



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 17 : Issue 8

August 2025

Your FREE Monthly
Community News!



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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

These are the lazy, hazy days of summer and many of us are enjoying quiet times at the beach. Others are taking advantage of the many festivals going on in our communities. Have you thought about the many volunteers it takes to put on one of the festivals? Ticket takers, garbage clean up crews, parking attendants, hosts, and concession helpers are just a few of the many teams of volunteers that help make each festival a success. These tireless workers help to make the event run smoothly and are a wealth of information about our community.

Volunteers are great spokespersons for the community. They know where various restaurants are located, the route to the hospital, and how to find a great veterinarian for your cat or dog! Sounds like fun, doesn't it? Volunteering is a wonderful way of meeting people from across Canada, being introduced to people with similar interests, and giving back to the community. Some people volunteer to building up their resume, while others choose to fill time. Whatever your reason for volunteering, you will have a great time and make the summer of 2025 a great one!

If I have piqued an interest in volunteering for you, I invite you to contact us at the South Okanagan Similkameen Community Connections Volunteer Centre and speak to our Executive Director, Subrina Monteith. She can be reached at 1-888-576-5661, info@volunteercentre.info, or check out the website at www.volunteercentre.info. She would love to hear from you.

Please consider making volunteerism part of your summer activities. You won't regret it!



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**Across the
Lake Swim**
Skaha Lake

Sunday, August 10th, 2025

The Skaha Lake swim is a 4.5km or 11.8km point-to-point swim in the warm, fresh waters of Skaha Lake nestled within an incredibly scenic valley, making it an ideal location for long distance swims.

The 4.5km swim starts from Pioneer Park in Kaleden, and the 11.8km swim starts from the Skaha Lake Park main beach. Both swims finish at Christie Memorial Park in Okanagan Falls.

Registration is open for both distances until August 8th. Go to: acrossthelakeswim.com

Interested in volunteering? We have positions available! Contact us at volunteer@acrossthelakeswim.com

RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Drowning

Hopefully, everyone was aware that the City of Penticton in partnership with Community Policing did a media and in-person educational awareness for National Drowning Week (July 20-26, 2025) at the Okanagan, Skaha and Marina beaches.

To recap what we promoted: According to the Lifesaving Society of BC & Yukon, there are approximately 500 fatalities annually due to drowning. This makes drowning the third leading cause of unintentional deaths in Canada under the age of 60. Drowning is the most common cause of accidental deaths among children ages 1-4 years and the second leading cause of preventable death for children under 10 years. At the very least, taking a CPR course as a parent of young children is something that should be considered, especially if you visit beaches, pools or other areas where swimming happens.

Know your swimming limitations, try to swim with a partner, or if alone, have an approved flotation device near you - no water wings! Children should always be within an arm reach of a parent to supervise (put down your phone!!!). Ensure your child is water safe and enroll in swimming lessons. Individuals consuming alcohol and/or drugs should not be swimming. Finally, know your surroundings; sometimes the water can look deep enough to jump into, but it isn't!



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Innovation, Accessibility & Community Spirit in Boundary-Similkameen

By Donegal Wilson, MLA for Boundary-Similkameen

One of the greatest privileges of serving as your MLA is getting to meet the incredible people and organizations that make Boundary-Similkameen such a dynamic place to live. While this article highlights a few recent visits and events relevant to the Skaha Matters readership, please know that my team and I are active across the entire riding, attending events, hosting pop-up office days, and meeting with constituents in every corner of Boundary-Similkameen.

This past month, I had the opportunity to visit *Avery Farms*, a truly remarkable vertical lettuce farm based in Okanagan Falls. What sets Avery Farms apart is their use of vertical farming technology to grow fresh produce indoors year-round. It's an impressive example of agricultural innovation - reducing water usage, shortening supply chains, and bringing food production closer to home.

Walking through their facility and seeing rows upon rows of vibrant, healthy lettuce growing under LED lights was nothing short of inspiring. In a time when many people are concerned about food security, it's exciting to see local entrepreneurs finding smart, sustainable solutions right here in our riding. These are the kinds of success stories we should be celebrating and supporting.

While in Okanagan Falls, I also hosted a **pop-up constituency office day on July 4th**, where I had the chance to meet one-on-one with residents to hear their thoughts, questions, and concerns. These pop-up days are part of my ongoing effort to bring my office directly to you - especially in rural communities where government services and representation can sometimes feel out of reach. Whether it's help with provincial programs, feedback on legislation, or ideas you want to share, I'm here to listen and help.

I also had the pleasure of attending **Kaleden Community Day**, a wonderful local event that truly captured the spirit of small-town BC. From the pancake breakfast to the community booths and friendly conversations throughout the day, it was clear just how much pride residents have in their community. I want to extend a heartfelt thank you to all the volunteers, service groups, and organizers who made the day such a success. Events like these are a reminder that our communities are built and sustained by people who care - and that's something worth celebrating.

Finally, I'm excited to announce the launch of my new website at www.donegalwilsonmla.ca.

The website includes information about **upcoming events, pop-up office days, community visits**, and a new way to **subscribe to my monthly newsletter**. My goal is to keep constituents informed and engaged, whether you prefer to connect with me in person or follow along online. As we head into a busy fall, I'll continue crisscrossing the riding to make sure all voices in Boundary-Similkameen are heard.

Thank you again for taking the time to read and for all you do to make this region such a special place.

DONEGAL WILSON

MLA BOUNDARY-SIMILKAMEEN

Let's Talk About What Matters To You

Donegal.Wilson.MLA@leg.bc.ca
(250) 498-5122

[f](#) [i](#) [v](#) [@](#)





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FRIDAY, AUGUST 29
Dumpling Dinner in the Cherry Orchard @ Lakeboat \$39
Handmade Dim Sum by Chef Van Doren Chan

SUNDAY, AUGUST 31
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Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

Kaleden Community Day was a huge success! Thanks again to all the outstanding community partners, volunteers and attendees. A special thank you to Rick Johnson and his family for the vision, event coordination and dedication to our community.

Help Protect Kaleden Buoys, Trees, and Shoreline ~ As a reminder to all lake users, please do not tie boats, sea-doo's or personal watercraft to trees along the shoreline or buoys.

This can damage both the buoys and trees. If you need to secure your watercraft, you may tie it to logs located on the beach instead. If you notice any boats or personal watercraft tied to trees or buoys, please call RDOS Parks at 250-490-4114 or email parks@rdos.bc.ca.

Pioneer Park Sports Court Reopens ~ The multi-purpose courts officially opened for public use on July 21st. The tennis court and two pickleball courts will be available for online booking at rdos.perfectmind.com. To celebrate the reopening, court bookings will be free of charge until fall 2025. After the fee structure is in place, all fees will go to a reserve fund for maintaining and improving the court facilities. Wi-Fi-operated locks will be installed on the gates to help manage court use.

Site upgrades were completed by Orca Asphalt Maintenance and include: crack repairs and resurfacing of the court playing surface; new net systems for one tennis court and two pickleball courts; fresh court line markings; interior fencing to separate the courts; a third access gate added to the exterior fence; and, installation of sound baffle curtains (with additional baffles for the west side fence to be installed).

The anticipated project cost (at this time) is \$323,200. Project funding is as follows: \$3,000 from Kaleden Pickleball Club; \$4,300 from Kaleden Seniors Committee; \$9,100 from Kaleden Tennis Club (donation provided as part of closing the club); \$12,000 from Community Works Fund (Gas Tax); and \$298,100 from Growing Communities Fund. The budget surplus of \$3,300 is for any potential last minute "extra costs".

