keep calm and allow enough room to pass the cyclist safely, even if you have to slow down and look ahead for a better opportune time. The vehicle you are driving in weighs significantly more than a bicycle and rider - loose gravel or debris can affect a cyclist's path - keep that in mind as you share the road.

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Vi Creasey
vcreasey@shaw.ca

Diane Chatfield
dchatfield@tpi.ca

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More Helpful Travel Tips

By Vi Creasey

Last month, Reliable Travel shared that we would be giving you travel tips for the next few months. So, here we are helping to make your vacation fun and educational too.

Travel Tips to make your vacation as enjoyable as possible:

Tip #2 ~ When visiting a foreign city for the first time, take a street food tour. Depending on the region, the tour will include food carts, food trucks, food courts, or smaller eateries. It will last a few hours, and the cost will usually include the food. You'll get some of the best food available, and usually the host will also deliver a great introduction to the culture. Google "street food tour for city x".

Tip #3 ~ Google maps will give you very detailed and reliable directions for taking public transit, including where to make transfers in most cities.

Tip #4 ~ Book early. In our experience, that is when the resort or cruise ship you want will still have space, and will give you the choices of accommodations.

Reliable Travel is here to give you all the help you need to plan your perfect vacation. Give us a call today!



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Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



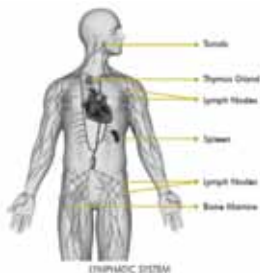
When most people think of massage, they imagine relaxation, stress relief, and easing sore muscles. But did you know massage can also be very helpful for your lymphatic system? This part of your body plays a big role in staying healthy and massage can help it work even better.

The lymphatic system is like your body's natural drainage and defense system. It helps remove waste, extra fluid, and harmful germs from your body. It also plays a big role in supporting your immune system, which helps fight off infections.

The system includes lymph fluid, which carries waste and immune cells; lymph vessels, like small tubes that transport lymph through your body; lymph nodes, which filter out harmful substances; and organs like the spleen and thymus that support immune cells. Unlike blood, which is pumped by the heart, lymph fluid moves slowly and relies on muscle movement (skeletal muscle pump) and breathing (respiratory pump) to flow properly.

Massage, especially lymphatic drainage massage, can boost the flow of lymph fluid.

- **Massage improves circulation.** Gentle, rhythmic movements help stimulate lymph flow, helping it move through your body more effectively.
- **Reduces swelling.** If lymph fluid builds up (a condition called lymphedema), massage can help move it out of the affected area, reducing puffiness and discomfort.
- **Supports detoxification.** By encouraging lymph flow, massage helps your body get rid of waste products and toxins more efficiently.
- **Promotes relaxation.** Reducing stress through massage can also support your immune system and overall well-being.



Lymphatic massage can be helpful for people recovering from surgery, managing swelling, or dealing with chronic conditions that affect the lymphatic system. Even if you're healthy, it can be a great way to support your body's natural detox process and boost your immune system.

Massage isn't just about feeling good - it's a great way to support your body's natural healing systems. By helping your lymphatic system do its job better, massage can improve your overall health, reduce swelling, and keep your immune system strong.

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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The Nuts And Bolts Of Fasting

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



Fasting is defined as the voluntarily abstinence from food, while consuming only water or other macronutrient-free beverages for an extended period. The time ranges from daily intermittent fasting for 14-24 hours, to long-term fasts lasting several days to weeks. This is a far cry from starvation, and when done in a scientifically based, structured, and monitored way, has the power to influence health more positively than

most other health measures. There is a reason most societies have historically fasted regularly. The physical and mental health benefits are undeniable and quite significant.

The health benefits include a normalizing of blood glucose, cholesterol, and inflammatory markers, weight loss, often the reversal of type 2 Diabetes, an enhancement of conventional cancer therapies as well as an advantage in health parameters for cancer patients, a boost to and balancing of the immune system, an improvement to digestive health, an enhancement of detoxification, and a vast lowering of the risk for developing most diseases.

These benefits are hard to achieve with any other therapy or combination of therapies. Plus, fasting can be accomplished easily by almost anyone and the fears surrounding the concept are mostly overblown. Once attempted, most people find fasting easy, effective, and invigorating. The sense of accomplishment and control over what your body is doing is very empowering and the knowledge that you can have such a powerful, easy to incorporate measure to reduce your risk of chronic disease, feel better, and reduce current disease processes, is very gratifying.

Individual fasting protocols are designed by health professionals with experience in this area. Not all fasts are created equal, as not all of us are created equal. Different people will be drawn to different fasting schedules.

Dr. Jason Fung, MD in his book "The Complete Guide to Fasting", evaluates the science of fasting and provides various protocols that can easily be incorporated into most lifestyles. He reviews the intricacies of fasting and fully answers readers' questions and concerns about this therapy. To start with, it is recommended that anyone considering fasting have an evaluation with a doctor knowledgeable in this area and stay monitored throughout the process. With a few exceptions, most adults can fast safely and easily.