Moving forward, the courts will be user maintained to ensure no tax burden occurs to the Kaleden Parks & Recreation budget. There will also be a reservation option for the basketball pad and volleyball net to ensure fair access for everyone.

Solid Waste ~ You should have received your garbage, recycling, and yard waste bins, paid for by Community Gas Tax funds which saved Area "I" residents \$56 per year for 5 years. If you didn't receive your bins or if you have any concerns about bin placement or bin sizes, please email soildwaste@rdos.bc.ca. Upgrades or additional bins are at a home owner's cost.

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



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

RISE AND SHINE!

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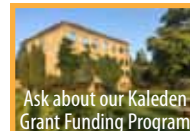
Kaleden Community Association Update

By Glenda Livolsi

August is known for warmer weather and is a popular time for outdoor activities and making happy memories. A perfect summer day is when the sun is shining, the breeze is blowing, and the birds are singing. Spending time at Pioneer Park with family and friends is a wonderful way to enjoy the hot days of summer. Hard to believe that summer is half over, so go for a swim in Skaha Lake, ride bikes along the KVR trails, have a picnic at the park, sit on a bench reading your favourite book while sipping on a cool drink, or gather under the gazebo for a BBQ.

A new cabinet has been installed located at Pioneer Park with a section for Lost and Found items. If you've lost your sandals, sunglasses, water bottle, keys, toys or beach towel, please check the cabinet for your missing item. According to the history books, the first modern lost and found office was organized in Paris in 1805 with the idea of creating a space where people can recover their lost items.

This new cabinet also has a space for children's beach toys available to use while playing in the sand at Pioneer Park, along with a book lending library.



Ask about our Kaleden
Grant Funding Program

All new website for all things Kaleden!

www.KaledenCommunity.com

Courtesy of the Kaleden Community Association



Need A Ride?

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

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

Hot (And Dry) Times Here Again! ~ The Okanagan Basin Drought Level is now at Level 3 (well beyond abnormally dry). When writing this in mid-July, KID remained at Stage One (for details go to www.kaledenirrigation.org/watering-restrictions). Consumption in June was 12% higher than in 2024; more concerning is that it was 34 million liters above the 15-yr average. A leak found in the 6th St line may account for much of this overage. Regardless, July's water consumption is likely to stay high, given monthly air temperatures averaging 2°C higher so far this year, and a hot and dry summer forecasted. Please continue conserving (check out okwaterwise.ca for tips), and be aware that KID staff are monitoring compliance with watering restrictions (some have been naughty - don't you be!).

A Minister Visits ~ On July 9th, the KID Board met with Brittny Anderson, BC Minister of State for Local Governments and Rural Communities, regarding our exclusion from applying for funding programs (thanks go to RDOS Area "I" Director Subrina Monteith for helping with this meeting). The Trustees felt that KID's case was heard by a sympathetic ear, and hope to see some positive follow-up on this longstanding issue.

Save The Date! ~ Mark the morning of **September 19th** down on your calendar to tour the upgraded Kaleden Cemetery. Along with ribbon-cutting and refreshments, the event will include presentations and handouts on the history and operation of the graveyard (spoiler alert - there will be bagpiping!). The September issue of Skaha Matters will provide further details. Thanks go to the Kaleden Seniors Committee for partnering on this event!

Are Our Parks Special? ~ Of course they are! But should they be special when it comes to watering restrictions? Kaledenites have complained to KID, both about the parks being watered outside the times allowed for residents, and about the park lawns going brown. There's no easy answer to this. KID is surveying other local communities as to how they are dealing with this issue in these climate-challenging times.

Are We Blessed By Exclusion? ~ To play the Devil's Advocate: If Improvement Districts like Kaleden remain unable to access funding for infrastructure upgrades, then they will be unable to implement mandates such as the Provincial drive to densify. For example, parts of the KID water system cannot support further subdivisions, as fire flows would not meet prescribed standards. I'd prefer to see Kaleden remain as a single-family residential community full of volunteer spirit; how about you?



Kaleden
Irrigation District

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



Kaleden FireSmart Tip

By Linda Dahl

Kaleden Community Day was a wonderful opportunity to share FireSmart information with locals and visitors to the area. It is never too late to start removing burnable debris from around your home. Get yourself prepared before fires are a threat.

We would like to thank our two amazing Kaleden teens (Lucas and Callie) for helping out with the Ember and Sparky mascots. The children loved all the attention and you did a great job considering how HOT it was!



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Kaleden Volunteer Fire Department

By Jean Dube



Downed Power Lines ...

What to do and what not to do!

Downed power lines can happen during storms, fallen trees, motor vehicle accidents, wildfires, mechanical failures and many other incidents. Downed power lines can carry an electric current strong enough to cause injury or death. There is no way to tell if there is power running through the line or not. The line will not always arc or spark. It may look safe when it is NOT! **Assume that any downed wire is energized and treat it as such until FortisBC has arrived on site and confirms that the line is de-energized and that the area is safe.**

If there is a downed power line, keep everyone at least 10 metres (33 feet) away. Call 911 immediately!

Never touch a person who is in contact with a downed power line. **Never try to move a power line by yourself. Only qualified utility workers can ensure everyone's safety.** If a downed power line falls across a vehicle or the vehicle stops on a downed line, call 911 immediately. Tell the occupants to remain in the vehicle. The safest place is to remain inside the vehicle. Exiting the vehicle should be a last resort. Jumping clear can be very dangerous. However, if there is a further emergency, such as a fire, and the occupant is able, instruct the occupants of the vehicle to:

- Do a standing jump, so they land clear of the vehicle with both feet together.
- Do not touch the vehicle and the ground at the same time with any part of their body or clothing.
- Keep feet together while jumping.
- Move away from the vehicle, while shuffling feet (heels should not pass toes).
- Shuffle or hop (keeping feet together) until a minimum of 10 metres away from the scene.
- Keep people away from any objects which could become electrically charged, such as fences, lamp poles or piping.

Uncontrolled electrical energy can be extremely dangerous. Keep yourself and others safe. Wait for instructions from the Fire Department and/or clearance from FortisBC.





Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

"Open House" Discussion With The Director ~ PLEASE ATTEND ... 6:30-8:00 pm on Wednesday, August 6, 2025, Okanagan Falls Recreation Centre at 1141 Cedar Street (the school gym). This is perhaps the most important meeting of the year that I can think of for residents, property owners and businesses of Okanagan Falls. Agenda topics will include: Incorporation Update - An

overview by the Area "D" Director, Osoyoos Indian Band (OIB) and provincial government speakers on request; and RDOS Corporate Building Purchase - Overview and update by the Area "D" Director. Questions are invited from residents, property owners and business operators. We may not have all the answers, but it's important to hear your thoughts!

Incorporation Updates ~ PLEASE READ ... The process of incorporating a community is set out under BC's *Local Government Act*. This means that incorporation of any village, town, city or - as in this case - the District Municipality of Okanagan Falls, is a provincial responsibility.

This is the first new local government to be incorporated in 12 years, and the first since 2019 when the provincial government adopted the *Declaration on the Rights of Indigenous Peoples Act* - commonly referred to as DRIPA. We are now told that 'this incorporation will be DRIPA-informed' and are learning that the province is considering if and how they will address First Nations' requests regarding Okanagan Falls' incorporation process.

The potential impact of DRIPA and the nature of these requests were not formally communicated by the province prior to the referendum: not through either of the two projects leading up to the referendum or through other means; and not to residents, the incorporation committee or myself. Osoyoos Indian Band (OIB) and other First Nations do have a history here. They are an important part of Okanagan Falls' history. And, we all stand to gain from a strong and positive working relationship between the community of Okanagan Falls and First Nations, principally OIB. In my opinion, requests related to long-standing claims to provincial and federal governments will be better addressed through alternate means available, and this incorporation should follow appropriate process and consultation.

The province, OIB and RDOS met for the first time on Friday, July 18, 2025, at the joint request of OIB and RDOS. The discussion was frank and candid, and I hope helpful to the province who at the end of the day is responsible for Okanagan Falls' incorporation.

Some of the above will be a concern to readers, and it should be. But I want to be transparent with you as residents and I want you to understand the issues, some of which didn't even exist 10 or 20 years ago. 'No one said it was going to be easy', but we are getting excellent support from RDOS leadership and legal counsel. The process is playing out and I believe we are making progress towards incorporating as a sustainable community. Stay tuned ... and come out on August 6 to the Open House!

Government Relations ~ There has been a lot of that for Area "D" and Okanagan Falls, since writing the last article. I had the pleasure of touring Helena Konanz, our new local Member of Parliament, through Okanagan Falls and met with several residents. On a separate visit, Ms. Konanz attended and spoke at Canada Day celebrations in Kenyon Park. Speaking at these same celebrations was Chief Clarence Louie of the Osoyoos Indian Band, providing an important historical perspective. On another



MP Konanz visits local businesses.



MLA Anderson meets with Dir. Taylor.

day, I was fortunate to meet and speak with Ms. Brittny Anderson, Minister of State for Local Government and Rural Communities, attending an RDOS Board meeting. And, Ms. Donegal Wilson, our local Member of the Legislative Assembly, who attended a land use meeting in Okanagan Falls with the landowner, RDOS staff and myself. This is good recognition for Okanagan Falls and more broadly for Area "D".

Community Of Okanagan Falls Supports Housing ~ The RDOS Board voted to waive development cost charges totalling \$307,000 for the South Skaha Housing Society's new building. The new building will provide 36 new units, ranging from studio, 1, 2 and 3 bedrooms - all of which are subsidized to a degree. This support comes specifically from the Okanagan Falls sewer and water systems within Area "D". It will be great to see this new building break ground - hopefully this year!

(Continued!) Zoning Changes - Not! ~ At it's July 3rd meeting, the RDOS Board supported the recommendation to rescind proposed zoning bylaws in the Heritage Hills, Vintage Views and Lakeshore Highlands communities. This means that zoning in these areas will remain unchanged, allowing secondary suites and accessory dwellings. This does not mean building permits are available; however, in fact they are not available at this time in some cases, until sewer and/or water system improvements are advanced. Purchasers are always encouraged to request a 'comfort letter' from the RDOS, as part of their due diligence to understand zoning and site limitations and whether a build or secondary suite is possible in light of problems with the sewer and water systems in these communities.

Business Licences for Short-Term Rentals ~ Work continues to develop the RDOS business licence program for short-term rental operators. Once available, operators will be notified through the BC Short-Term Rental Registry and given a specific period in which to update their registration with a valid business licence number. This has been a lengthy process and hopefully the program will be available soon.

Thanks To Local Business ~ Okanagan Falls is fortunate to have a resurgence of business activity in the last couple of years. Anyone who lived here through the last half of the 2010's would be amazed at the growing variety of new businesses - a grocer, a barber shop, a nail salon, clothing, restaurants, accommodations, vertical farming, and more. Let's not forget some of the other businesses that have maintained their support for the local community. Whether world leaders like Mercer Mass Timber (ex Structurlam) and Unit Electrical Engineering (UEE), or smaller (slightly) like Value Contracting, Sarsons Mechanical, Falls Furniture and others in the wine, fruit, livestock and timber industries, and more ... continued business support is a big part of this community and we thank you!

Recently, Belich's AG Foods was nominated for "Community Builder Excellence" in the Penticton & Wine Country Chamber of Commerce's annual Business Excellence Awards!

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

Matt Taylor, Director for RDOS Area "D"

Direct: 778-931-6080 | mtaylor@rdos.bc.ca | www.rdos.bc.ca

Okanagan Falls Volunteer Fire Department



By Colin Pickell

Summer days are in full swing, and our members would like to wish everyone a safe and happy BC Day! This long weekend will see people from all over the province head out camping, boating, road tripping, or simply relaxing at home with family. In fact, people all across the country will be enjoying this long weekend together. So wait, everyone in Canada celebrates BC Day? That doesn't make any sense ... well, just as we are reading about inter-provincial trade barriers and how they impact the unique identities of each province, it seems we all celebrate a different holiday on the same weekend.

Some provinces, like BC, celebrate themselves. It's Saskatchewan Day in Saskatchewan and New Brunswick Day in - you guessed it - New Brunswick. But there are more specific holidays in other parts of the country. In Alberta, it's called Heritage Day, Natal Day in Nova Scotia, and simply Civic Holiday in Nunavut. If you want to celebrate a local dignitary or historical figure, you should celebrate in Ontario, where they have no less than eleven different names for the holiday, from "Colonel By Day" in Ottawa, "James Cockburn Day" in Coburg, and "Peter Robinson Day" in Peterborough. "Simcoe Day" is celebrated in - you guessed it - not Simcoe, but Toronto. John Graves Simcoe helped bring an end to slavery in Upper Canada (now Ontario) and establish York (now Toronto) as its capital. Meanwhile, the whole province of Manitoba celebrates "Terry Fox Day", as he was born in Winnipeg.

Whatever you do to celebrate this weekend and whatever you like to call it, we hope you'll have a safe, happy and fun-filled time.

YOU'RE INVITED to our 75th Anniversary Party - details on our poster to the right! Mark your calendar for Saturday, September 27th from 2-8pm. See you there!

**OKANAGAN FALLS
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2 - 8PM**

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FACE PAINTING
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FREE ADMISSION

The poster features illustrations of two firefighters in red uniforms. One firefighter is standing and holding a megaphone, while the other is kneeling and using a hose to extinguish a fire. A fire truck is also depicted in the background.



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Sign up at FireSmart.RDOS.bc.ca

The advertisement features a background image of a house with a wildfire in the background. A FireSmart logo, a yellow flame with a house inside, is prominently displayed. A red circular badge highlights the \$1000 rebate offer. The RDOS logo is also visible.

Music & Market In The Park

By Grant Henderson, Event Coordinator

The season is slipping by so fast. At press time for this article, we have had two concerts so far. On Canada Day, we had an excellent crowd for both the market and the concert. **Vic Cullihall** (previously of Mozz Lane) entertained the audience with great enthusiasm. Canada Day was a hot one. Temperatures reached 36°C in the park, yet it did not deter an engaging crowd. I commend all who endured the heat to support our community event. I would also like to thank Belich's AG Foods for sponsoring the band.

July 13th was even hotter. The confirmed temperature reached 39°C in the park, and the crowd and vendors in attendance shrunk by a considerable margin from our usual turnout. Smoke filled the skies over Oliver, which may have deterred people attending from the south. Despite the heat, the crowd enjoyed a terrific concert by the **Blueshounds**, sponsored by Greyback Construction. I am touched and inspired by the number of people who attended these events, despite the extreme conditions.

On July 20th, we featured a band called **Desert Rockers**, from Penticton. Since one of the members of the band is from Okanagan Falls, I made the blithe assumption that all three of the members were from Okanagan Falls. So, here I sit with egg on my face. Sorry, Roger. I am delighted to express my deepest thanks to Okanagan Falls Pharmasave as the corporate sponsor for the Desert Rockers.

What's Happening In August?