Water fasting is an ancient tradition that has helped with optimizing health and preventing disease for millennia. Ancient texts instruct various fasting schedules as a means of clearing the mind, body, and spirit, and in essence, resetting the inner automatic systems that guide us and protect us from damaging influences. It is a relatively easy, very effective method of ending bad habits and starting to build newer healthier ones that serve our wellness needs more completely.

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



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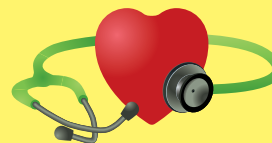
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Unlocking Mobility And Balance: Block Therapy And ELDOA

By Danielle Cournoyer, Functional Movement Therapist

If you're looking to boost your mobility, prevent injury, and feel better in your body, combining Block Therapy and ELDOA could be the game-changer you need. As a certified instructor in both methods, I've seen firsthand how these practices complement each other to support overall health, posture, and well-being.


Block Therapy is all about fascia decompression and breathwork. When we're stressed or anxious, our bodies instinctively hold the breath or breathe shallowly, relying on weaker upper chest muscles instead of the powerful diaphragm. Over time, this can lead to compressed tissues, poor oxygenation, pain, and even chronic health issues. Block Therapy uses a specialized tool called the Block Buddy to target and "melt" fascial adhesions, restoring space and flow in the body. By lying on the block and focusing on diaphragmatic breathing, you re-train your body to breathe deeply - feeding your tissues up to 600% more oxygen than shallow chest breathing. Even just five minutes a day can help you decompress, detoxify, and feel calmer and more energized.

ELDOA, developed by French osteopath Guy VOYER, stands for "longitudinal osteoarticular decoaptation stretches." Each ELDOA posture is designed to create space in a specific joint or spinal segment using precise positioning and myofascial tension. Think of it as targeted self-care for your spine, hips, shoulders, and more. The postures aren't complicated, but holding them can be surprisingly challenging - and incredibly rewarding. Many people report improved posture, reduced pain, better joint mechanics, and a sense of "awakening" in their bodies after just one session.

What makes these methods such a powerful duo? Block Therapy helps release restrictions and improve breath and circulation, making it easier to access deeper ranges of motion and stability in ELDOA postures. Meanwhile, ELDOA's precision stretches reinforce the alignment and decompression you gain from Block Therapy, helping you maintain results and prevent injury.

Whether you're an athlete, someone managing pain, or just want to move and feel better, these practices can be adapted for all levels. You don't need fancy equipment or hours of free time - just a willingness to tune in, breathe, and give your body the attention it deserves. With the right guidance and a supportive community, you'll be amazed at how quickly you can transform how you feel from the inside out.

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



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Functional Movement Therapist

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Astronomy Faces Challenges

By Tom Landecker

In the year 1608, a Dutch spectacle maker, Hans Lippershey, discovered that the combination of two lenses, one for helping the near-sighted and one for the far-sighted, could make distant objects appear larger. He had invented the telescope. Two years later, Galileo used the new invention to launch a revolution in astronomy, and in science as a whole. Everyday technology led to a scientific revolution.

Advances in astronomy have always depended on advances in technology. In the year 2015, Canadian astronomers, using commonly available technology, built the CHIME telescope at our Observatory, exploiting everyday devices designed for cell phones, and everyday computers designed for video gaming. CHIME scientists are winning awards from fellow astronomers for the discoveries that their telescope makes possible. Again, everyday technology is leading to scientific breakthroughs.

The flow of knowledge goes in both directions. In 1967, radio astronomers invented the imaging techniques that have made medical imaging the powerful tool that it is today. In the 1990s, radio astronomers invented WiFi. The unfortunate fact is that astronomy is under threat from the very technology that makes it possible to build innovative new instruments, and to push the boundaries of our understanding of the Universe.

The sky is filling up with satellites. The Starlink constellation now stands at about 7,000 satellites, and SpaceX has plans for as many as 42,000. The blinding sunlight reflected from each of these objects onto the sensitive detectors on our largest optical telescopes, makes it more and more challenging to gather the faint signals from the distant Universe. The most remote mountain tops are as exposed to this problem as your backyard.

All satellites use radio to communicate to ground stations on Earth. Again, the most remote sites on Earth can offer no defence against radio signals coming down from above, but radio signals come from the surface of the Earth as well. In 1990, there were almost no cell phones. In 2025, the number of cell phones is about 8 billion, larger than the number of people on the planet. Fortunately, our Observatory is in a valley, and our telescopes are protected from cell phone signals by the surrounding mountains.

What should we do? Should we put all our telescopes in space? Should we put our telescopes on the back side of the Moon? We could do those things, but the cost of telescopes would be out of reach, and we would lose the imaginative small projects that have led to surprisingly important results.