Sunday, August 3rd will see the market open at 3:00 pm. On this day, we will be featuring a band called the **Bench Boys**, sponsored by the United Steel Workers Union, beginning at 5:00 pm. Food will be available from Ween Wag and Hixxies Gourmet, both offering tasty delights, along with the Lions Club's treats.

Sunday, August 17th welcomes the ever-popular band, **Rebel Luv** to the stage. Ken and Mikie have been with us since the beginning of Music in the Park, which is ten years ago. This event is also sponsored by Greyback Construction, the builders of our beautiful bandshell. This year, Greyback contributed double their usual donation in honour of our 10th Anniversary. We are extremely grateful for their ten years of sponsorship.

Then, on **Sunday, August 31st**, we are bringing back a band from Calgary that played for us last year. We're catching them on their way through, which works well for everyone concerned. **Rumble Seat Revival** is sponsored by Weyerhaeuser, another corporate sponsor who has supported Music in the Park from the beginning.

As usual, we invite the public to bring their lawn chairs and a desire for a pleasant afternoon in Centennial Park. Please support our unique craft vendors, and the Lions Club school breakfast program through the purchase of cookies and ice cream treats. There is no admission charge.




WILD GOOSE
• W I N E R Y •



Join us on our vineyard patio
for some summer time tastings
and treats at *the Goose!*

Live music with Steve Jones
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A Community Invitation

Save **Sunday, September 14** on your calendar for ...

Okanagan Falls Connects -

A Gathering and Celebration of Community Volunteers

Okanagan Falls is a community built through the efforts of many Volunteers. The continuing work of all Okanagan Falls Community Groups, Volunteers and Service Organizations will play a major role in helping build a strong and unified community as Okanagan Falls begins the transition from the current RDOS-governed to a self-determining, incorporated community.

This event is a gathering of Okanagan Falls Public, Community Groups, Volunteers and Service Organizations, a celebration and reaffirmation of their good works, and interaction of the groups with the public and with one another.

The Gathering and Celebration will occur in **Kenyon Park on Sunday, September 14 from 11:30 am to 2:00 pm** with introductions, greetings, interactions among the public and volunteer groups and **Food for All**.

This event is organized by "Okanagan Falls Connects" Committee made up of Allison Symons, Judy Garner, Heather Jackson, Kelvin Hall, Barb Shanks, Connie White and Bob Daly and endorsed by Okanagan Falls Community Partners, Okanagan Falls Parks and Recreation Commission and RDOS Area "D" Director Matt Taylor.

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Get Ready For An Election

By Randy Ludwar

Summer has officially arrived, and it is hoped that everyone finds time to enjoy the local parks and beaches. In the coming months, residents of Okanagan Falls will be heading to the polls to vote for a new mayor and council. Although the current status has not been publicly released, it has been confirmed that the report and recommendation from the RDOS has been submitted to the Ministry of Municipal Affairs.

It has been shared that the process of completing the Letter of Patent is taking longer than originally expected. Since Sun Peaks became the last community to incorporate over 12 years ago, various government acts, regulations, and First Nations engagement processes have been updated. These changes must be reviewed and included in the drafting of the Letter of Patent.

An election may be scheduled as early as this fall, although a delay until the spring of 2026 - or possibly until the general municipal election in October 2026 - is possible. This decision will be made solely by the Ministry of Municipal Affairs.

Anyone considering running for office should be aware that specific rules and regulations must be followed. These are outlined by the Ministry of Municipal Affairs and Elections BC. Proper due diligence will be required by all potential candidates.

More information, including official requirements, campaign rules, and nomination procedures, can be found online:

- Province of BC - Local Elections Hub: Visit www.gov.bc.ca and search "General Local Elections" or "Running for Local Office".
- Candidate's Guide to Local Elections in BC: Available as a PDF through the Ministry of Municipal Affairs.
- Elections BC: Provides detailed guidance on campaign financing, advertising, and disclosure rules.

Thank you and have a good summer.

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Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



Something a little different to talk about and celebrate this month is on August 17th, which is Black Cat Appreciation Day. According to WinCalendar.com, Black Cat Appreciation Day is an annual event celebrated in Canada to raise awareness about the positive characteristics of black cats and encourage their adoption. The day aims to debunk common myths and superstitions surrounding black cats, such as their association with bad luck and witchcraft. Instead, the event highlights the adorable, playful, and loving nature of black cats.

The history of Black Cat Appreciation Day dates back to 2011, when Canadian animal rescue groups and shelters initiated the movement to promote black cats' adoptions. These organizations saw a disproportionately high number of black cats in their care that were overlooked by potential adopters, due to outdated fears and superstitions. To counteract these misconceptions, they created an awareness day to celebrate black cats and make people aware of their excellent adoption qualities.



Since then, Black Cat Appreciation Day is celebrated every year in Canada and has gained popularity among animal lovers worldwide. Many rescue organizations have joined the event to promote black cat adoption, educate people about cat behaviour, and share success stories of people who have welcomed black cats into their homes. Black cats are not only beautiful, but great companions, and this day serves as a reminder to appreciate them and give them a forever home.

Black Cat Appreciation Day is observed annually on August 17th.

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Helpful Travel Tips Continued ...

By Vi Creasey

Tip #8 ~ "FlightAware" is the best free phone app for the status of your flight. It will often tell you about delays hours before the airline will. Added Tip: use FlightAware to check whether your plane has even arrived at your departure airport.

Tip #9 ~ It is always colder at night than you think it should be, especially in the tropics. Pack a layer no matter what.

Tip #10 ~ The Google Translate app for your phone is seriously good, and free. It will translate voice, text, or script to and from 250 languages. Use for deciphering menus, signs, talking with clerks, etc. It is often a lifesaver.

Tip #11 ~ The advantage of a cruise is that your hotel travels with you, so you unpack only once. It is especially useful for small groups, because it eliminates the eternal negotiation of deciding where to eat.

Tip #12 ~ These days it is mandatory that you are connected. Get either a sim card or e-sim for your phone for your visiting country. E-sim apps (such as Airalo) can be loaded by yourself virtually. Sims and e-sims are also sold at most international airports when you exit. Most are reputable. Added Tip: turn off your photo and video cloud backup while on the sim to reduce data usage.

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I am staying at the lovely Bed and Breakfast Bosley's in Penticton. My two sisters and I are here on a scouting mission to find those special families that are looking for an energetic, mischievous, and loving lifetime partnership! Come down and have a meet and greet with us and see if we can fill that gap in your household! alleycatsalliance.org
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What Is Absorption Rate And Why Does It Matter

By Sergej Sinicin of neuHouzz Real Estate Group



With so many FOR SALE signs popping up everywhere, you might get the impression that we're currently in a buyers' market - meaning more listings being offered than sold. However, if you remember, in May I wrote an article that a Buyer's Market versus a Seller's Market isn't just about inventory, it's about Absorption Rate. Let me explain a bit more about this indicator, so we can find out what market we're really in.



What the Numbers Say in the Okanagan ~ Absorption Rate is a key real estate metric that measures how quickly homes are selling in a given market. It's calculated by dividing the number of homes sold in a month by the total number of active listings. The result shows how much inventory would be absorbed at the current pace if no new homes were listed. As a market indicator, it helps classify the conditions as a buyer's market, a balanced market, or a seller's market.

According to the Association of Interior REALTORS® the Central Okanagan (incl. Penticton, Summerland & Oliver) had the following absorption rates:

- April - 446 units sold out of 4,222 active listings equals 10.57%
- May - 477 units sold out of 4,448 active listings equals 10.73%
- June - 458 units sold out of 4,526 active listing equals 10.12%

An absorption rate between 10-20% typically defines a **BALANCED MARKET** - one where neither buyers nor sellers hold significant negotiation power. Though I see some signs of that middle ground, our current market **FEELS** like a buyers' market, because buyers have a lot of solid choices. **BUT**, the demand for homes remains robust enough to allow for strong negotiations.