What do we do? We battle technology with technology. Today, every radio telescope has a computer built into it, which is about 100 million times more complex than it would be if it had to cope only with the astronomical signals. As the world of communications advances, we have to advance faster. We are locked in an arms race.

Interesting websites:

- www.space.com/spacex-starlink-satellites.html
- www.weforum.org/stories/2023/04/charted-there-are-more-phones-than-people-in-the-world/

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.



Kaleden Bursary

By Mike Gane

The Kaleden Bursary Committee is offering several bursaries to Kaleden area students that live within the V0H 1K0 postal code. They must be graduating from Grade 12 this academic year (2025) and pursuing further education.

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

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

Applications must be received by July 1, 2025 and should be submitted to: Kaleden Bursary Committee, c/o Mike Gane, Box 183, Kaleden, BC V0H 1K0. Email to kaledenbursary@gmail.com. If you would like to sponsor a bursary or donate to the Kaleden Bursary Fund to assist students with their post-secondary education, please contact Mike Gane.

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

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

April showers were generous this year, resulting in an exceptionally glorious display of bright yellow Arrowleaf Balsamroot flowers on Kaleden hillsides.



Our Easter Eggxtravaganza program at the Kaleden Library found an enthusiastic group of crafters making egg themed finger puppets, decorating eggs with colourful decoupage, and ending with a rousing game of Easter Egg Bingo!

Children who took advantage of the opportunity to come to the library and meet their local firefighter, Jean Dube, were treated to a fun and informative presentation on how to be fire safe. The lucky winner of the puzzle prize given after the program was Indy. Congratulations, Indy! (Photo to right)

An exciting new addition to the branch starting this month are Sensory Kits that will be available for families to use while visiting the library. Too loud? Too Bright? Try out a pair of noise reducing earmuffs or glare reducing glasses from ORL's Sensory Kit. The kits also contain fidgets and communication cards.



Jean Dube & Winner Indy!

Children's Programs:

Preschool Storytime ~ The final Spring Session of Preschool Storytime started on April 1st and will continue **until May 27**. New attendees are still welcome! We will share rhymes, fingerplays and stories on **Tuesday mornings from 10-10:45am**.

Mother's Day Grab & Go ~ From **Tuesday, May 6th to Friday May 9th**, pop into the library to pick up a fun craft kit to take home and make a beautiful Mother's Day gift!

All Ages Program:

Artist Trading Cards ~ Calling all artists! The Kaleden Library is your new Artist Trading Card hub! Artist trading cards are miniature works of art, created on standard 2.5"x3.5" cards and exchanged among artists all over the world. They can be collaged, stamped, stitched, painted or doodled. You're only limited by your imagination! **Starting on May 15th**, pick up some blank cards and instructions at the library, create your artwork and bring them back in. We'll add your cards to the display and you can choose someone else's art to take home. Suitable for all ages and abilities.

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

Special Events:

Book & Bake Sale ~ Join us on **Friday, May 16 from 10 am - 2 pm at Belich's AG Foods** for a delightful book sale in support of the Okanagan Falls Library! Discover your next favourite read, enjoy some sweet treats, and enter to win a raffle basket packed with fabulous gardening goodies. Hosted by the Friends of the Library, all proceeds go toward supporting vital library programs. Don't miss out - shop, snack, and support a great cause!

Okanagan Falls Grade 6/7 Storyboards ~ Ms. Eddison's Grade 6/7 students have put tremendous effort into creating these imaginative storyboards, each inspired by a novel of their choice. Storyboards will be on display from **May 20-28**.

Win a Spring Fun Activity Basket! ~ Kids - check out 5 books from the library to enter the draw! Everyone 12 and under is eligible to win. Draw date TBA.

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, May 21 from 1-2 pm**. This month's discussion will be "The Marrow Thieves" by Cherie Dimaline. New members are always welcome! For details on how to join, please contact the Okanagan Falls Library.

Art Therapy ~ **Every Saturday from 10 am - 2 pm**. Discover the relaxing benefits of adult colouring or bring the little ones to enjoy our special kids' colouring pages. A perfect creative escape for all ages!

Children's Programs:

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

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

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

Take & Makes ~ Creative Fun to Go! Your monthly Take & Make craft kit is ready for pickup at the library - get yours before they're gone!

Other:

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

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

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

Submitted by Artessa Wiker, Okanagan Falls Community Librarian

School Trustee Report For SD67

By Karen Botsford, School Trustee

I am writing this report on the Monday of the Easter long weekend. What a beautiful weekend in the Okanagan. Folks were camping, attending the market, biking, flying kites, and enjoying the warm days. I hope you were able to have some great family time as well.

Indigenous Trades Boot Camp ~ I attended the boot camp held on April 11. Students had the opportunity to do either woodworking (carving a paddle) or metal work (creating a feather). I was really impressed with the work in both mediums. Students were adding personalized touches to their work and were really engaged. Kaleden Elementary School Principal Ron Manning displayed his woodcarvings and spoke about his journey exploring woodcarving as a hobby. He brought many incredible pieces and students were able to get a close look at the detail. He spoke about the equipment and the hours of patient sanding and painting. He specializes in animals and each piece has a story. Owls, orcas, eagles, and trout of various sizes and a pod of orcas were beautifully represented in his carvings. His prize-winning work of art featuring a seahawk breaking out of a football was impressive. It was a great opportunity for students to try a shop activity. Special thanks to Trevor Knowlton and Terry Grady for offering this bootcamp.

Transportation Review ~ There were public engagement sessions held on April 14 at Summerland Secondary and April 16 at siya? House 425 Jermyn Avenue. In addition, there was a survey opportunity for folks to provide input. On April 30, the board will consider all the information gathered and will make a decision on the recommendations. Here is the link to information on the district website. www.letsconnect.sd67.bc.ca/transportation-review

Education Committee Meeting - April 16 ~ The education committee toured Trout Creek Elementary School on April 16. The school is in Summerland, located in a beautiful setting not far from the lake. We toured classrooms and the outdoor grounds. Later that day, the school community shared a multicultural meal and the following day each classroom featured a cultural activity station and students rotated through the classrooms. The PAC, parents and caregivers actively support the school. We had an opportunity to interact with the teachers at lunchtime, which is always enlightening. There are experienced teachers mentoring teachers on practicum and we are fortunate to have such dedicated staff. Each one of our schools has it's own unique qualities and it was wonderful to see firsthand the great work going on at Trout Creek Elementary.

While a trustee's work is focused on governance, the opportunities to tour schools and attend special school-based events helps ground us in our work, keeping us ever mindful of placing students at the forefront of every decision.

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



New To Kaleden?

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

Kaleden Elementary PAC Update

By Trenna Fisher, PAC Chair

The Kaleden Elementary School PAC meeting is scheduled for Wednesday, May 7 at 6:30 pm in the school library. If you're interested in our Spring Plant Fundraiser, please contact me for our order form and more details! If you have any questions or comments, please contact PAC Chair Trenna Fisher via email to trennafisher@outlook.com.

Highlights From Kaleden Elementary School

By Principal Ron Manning

Well, it seems like spring has finally sprung! The sun is out more consistently and there is evidence of new life all around with the budding trees and beautiful blossoms. May will be another busy month at Kaleden Elementary School. There will be several cross country runs for our grade 3-5 students during the month. The West Bench run for our grade 3 students will be held on Thursday, May 8th and our own Kaleden Run will be held on Wednesday, May 14th for all the grade 4/5 students across the school district. The Kaleden run will be held down at Pioneer Park on Skaha Lake. We will also be having class photo's on Thursday, May 22nd at 1pm in the afternoon here at the school.

It is hard to believe that we are already beginning to plan for the next school year. I will be retiring from the school district at the end of this year, and I would like to thank everyone in the Kaleden community for being so welcoming and inviting for my past 3 years here at the school. Jessa Arcuri will be the new principal in September 2025. I am sure you will all welcome her with open arms as you did me. Thank you once again for everything you do for the school and the community.



School Trustee Report For SD53

By Sholeh Pickell, School Trustee

At the school board meeting held on April 22nd, the Education Committee with Board authority authorized course outlines for English Language and Canadian Culture for grades 10, 11 & 12. This course is intended to provide an immersive learning experience of both conversational and academic English to English Language Learners (ELLs). Additionally, the course provides instruction to introduce students to Canadian culture, including First Peoples cultures. Collectively, this study of language skills and cultural practices is intended to best prepare ELL students for their various BC curricular studies in secondary school and to orient them to expectations associated with the social, cultural and academic aspects of learning in BC. Additionally, the course is intended to encourage students to develop a peer community in which they can belong and thrive as learners.

Students learning English as an additional language come from diverse cultural and linguistic backgrounds and, as such, they need support in successfully adapting to BC schools. Specifically, ELLs need instruction in both Basic Interpersonal Communication Skills (BICS) and Cognitive Academic Language Proficiency (CALP). Additionally, students need to develop their understanding of the culture in which BC curriculum and education exists to achieve proficiency in both Core and Curricular Competencies. Consequently, students benefit from explicit instruction and practice - through an ELL lens - that develops their reading, writing, speaking and listening skills. Moreover, students need opportunities to better understand the types of academic class activities they will be expected to participate in while attending secondary school. Students will have a better overall experience of life and learning in Canada when they are supported during this process of transition and adaptation.

The School Board would like to thank Graeme Baerg, in consultation with Jacqueline Khodarahmi (District ELL specialist) for the development of this new course offered at South Okanagan Secondary starting next fall.

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

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

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Pick Up Location for CSA Box from Kippers Organic Acres!