Why It Matters ~ So how does all this data relate to your situation? Because it determines the best way to properly market your home.

- **Pricing Strategy:** In a balanced market, correctly pricing your home is essential! I can't overstate this enough. If you overprice your home, you significantly increase the risk of extending the time on the market. Once you've gone past the

first few weeks of attention, equally desirable but lower priced homes may come onto the market, and it will be tougher to compete.

- **Marketing Approach:** With lots of new listings going up, your property **MUST** stand out. There's a reason we go all-in on staging, presentation, professional photography, video, 3D tours, and an in-house marketing professional for social media strategy. For me, this is non-negotiable.
- **Negotiation Position:** A balanced absorption rate means there's room for negotiation, but it's not a desperate seller's market. As a REALTOR®, knowing the market rhythm and utilizing my negotiation skills, I can help optimize your terms and price outcome.

How I Can Help You Navigate This Market ~ As your local South Okanagan REALTOR®, here's how I can leverage the absorption rate to your advantage:

- **Smart Pricing** - I offer a customized Comparative Market Analysis (CMA), factoring in current absorption data, so your home's list price attracts qualified buyers from the start without sacrificing value.
- **Targeted Marketing** - I use a multi-channel marketing strategy to be visible on MLS, social media, email, and print, so we can highlight your home in local and out-of-province markets.
- **Strategic Timing** - I interpret monthly shifts in absorption rate to determine the optimal time to list and to anticipate market adjustments. I will ensure that you're positioned properly to pique buyers' interest.
- **Strong Negotiation** - I will protect your interests whether through negotiating price, conditions, or closing timelines, because the current market may be balanced, it's also competitive.

In Summary ~ Absorption rate is more than a statistic - it's a real-time truth-teller of market conditions. The Okanagan absorption rates are showing that we're currently in a balanced landscape leaning slightly in favour towards buyers. This means homes aren't flying off the market, but they are moving! This brings **OPPORTUNITY** and **RISK** for sellers, but with accurate pricing, standout marketing, and an active negotiation strategy, I can help you sell confidently and competitively. Reach out for a free consultation today and let me tailor a winning strategy for you. Call 778-764-1373.

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Ask Cheryl ...

By Cheryl Snyder, RTC, MRT

Hello August. Already our final month of summer. Phew, where did that go? Is it me or the older I become the sooner time flies? LOL. Thank you once again for the many questions flowing into the "Ask Cheryl" column. I have received many meaningful questions with dedicated concerns. I'm happy to receive feedback to all, and have done my very best to answer everyone's questions. If I missed you somehow, please feel free to resubmit your question. If you've had any problems getting through for a booking, please feel free to text my number or email. Info at the end of my column.

Anonymous asked: "I feel lost sometimes with my daughter who is 12 years old and her lack of motivation. I'm not sure if it's counseling or medicine she may need. Her older sister wasn't like this. It's disturbing to watch her as possibly being depressed."

Thank you for this most important question. At Your Wellness Journey, we often receive questions that delve into nuanced aspects of mental health, particularly regarding our youth. This question is particularly important, as motivation is a key driver of self-esteem, learning, and overall well-being in adolescents.

Firstly, it's crucial to understand that periods of low motivation in youth can stem from a multitude of factors, including developmental changes, pressure from school, social dynamics, or even underlying mental health issues. As adults, we may unintentionally dismiss these feelings, attributing them to typical teenage angst or laziness. However, acknowledging the emotional and psychological landscape that youths inhabit is fundamental.

To start, engaging your daughter in open conversations about her feelings is vital. This dialogue allows her to express her thoughts, identifying potential stressors and sources of her demotivation. It's essential to approach these discussions with empathy and understanding, which can help build trust and openness.

Establishing a routine can also be beneficial. Youth thrive with structure, and having a predictable schedule can help them feel more in control and capable. Incorporating small, achievable goals can lead to a sense of accomplishment that begins to reignite motivation. Celebrating these small wins reinforces positive behavior and encourages further efforts. There is a great deal of learning and adjusting that is happening at all times and sometimes when the task feels attached to the outcome which is attached to the self esteem, its difficult to discern for any child. They have not established the appropriate skills to navigate the thoughts in entirety to perceive the outcome. It may be as simple a task as folding their own clothes and putting them away. Inside their ever busy brains they are computing constantly!

Additionally, integrating activities that stimulate interest and passion can significantly aid in motivation. Whether it's joining a new club, exploring hobbies, or engaging in sports, encouraging the youth to pursue their interests can foster enthusiasm and drive. And as not only a counselor, but as a mother and grandmother, we all know how critical thinking and building life skills is at its all time low due to AI, IT, cell phones, video games, etc.

Now, regarding the question of antidepressants for a twelve-year-old, it's critical to approach this with care. Medication can be a vital aspect of treatment for youth experiencing significant barriers to their daily functioning, especially if they are diagnosed with moderate to severe depression. However, prescribing antidepressants for young individuals should always be approached cautiously and as part of a comprehensive treatment plan that includes therapy and lifestyle changes. I work with many doctors and therapists that agree that would be the last intervention as proper connection, but is one that certainly can be looked at with your GP, especially in the case of severe behavioral changes. Research indicates that youth can respond differently to medications, and the risk of side effects needs careful consideration. Therefore, any decision regarding medication should be made collaboratively between parents, healthcare providers, and the involved youth, ensuring that all voices are heard and valued. Ultimately, fostering open communication, creating a supportive environment, and considering all treatment options - both therapeutic and medicinal - are key strategies in helping youth navigate their motivation and mental health challenges. As we guide each individual on their wellness journey, remember that every step taken - no matter how small - can lead to greater understanding and healing. Let's continue to advocate for our youth by standing by them and being part of their journey toward a motivated and fulfilling life.

Anonymous asked: "I've read on your website you know about Narcissism Disorder, can I ask you about this?"

Yes, I do know about this personality disorder and I'm happy to answer you. It's a very huge, not so clear, subject matter. I can attest to being on the lighter side of my own healing journey and am proud to be a certified Narcissistic Personality Disorder practitioner, and will support everyone whom is living in this state of affair in their lives. I can help you gently and clearly understand narcissism - whether you're dealing with someone you suspect is narcissistic, trying to heal from narcissistic harm, or wondering how it affects your own relationship patterns. It is a very deep subject for this column. Thank you for reaching out about this and I look forward to meeting you anonymously.

I will highlight 3 areas: 1) Understanding of Narcissism, whether its a personality disorder(malignant or benign), traits, and how it shows up in marriage, grief, relationships, employment, etc.; 2) Tools for Coping - setting boundaries - I teach how to use your body as a barometer to discover irrational or rational fears, communication strategies, and self protection and self healing mechanisms; and 3) Learning healing modalities - building confidence, journaling, affirmations, understanding narcissistic wounding, etc.

This answer only lightly brushes the topic of this personality disorder and to judge this without knowing or meeting the person in question of this disorder will never be anything I diagnose. I assist and support the person that sits before and with me to find connection in 'Your Own Healing Journey' not that of anyone else.

Thank you all again for all the inquiries and for booking with me at Your Wellness Journey. I look forward to all the upcoming questions and am grateful for any support I may be able to offer. Please send all inquiries to: cherylsnyderccc@gmail.com or 250-574-8972.