5121 9th Avenue, Okanagan Falls Any inquiries, email kjcoffeebar@gmail.com 778.515.6502

Okanagan Falls PAC Update

By Chantelle Bruwer

On Thursday, April 17, PAC held a “**Spring Fling Dance**” for OFES students and families in the school gym. It was such a fun night and well attended. Thank you to our organizers - Erin, Angela and Ivy. A big shoutout and thanks to the **DJ - Victor Raposo**.

PAC and OFES would like to thank everyone who took part in the **OFES PAC 50/50 Raffle Fundraiser**. The proceeds will go towards upgrading the technology at Okanagan Falls Elementary School. The 50/50 winner has generously donated the winnings back to our school - way to go!

Come join us! The next **PAC meeting** is scheduled for **Thursday, May 1 at 6 pm** in the School Library. All parents/guardians of OKF students are welcome! Free child minding is available.

Our **Annual General Meeting** will be held on **Wednesday, May 28**. PAC is welcoming new members to join the 2025/2026 PAC Executive. Reach out if you are interested in volunteering. See the PAC Facebook page for more information.

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

Spring has sprung and that means there are tons of fun activities at OKFE! In April, the Easter Bunny paid us a visit, we had Alien In-line skating join us to teach us how to rollerblade, we attended the PowWow in Keremeos, had a talent show, a dance, a community cleanup day, a musical performance, a student vote, and family conferences. Thank you to everyone, including PAC, the Lion's Club, Belich's AG Foods, Rise & Shine Coffee House, our school district, and the RDOS for all of your involvement. Our school is so grateful for all of the community and parent support in the activities that we get to weave into our learning!

We are looking forward to even more activities coming up this month including: parkour, our Jump Rope for Heart event, a book expo, and our volunteer appreciation tea.

The appreciation tea will be held on May 30 at 1:30, and we invite anyone that has volunteered and/or contributed to our school this past year. Please RSVP at kpoole@sd53.bc.ca, so that we know how many will be attending. We would love for you to join us to celebrate your kindness to our school community!!





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drop-ins, and more. Let's get creative!*

pentictionartscouncil.com

250.492.7997

Exhibitions & Coming Events

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

May 10 - August 23 ~ Reflections: On Heritage in PDCAC Galleries: In this open group exhibition, we asked the community to reflect on their heritage through art and consider the question: "What makes you, you?" Maybe it's in your grandmother's recipe, Sunday morning rituals, the music you dance to, or the dreams you're chasing. Heritage isn't just about where we come from - it's also about how we live each day, where we're going from here, and what we choose to pass on to the future. We invite you to visit the exhibition, reflect, connect, and add your own voice to this shared exploration of identity and belonging.



"The Child in Me"
by Deb Tougas

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

Buyer's Market vs. Seller's Market: It's Not Just About Inventory

By Sergej Sinicin of neuHouzz Real Estate Group



If you've been reading up on real estate, you've probably seen these definitions: More buyers than listings? Seller's market; More listings than buyers? Buyer's market. However, if you're serious about understanding Okanagan real estate and making smart moves within it - you need to look deeper.

As a REALTOR®, I not only follow the market

- I interpret the nuances of market shifts in real time. Understanding whether we're in a buyer's or seller's market isn't just about reading headlines, it's about reading between the lines. So, today I'm pulling back the curtain on what we industry insiders really watch - and I'll share some tips that can give you an edge.



It's Not Just Inventory - It's Absorption Rate ~ Most people focus on the total number of listings, while PROs dig into the absorption rate: how long would it take to sell all the currently active listings at the current sales pace. Are homes flying off the shelf and will inventory be gone in under 3 months? Seller's market. Gone in more than 6 months? Buyer's market. In between? Balanced. Absorption rate is a REALTORS® clearest indicator of market momentum.

Multiple Offers? What Kind? ~ "Multiple offers" sounds exciting - but not all offers are created equal. A true seller's market means multiple solid offers, often over asking, and with few conditions. If you have multiple offers, but they're under asking and loaded with conditions, it's still a buyer's market. As your REALTOR®, I have a front row view on the offers that are coming in. A market flooded with soft offers still favours buyers.

Price Reductions: Read Between the Lines ~ Price reductions are a classic sign of cooling. But, are they reductions on homes that were overpriced to begin with? No market change. Are previously well-priced homes starting to slash their list price within two weeks? Buyers are gaining leverage.

DOM Isn't Just a Number - It's a Pattern ~ Days on Market (DOM) is the length of time from when a property is first listed to when its accepted offer goes firm. Though DOM matters, the pattern it shows is more important. Is the average DOM rising month over month? That's a subtle sign of softening. But you have to also look at the 3 to 6 month trendline, because a few long-sitting homes can quickly skew the data.

Sentiment Leads Reality ~ This one doesn't show up in charts: buyer's and seller's behavior. Real estate is emotional. If buyers are suddenly hesitating, or sellers are getting pushy or panicky, it often signals a turn in the market - even before the data shifts. I hear that sentiment during open house chatter, agent feedback, and client conversations. Tip: Trust your agent's gut. Seasoned real estate professionals pick up subtle cues that charts can't measure.

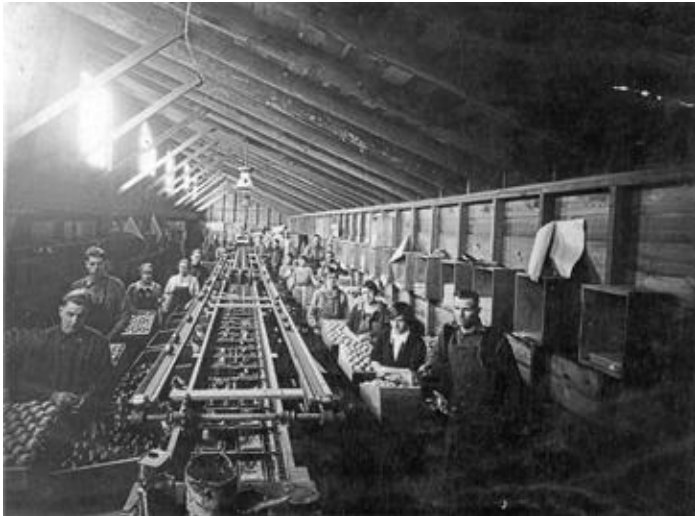
The Bottom Line ~ Knowing whether we're in a buyer's or seller's market doesn't come from following the news or the economy. Data gathered from across BC doesn't always reflect our local market. So, it's about reading between the lines, and that's exactly what I do every day. While the online data is useful, real-time insight is what gives REALTORS® the edge. It's the foundation for your pricing, timing, and negotiation strategy when it comes to selling or buying your home. Plan ahead and reach out to me now at 778-764-1373. I'd love to share what I'm seeing on the ground and help you make your move with confidence. Because this real estate market doesn't come with a user manual - but it does come with me.

Kaleden Museum

By Mike Gane

Kaleden Packinghouses - Part 3 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!



KMA 2024-003-P004 (Bill Findlay collection)
Interior of the original Packinghouse.

With the need for a move to the new lakefront site to take full advantage of the railway, it was possible to start building in the latest innovations. Cold storage was one obvious requirement and the latest in apple graders with washing facilities made for more efficient processing. The railway itself did away with many of the shipping problems, such as shipping by truck to the loading dock where the boxes had to be loaded into a refrigerator car sitting on a barge, while the crew of the good ship SS York sat idly by.



In photo to left - KMA 2024-003-P014
(Bill Findlay collection)
The SS York and barge at Kaleden wharf
unloading "shook" (wood material
for making boxes).

The next few years marked the peak of fruit production in Kaleden, and it provided work for many local families, including many teenagers, during the transition from school to lifetime avocations. In 1963, with the advent of bins instead of boxes for bulk handling fruit from the orchard to the packing line, the Kaleden Packing House was completely renovated and equipment upgraded. By this time, most of the fruit production from Okanagan Falls and the East side of Skaha Lake was being hauled by Robertson Trucking into the Kaleden plant. With the modernization of the facilities in 1963, even some fruit growers from Penticton joined the Kaleden Association, attracted by the efficiencies in the handling of their fruit

Tune in next month for Part 4 of the Kaleden Packinghouses series.
If you wish to donate items to the Kaleden Museum, please contact Mike Gane at 250-497-5674.

KSC
KALEDEN SENIORS COMMITTEE

TAKE A WALK DAY

All ages welcome! Easy terrain.

DATE: MAY 16th 2025

TIME: 10:00AM

LOCATION: OK Falls KVR channel.

To carpool meet at 9:30am Kaleden Hall.
Please NO dogs. Estimated time length 3hrs.



Kaleden Seniors Committee Update

By Karla Avendaño, KSC Coordinator

Last month, we had an insightful and informative L&L series at the Kaleden Community Hall. Our guest speaker, Lisa Scott from OASISS, gave a fantastic presentation on invasive plants in the Okanagan and the importance of knowing what's growing in your garden. A heartfelt thank you to Lisa, and to everyone who came out to support this great event!



Save the date! Join us on May 16th at 10 am for KSC's "Take a Walk Day". Everyone is welcome on this easy-level hike along the Okanagan Falls KVR. Check out the poster for more details!

Want to receive KSC updates by email? Send us a message 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.

Thank you to all the support and volunteers who made our Spring Flea Market a success.