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Migraines: The Diet Connection

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

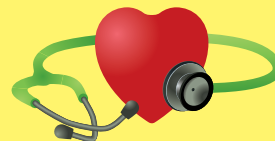


As any migraine sufferer knows, these painful "attacks" are more than just run-of-the-mill headaches. They are usually accompanied by any combination of throbbing, pulsating, one-sided head pain, light and/or sound sensitivity, nausea, vomiting, vision changes, and auras. It is estimated that over 3 million Canadians are migraine sufferers and that the total direct and indirect costs to society range in the billions annually.

This syndrome occurs twice as often in women as in men, and is most often experienced in the age group between 15 and 55. This is the 3rd most prevalent and 6th most disabling illness worldwide as per the World Health Organization statistics. Most often, these attacks occur at a rate of 1-2 per month, are completely debilitating in 1/5 people with migraines, and interfere with normal functioning in 9/10 sufferers.

A recent study concluded that diet is a potent trigger for migraines and a certain eating style can reduce migraine frequency and severity significantly. This low-carb: higher natural protein and fat: intermittent fasting diet stabilizes blood glucose fluctuations (which occur on a high carb diet), as well as increasing ketone production. Ketones are fat breakdown products which can be used as an efficient energy source by our cells instead of glucose. Ketones positively affect the migraine pathways in the brain by several mechanisms. They act as signalling molecules whereby they increase a neurotransmitter called GABA and decrease another called glutamate. This causes brain excitability to be lowered. Further, ketones are an ideal fuel for our brain cells and are strongly anti-inflammatory. They also trigger our cells to produce more mitochondria, the fuel burning and energy-producing centers in our cells. This all produces an improved metabolism leading to increased energy, more stable moods, clearer thinking, and better gut, liver, and microbiome health.

This diet involves avoiding high carbohydrate foods and processed foods such as any baked goods, bread, sweets, packaged food, industrial vegetable oils, chemical additives, and grains of any sort. It simply consists of meat, poultry, pork, seafood, fish, eggs, dairy, certain raw nuts, avocados, coconut, olives, and veggies grown above ground. The healthy fat portion is higher than a typical diet and the carbohydrate portion is very low. The idea is to eat protein and fat to satiation, and keep carbohydrate levels below 20-50 grams daily. This can be done by sticking to low carb vegetables grown above ground. The website www.dietdoctor.com is an excellent resource for this style of eating and for aiding in keeping carb levels low. Eating less often is another important component of this type of eating. Rather than eating every 2-4 hours, it is healthier to eat 1-2 meals daily which allows the body to detoxify, regenerate, and achieve metabolic stability and flexibility. Not only



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is this better for health, but it is very freeing to be less *controlled* by appetite and the perceived need to eat frequently. Once adapted, hunger dissipates since we can burn our own stored body fuels. Staying well hydrated between meals is also essential for optimal health and biochemical balance.

Although other factors contribute to migraines, such as hormonal shifts, stress, vitamin and mineral deficiencies, and allergies, it appears diet is the largest causative factor. Modern foods are a contributing factor in every chronic illness, and primitive foods such as those that can be hunted and gathered locally protect us from disease. This style of eating can be mimicked in modern life by consuming mainly pasture raised and wild animal products and wild seafood, whole organic vegetables, and natural fats and oils. Factory made food does not nourish and protect in the way that natural, wild food does.

For more information on managing migraines and other debilitating illnesses, call Dr. Tamara Browne, ND at 250-497-6681 or visit www.drmarabrowne.ca.



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Need Medical Equipment?

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



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July has been an exhilarating month bursting with colour, energy, and unforgettable moments at our Summer Reading Club events!



We were spellbound by Leif David's magical performances, discovered the stealthy secrets of what it takes to be a ninja, cuddled up with some adorable furry friends, and let loose dancing to the rhythmic beats of live drums. And just when we thought it couldn't get any better, we ended the month with an epic carnival full of laughter, games, and prizes. But wait ... the fun isn't over yet! What's next?

August is here - let's beat the heat with some cool fun!

Chill out with Lego Bingo - build, play, and win! Need a boost to finish your reading log? Join our Junior Book Club and dive into the wild, hilarious adventures of Sparky and his magic bone! Get crafty with weekly Take & Makes - new projects, new creativity!

Need more info? Pop into the Okanagan Falls Library - we've got all the answers you're looking for! Plus, there are prizes to be won! Attention, grown-ups! Summer isn't just for the kids. Your favourite library programs are still here, keeping your summer smart and satisfying. Don't worry - your favorite programs are still going strong!

Book Club ~ August 16 from 1-2 pm. New members are always welcome! For details on how to join, contact the Okanagan Falls Library.

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.

Special Thanks to all the patrons who completed the survey. We really appreciate your feedback.

Submitted by Artessa Wiker, Okanagan Falls Community Librarian

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

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

Kaleden Branch Summer Reading Club programs got off to a magical start last month, as award-winning performer Leif David dazzled and amazed the crowd with feats of prestidigitation that left the audience wide-eyed and cheering!



Next in the line-up, Conner Wright had children shaking their crafted tambourines, and pounding in unison on coffee-can drums, resulting in a lively exploration of rhythm and sound!



July 12 found us celebrating with the community at Pioneer Park for Kaleden Community Day, where contestants attempting our "Wheel of Reading" challenges won a cool ice-pop treat. Who knew that reading the Dr. Seuss books "Fox in Socks" or "Green Eggs and Ham" as fast as possible was so tricky?



Stay tuned to read about our last two in-branch SRC programs in next month's Skaha Matters!

Kaleden Branch SRC Programming for the month of August will be **"Beat the Heat - August Take & Makes"**. **Thursdays starting July 31 - August 21** drop in to the branch to pick up a take and make package, along with an activity sheet to complete to get an entry into the Book Prize Draw for the following week. Don't delay, because these popular take and makes are available **WHILE SUPPLIES LAST!**

Submitted by Judy Komar, Kaleden Community Librarian

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

As we take this time to rest and recharge, we're also feeling inspired by all the incredible moments we've shared throughout the year. We're truly grateful for the strong connections we have with our community partners in Okanagan Falls.

There are a few special moments from June we'd like to highlight. The Okanagan Falls Legion generously recognized our students with awards for their entries in the annual poster and poem contest. Bullies Pizza also helped brighten the month by presenting several students with awards from their colouring contest. A heartfelt thank you to both partners for helping make the end of the school year even more memorable!

Our office will reopen on **August 25th from 8:00 am - 3:00 pm**. If you're registering your child for a new and exciting adventure at OKFE, feel free to stop by during office hours or give us a call to arrange a tour. Our first day back will be **September 2nd from 8:27 - 11:00 am**. We look forward to welcoming both familiar and new faces soon!








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Kaleden Bursary

By Glenda Livolsi

The Kaleden Bursary Fund provides financial assistance to students residing in the Kaleden area (including Twin Lakes, White Lake Road and St. Andrews-by-the-Lake).

The bursary recipients for 2025 are: Max Hammersley, Ryder Johnson, James Mohoruk, Emilee Parr, Hudson Ralph, Ludwig Samberger and Seth Waterman. Congratulations to all! The Kaleden Bursary Committee wishes everyone all the best as you embark on your next adventure.

Former bursary recipients are beginning to define their roles in our community by helping to grow the fund through their own donations. Alumni understand the financial pressures of pursuing post-secondary education and how financial support can make a BIG difference to a student. Committed alumni would like the youth of Kaleden to be supported by a caring and thriving community. Support this tradition and join the ranks of those who "paid it forward". When people give back, we all benefit.

Thank you to all who have supported the Kaleden Bursary Fund with generous donations from individuals, families, businesses and community organizations.

For more information on donating to our Kaleden Bursary Fund, please contact Mike Gane at kaledenbursary@gmail.com.