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 May 2025:

Canasta ~ Mondays at 10 am (Not on Holidays)

Evening Pool ~ Mondays & Wednesdays at 6 pm

Afternoon Pool ~ Tuesdays & Thursdays at 1 pm

Tuesday Bingo ~ Tuesdays - May 6, 13 & 20 at 1 pm

Senior's Social Meal ~ Wednesdays at 10:30 am - 1 pm
Reservations - bonnie@desertsun.ca

Mexican Train Dominos ~ Wednesdays at 1 pm

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

Cribbage ~ Thursdays at 7 pm

Line Dancing ~ Fridays at 1 pm

Pancake Breakfast ~ Saturday, May 3 from 8-10 am

General Meeting ~ Monday, May 5 at 1 pm


Drop-in Bingo ~ Saturday, May 17 from 1-4 pm

Pot Luck ~ Saturday, May 24 at 5:30 pm

Carpet Bowling ~ On hold

Country Music Jamboree ~ Returning in September

Booking Agent ~ Call Heather 250-497-1171



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



South Skaha Housing Society Update

By Michael Livingstone, SSHS Chair

While the official first day of summer is still a few weeks away, the recent stretch of warm, sunny days is already reminding us why we love living in beautiful Okanagan Falls - at least until the summer smoke rolls in!

Big changes are coming as the incorporation vote has concluded, and it looks like Okanagan Falls will soon become the **District Municipality of Okanagan Falls**. This is a major milestone in our community's history. We hope the transition is smooth and, over time, brings long-term benefits for all residents.

On the housing front, **Phase 2** of the South Skaha Place project continues to move forward. With the final "i's" being dotted and "t's" being crossed, we are one step closer to the realization of a **36-unit apartment building** - a significant addition to our much-needed local housing supply.

As we head into the warmer months, we're reminded not only of what makes our community special, but also of the positive changes on the horizon. Stay tuned, and enjoy the sunshine!



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OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

Heritage Place has been a hub of activity lately. We have new pathway borders installed replacing rotted wood, as well as a badly needed interior lighting upgrade for the museum. These types of projects will greatly enhance the property and give it an updated appearance.

We are looking forward to our Community Day on Saturday, May 10th, where we will offer Free Admission to the museum. Be sure to come by and check out all the new exhibits our Curator has been working on. Who knows, you may even learn something new about Okanagan Falls! Our Community Day will include a BBQ and other special surprises. We really look forward to welcoming our local community to enjoy our little gem of a museum, so please mark this day on your calendars. We appreciate the support!

We will be starting up Phase 2 of the Pioneer Pathway Fundraiser, so keep a look out for more information on this. Bricks can be purchased through the Thrift Shoppe or our website. Thank you to Tickleberry's for donating \$1,200 from their March 1st Fundraiser. We are so fortunate to have such great community partners.

We are excited for our upcoming season and we should be able to offer both guided and self-guided tours. If you would like to book a tour, please call us at 250-496-7047 or email okfallscurator@gmail.com. We would be happy to accommodate you. We can make special arrangements, if you have visitors coming to town.

Our Thrift Shoppe has switched over their inventory from Winter to Spring/Summer. A special thank you to all of our volunteers who came out and helped with this switch over. Our volunteers truly are the heart of our Society. We have enough great people working in the shoppe that we are now open full hours on Saturdays from 10 am to 3 pm. Thanks for shopping at our Thrift Shoppe!



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Okanagan Falls Lions Update

By Bob Wilson, Past President

The flowers are in bloom and the trees are green once more, proof that our world keeps turning year after year and we live in a beautiful part of it. We can only hope that, in some point in time, other places and peoples find the peace and tranquility that we all should have in our lives.

Lions Clubs around the world are trying to help in crises and humanitarian projects to ensure that the people caught up in these struggles know that others care. Come on! Let's get it together for the good and future of mankind.

OK, back to reality and what's happening in the local Lions Club. When you read this, we will have finished our annual Easter Egg Hunt. We aren't really sure how many we've hosted, but it appears after some discussion at our last meeting to be more than 24.

People who attended with their parents now are the parents and attend with their children and possibly some 3rd generations as well. Always a good time for the children (and the older children) and for our club (especially Lion Dave). Photos in next edition.

Our school Breakfast program keeps running 3 times a week with good reports on attendance and participation from our early morning volunteers, Thank you all for your time and effort.

Next up is Music in the Park with our "Cookie Sale" and a surprise addition this year. Watch for it and come over and say hello, buy a bag of Cookies and help us keep our community projects alive. Watch for advertising around town and get ready for the 10th Anniversary of the Bandshell!

Blood, it's in you to give! The next Blood Donor Clinics will be held on May 5-7 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/okanaganfallsionsclub.



Thrift Shoppe
Now Open 10-3 Wed-Sat
250-497-7047

Okanagan Falls Heritage & Museum Place - 1145 Main St



Music & Market In The Park

By Grant Henderson, Event Coordinator

I love it when a plan comes together! We've got all the bands lined up, craft vendors and others are signing up for the market, and the park is reserved for all seven events. The first event will be held on June 22. Full details in the next issue of Skaha Matters.

There has been a band switch in the entertainment lineup for 2025. The Desert Rockers (from Okanagan Falls) switched dates with Rumble Seat Revival (from Calgary) in order to accommodate the travel by the band from Calgary. The two dates now look like this: July 20 - Desert Rockers; August 31 (Labour Day weekend) - Rumble Seat Revival.