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HUB**
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New To Kaleden?

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

A Sky Full Of Shooting Stars

By Tom Landecker

What is a shooting star? What we see on a dark night is a momentary flash of light that crosses the sky. That event has nothing to do with stars, and even less to do with shooting! The Earth, moving in its orbit around the Sun, runs into a tiny fragment left over from the origin of the Solar System. The tiny piece, the size of a grain of sand, enters the Earth's atmosphere at a speed of about 30 kilometres per second, the speed of the Earth's orbit around the Sun. Collisions with the atoms and molecules of our atmosphere heat the incoming piece until it burns, and we see a flash of light. On any dark night you can see one shooting star every ten minutes.

In mid-August, the Earth predictably runs into an extra dense cloud of tiny pieces, the debris of a comet that passes through the Solar System once every 34 years. For a few nights, we can see as many as one shooting star every minute. This is the Perseid meteor shower.

On Thursday, August 14th, the Observatory grounds will be open to give you a front-row seat at this spectacle. Gates open at 7:00 pm. From 7:30-9:00 pm we will be presenting talks telling the story behind the sights you will see, and talks on other science topics. Until 11:00 pm, you can enjoy the view from the lawn. Local amateur astronomers will be there, their telescopes ready to show you interesting things in the sky. Come and renew your acquaintance with the stars! Bring a lawn chair and a blanket.

If you can't come to the Observatory that night, you can see the meteor shower quite well from any dark place, away from house lights, street lights, and city lights. Allow 20 minutes for your eyes to fully adjust to the dark, and relax. There is no special direction to look, the shooting stars will be all over the sky. Binoculars and telescopes don't help with this event, nothing is better than your eyes. The event is the "Perseid" meteor shower, because all the shooting stars seem to emanate from the constellation of Perseus (towards the North), but it's better to look away from Perseus rather than at it.

As you gaze at this natural spectacle, think about its deeper significance: you are watching the same process that built the Earth five billion years ago. It was faster then, but it's still going on, day and night. Each day the Earth sweeps up about 30 tons of new material, about three large truck loads. Come to the Observatory on August 14th to learn all about it.

Interesting websites:

- www.rmg.co.uk/stories/space-astronomy/perseid-meteor-shower-guide-uk-when-where-to-see
- www.space.com/32868-perseid-meteor-shower-guide.html
- chime-experiment.ca

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

NRC-CNRC

Perseid meteor shower viewing

Public event • Thursday, August 14, 2025

Free admission

7:00 p.m. – Gates open
7:30 p.m. – Talks
9:30 p.m. – Stargazing
11:00 p.m. – Gates close
Bring a lawn chair or blanket
Optical telescopes provided by the Royal Astronomical Society of Canada – Okanagan Centre

Location

Dominion Radio Astrophysical Observatory
717 White Lake Road, Kaleden, B.C.


For more information

250-497-2300
NRC.DRAO-OFRCNRC@nrc-cnrc.gc.ca
canada.ca/nrc-astronomy

Talks

Jeanette Merrick: Cosmic landscaping and habitat relationships
Robert Embree: Building the cell buster
Dr. Mohammad Islam: Tuning the cosmic CHORD: Antenna verification for precision radio astronomy
Dr. Alex Hill: What is Perseids?



 National Research Council Canada
Conseil national de recherches Canada

Canada



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PENTICTON & DISTRICT COMMUNITY ARTS COUNCIL

Exhibitions, artist studios, workshops, drop-ins, and more. Let's get creative!

pentictionartscouncil.com 250.492.7997

Exhibitions & Coming Events

The Pentiction & 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.



"A Saree for the Soul" by Raj Jain

The Pentiction 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 our website at www.pentictionartscouncil.com.



The shop friends recommend
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250.276.6257 | 1450 Clark Ave, Pentiction



Okanagan Falls



Epic Obstacle Course Day

Drop-Off and Pick-Up:
Okanagan Falls Recreation Centre
1141 Cedar Street

Location:
Okanagan Warriors Adventure
on Marron Valley Road

When:
Tuesday, August 19

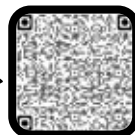
Time:
8:00 am - 3:30 pm

Ages:
10 to 16

Cost:
\$55

Transportation is provided
Registration Required

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



Adventure Awaits - Are You Ready to Rise? Join us for a day of action and fun, starting with indoor training to sharpen skills, followed by an outdoor obstacle course at OWA to test strength and teamwork. End the day with a choice of beach time or indoor games and celebration.
One day. One quest. One epic rise.

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



Epic Obstacle Course Day Hosted By RDOS Recreation

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

Get ready for an action-packed adventure that will challenge your strength, sharpen your skills, and ignite your team spirit!

Join us on **Tuesday, August 19 from 8:00 am - 3:30 pm**. The day begins at the **Okanagan Falls Recreation Centre**, where participants will dive into **Shinobi-style indoor training** - agility drills, balance challenges, and ninja-inspired moves to get the adrenaline flowing and the muscles warmed up.

Then, it's off to the real challenge! A private bus will transport the group to **Okanagan Warriors Adventure (OWA)** - a premier outdoor obstacle course designed to test courage, coordination, and teamwork. With the guidance of a **professional instructor**, kids will safely tackle epic challenges, conquer towering walls, and work together to overcome every obstacle.

After the adventure, the bus returns to the Okanagan Falls Recreation Centre where the fun continues with a choice of **chill beach time or indoor games** - the perfect way to wind down after a day of epic feats.

We're committed to providing a safe, supportive, and fun environment for every participant aged 10-15 years of age.

Spaces are limited and registration is required.

Kaleden Community Day Recap

By Rick Johnson

The fourth annual Kaleden Community Day took place in Pioneer Park on Saturday, July 12. The full-day event brought together residents and guests for a wide variety of activities and experiences. While it broke its own attendance records, this year's event was also the most efficiently run, as many participants were returning and knew exactly what to do.

As in previous years, the day began at Pioneer Park with a pancake breakfast prepared and served by the Kaleden Community Church. About 300 people gathered for pancakes, then explored the various booths set up throughout the park. Kaleden welcomed MP Helena Konanz, MLA Donegal Wilson, and RDOS Area "I" Director Subrina Monteith, along with representatives from the Kaleden Community Association, Okanagan Regional Library, Okanagan and Similkameen Invasive Species Society, BC Bats, FireSmart, RDOS Protective Services, and the Kaleden Volunteer Fire Department. Local artisans also showcased their creations in a pop-up art gallery. Youngsters were delighted by the bouncy castle, courtesy of neuHouzz Real Estate, and the chance to ride up in the bucket with Yee's Trees.



Over twenty classic cars and trucks lined the park, giving onlookers serious vehicle envy. The fire department's brand-new truck led the convoy on a tour through the community. At noon, Doug's Homestead sponsored a BBQ lunch for the fourth consecutive year, supported by Kaleden Petro Canada and Belich's AG Foods. Approximately 240 hot dogs and smokies were served in under 40 minutes, as the seasoned volunteers demonstrated how efficient things have become after four years. Tickleberry's also contributed free ice cream, this time pre-scooped in paper cups - making the three tubs disappear faster than ever. Meanwhile, up at the firehall, Chief Tony and his volunteers carried on the tradition of pushing the new fire truck into the hall before enjoying some well-earned cake.



In the afternoon, things slowed down as many people sought shade or a dip in the lake, but the park remained lively. The new volleyball net was a hit, and the basketball court stayed busy throughout the day.

At 5 pm, the open mic gave a few locals a chance to perform for the crowd, which steadily grew in anticipation of the 7 pm main event. Johnny Carwash and the Desert Dawgz made their Kaleden Community Day debut, playing three energetic sets as the sun went down and the night came alive.