We are still in need of two local sponsors for the bands. Local businesses are invited to sponsor a show (or half a show) for a ton of advertising at the sponsored event. Inquiries can be sent to musicintheparkokfalls@gmail.com. Please help us to make this the best year, ever! 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.



Branch 227
Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

Legions In The Community ~ As the cornerstone of communities across the country, who 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!

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

Wednesday Car Show ~ Everyone 'start your engines'! The car show is now on every Wednesday. Food available from 4-6:30 pm. Let's make it another great year!

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

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

Pancake Breakfast ~ Held on Mother's Day this month on Sunday, May 11th from 8-10:30 am. Treat your Mom!

General Meeting ~ Tuesday, May 20 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 to the back by the garage. Thanks!

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

For Updates ~ Call the branch, 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.



MAYHEM

MAY EVENTS

10 May - Celebrate Spring

29 May - Fairy Rock Painting with Nettie

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250.497.8443 | mayhemwines.com

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ in-person and online

Visit kaledenchurch.ca for updates and the link to our live worship.
443 Lakehill Rd. | kaledenchurch@gmail.com | 250-497-5995

Okanagan Falls Community Church

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

Speakers: May 4 - Guest Speaker Pastor Tony Price; May 11 - Pastor Jon Manlove; May 18 - Guest Speaker John Rankin; and May 25 - Pastor Jon Manlove. Services available at okfcc.net.

Free Workshop Tuesday, May 27 at 7 pm ~ "9 Struggles Your Executor Will Face" and making your Will with Lee Davidson of Providence Funeral Home. For more info, call 250-497-2027.

FB: Okanagan Falls Community Church. Everyone is welcome!
1356 McLean Creek Rd, Okanagan Falls | 250-497-5131

Okanagan Falls United Church


Sunday Service at 9:00 am ~ Speakers: May 4 - Rev. Laura Turnbull; May 11 - Rev. Paul James; May 18 - Rev. Laura Turnbull; and May 25 - Rev. Dr. Donald Schmidt. Everyone is welcome! Coffee fellowship following the services. Info at okfallsunited.ca.
1108 Willow St, Okanagan Falls | 250-497-1171 or 250-460-2560

Our Lady of Lourdes Catholic Service

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

St. Barbara's Anglican Church

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



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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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Helping Hand Update

By Carmen Dixon

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



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

To apply, please call **778-559-2412** and leave a message.

Your call will be returned.

Recovery For Everyone

By Van Hill

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

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

Need More Information? ~ This is a peer led support group for addiction recovery. Our starting point is abstinence. We feel that abstinence, based on what is known, provides the BEST odds of long term success. Our aim is to run a meeting that is inclusive and respectful for everyone. Join us to find out if abstinence is for you. Our intention is to provide a fun, interesting, and conversational style hour, where everyone is heard. We make no distinctions about the specifics of the substance of addiction or use. Our meetings can provide clarity and support for the most common substances of use disorder, i.e. drugs, alcohol, gambling, overeating, sex, smoking, etc. For more info, contact Van Hill at 250.300.5222.

Back In The Barbershop Business

By Daniel Markin

Life sometimes has a way of surprising us. I am back in the Barbershop Business! After the fire and destruction of the OK Barber Shop in September 2019, followed by Covid, I went to the post office in the spring of 2021 and to my surprise ... The OK Barber Shop won an award! "Best of the South Okanagan" with a Blue Ribbon - Fan Favourite! I thought to myself, if I ever open another barbershop will call it "Daniel's Blue Ribbon Barbershop".

After serving the Okanagan Falls community and area for 15 years, I am pleased to announce that Daniel's Blue Ribbon Barbershop has opened at 101-145 Westminster Ave. W. in Penticton next door to Fritz's Shoes. I am open Monday to Saturday from 7:30 am to 5 pm. Please visit www.danielsblueribbon.com as hours may vary by season. Walk ins are always welcome, or call 250-328-3888 for an appointment or book on line. I look forward to seeing and renewing client relationships, as well as meeting new customers. Come on in and I will give you a nice 'Daniel's Haircut' with classic 76 clippers over comb. Not too short, not too long, just right. We already got the Blue Ribbon, so now we're going for gold.



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 everyone who volunteered their time to the most recent Okanagan Falls Incorporation Study Committee, to those who volunteered their time to committees in years gone by (when incorporation was being studied), and to everyone who attended meetings and/or studied incorporation information to become more knowledgeable with respect to the matter. Lastly, flowers to RDOS Staff and Area "D" Director Taylor for their contribution, ensuring that the 'incorporation study' (process) progressed properly within Government of BC parameters.

~ From Melody W. of Okanagan Falls

Flowers to all of the wonderful volunteers at the Heritage Place thrift shoppe and museum! All wonderful community members. Thank you!

~ From Connie W., Curator of Okanagan Falls

Flowers to all the volunteers who joined together to help cleanup their community. Well done! ~ From Nancy W. of RDOS Recreation



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