Overall, the event was a tremendous success. While it received a grant from the Community Foundation of the South Okanagan Similkameen, it also thrived thanks to the generous support of local residents and businesses. The day continues to showcase Kaleden as a remarkably gifted community filled with talented, dedicated people. It was wonderful to see so many people connecting and enjoying themselves.

Kaleden Community Day takes place on the second Saturday of July. In 2026, the fifth annual event will be held on July 11.

For more information, visit: kaleden.weebly.com



Kaleden Museum

By Mike Gane

Kaleden Community Hall - Part 2 of 2

One of the early settlers to Kaleden was Eustace Nigel Maule Vernon. He was sent to Kaleden in 1928 as an agent for the Kaleden Estates Company. This company was the new owner of the almost 250 acres of orchard that had been abandoned during the First World War. It was made up primarily of the past owners of the property who were looking to recoup some of their losses by revitalizing and then selling off the orchards.

Starting in 1929, Mr. Vernon began replanting, tending, and selling the orchards, and much of the land north of Lakehill Road was planted under his direction. He managed to sell most of the acreage over the years, and he remained as manager, sales agent, and an active community member until he died in November 1943.

He had lived in a small home on a five-acre orchard which he had purchased and planted himself just south of the present Petro-Can Service Station on Highway 97. When Mr. Vernon passed away, he left his home and orchard to the Directors of the Kaleden Co-operative Growers Association "In Trust", to use the income therefrom for the erection of a strictly non-sectarian community hall at Kaleden, and when the said community hall has been built and paid for, to retain out of the income from the said lot One Hundred and Forty-seven (147) the sum of One Thousand Dollars (\$1,000) per year to be used in maintaining and furnishing the same.

Anyone familiar with the fruit industry will realize that it would have taken numerous years of superlative harvests to have accumulated anywhere near enough money to build a community centre; but what his gift did was provide the financial stimulus and the inspiration for the idea.

By 1949, with a few dollars in hand, the community decided to push ahead and at least start to build. The packinghouse had moved to the waterfront when the railroad came through in 1932, so the empty lot at the corner of Lakehill and Linden was available and donated by the Kaleden Cooperative Growers Association. John Robertson, a member of a local family and an architect, volunteered to draw up plans for the building.

At a November 21, 1949, meeting of the Kaleden Community Centre, a discussion was had on labour for the building of the new community centre. It was suggested that two-day shifts be arranged and that high school students would be organized for Saturday shifts. On February 10, 1950, the president (F.W. King) reported at a meeting on the progress of the building to date. Total outlay to date was \$7500 with an approximate finished cost of \$10,000. A discussion was had on funding the building as an expected shortfall of \$5000 was expected. The Hall committee set up a special finance committee to issue debentures in the amount of \$5000. Aside from the contractor, Harry Fortin, there were no labour costs. F.W. King and George Robertson Jr. worked full time during the spring and summer of 1950 and other members of the community chipped in whenever called upon or, more importantly, would send over their entire orchard crew upon request. This is particularly amazing when you take into consideration that 1950 was the year of the largest apple crop ever produced in Kaleden, and orchardists were run off their feet trying to keep up.

Further meetings of the Kaleden Community Centre Association were held during 1950, with the dollar amount of debentures to be raised increased to \$7000. These debentures were issued in June of 1950. Penticton building supply houses and hardware merchants were approached and happily provided many materials at cost. Discussions were had during 1950 regarding the purchase of items for the Hall such as chairs (at \$3.95 each) and curtains for the stage. Bylaw #1 was passed and that was for a \$1.00 annual fee to be a member of the Association.

All photos shown below are from the Estate of Ron King.



By fall, the building was finished to the point of being useable. 1950 was the year of the bumper crop of apples. A motion was passed to store apples in the hall, as all storage facilities were full! Also, boots with exposed metal parts were prohibited from the hall. Now, we prohibit shoes that mark the floor!

In those early days, a caretaker actually lived in the Hall during the colder months. Heat was provided by a wood fired furnace (surplus from Vernon Army Camp), so someone had to be on site during those cold times of the year to "keep the heat on". Ted Gane modified the furnace with an oil burner in the 1960s, so a caretaker was no longer required to "keep the heat on".

The property donated by E.N.M. Vernon was later sold and the capital covered the loans and provided for major improvements. Few community centres can boast of being built so inexpensively or with so much citizen involvement.

The Hall was run by volunteers under Kaleden Community Centre Association and Kaleden Recreation (Kal-Rec) from its inception to when volunteers no longer stepped up.

The Okanagan Regional Library is currently housed at the Hall. Before this, it was housed at the school, and the School Board did not want it there. Again, this community rallied, debentures were issued, and the new library was built at the Hall. This sounds like another story ... the various places the library has been housed in our community!

Over the intervening years, many improvements have been done: new pitched roof to replace the original flat roof; addition to the side that currently houses the office. This room was originally designed as a meeting room, so the hall would not have to be heated. It has housed card nights, a play school, and the museum at one point; the parking lot was paved; upgrades to the kitchen; the interior finish of the hall was removed and the original sawdust insulation removed, and "modern" insulation installed. The roof cavity was also insulated; lighting upgrades; and floor refinishing.

The hall is owned by our community under the Kaleden Community Association and is currently leased to the RDOS.

The hall is now dedicated to the memory of E.N.M. Vernon in recognition of his generous gift.

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

“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.

Canada Day In Okanagan Falls



On behalf of RDOS Recreation, thank you to everyone that attended the Canada Day Celebration in Kenyon Park. Everyone enjoyed the BBQ lunch, cupcakes, bounce castle, crafts and bike parade, while celebrating our National Holiday together.

A sincere thank you to Chief Clarence Louie, MP Helena Konanz, Area “D” Director Matt Taylor, Neuhouzz Real Estate Group, Okanagan Falls Lions Club, along with Lindsay, Miles, Jay, Myleen, and Lance. Thanks for all your hard work in helping build community spirit on Canada Day! See you all next year!

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

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. Check out our new website at www.okfallsseniorscenter.ca. Follow us on Facebook at “Okanagan Falls Seniors Center”.

Congratulations to the basket winners - Carolyn Fisher & Pat Mackle. We have a library and puzzles to loan out when the center is open. **The center is closed to all for August**, as the floors are being refinished. All our regular activities will resume in September.

Pancake Breakfast ~ Returning Saturday, September 6

General Meeting ~ Monday, September 8

Booking Agent ~ Call Heather 250-497-1171



Branch 227
Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

Legions In The Community ~ As a cornerstone of the community across the country, we provide the central services and support to Veterans affairs, youth and those in need.

THANK YOU TO ALL THE VOLUNTEERS THAT KEEP OUR DOORS OPEN!

OPEN Monday-Saturday from 2 pm to closing. Open Sundays at 11 am for pool day. So, come check them out or join in the fun. Everyone welcome!

Line Dancing ~ Tuesdays and Thursdays at 9 am. \$2 drop-in. Held at the band shell across the street in Centennial Park. If not at the band shell, then on the second floor in the Legion.

Wednesday Car Show ~ The cars start rolling in at 3 pm. Food is available from 4-6 pm. Burgers, fries, onion rings and huge hot dogs will be available. Come check out the cool cars!

Meat Draws - Fridays at 5 pm & Saturdays at 3 pm ~ THANKS TO OUR LOCAL BELICH'S AG FOODS! All profits are donated to local and surrounding programs and charities.

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

Pancake Breakfast ~ Sunday, August 17 from 8-10 am. \$10 for adults, \$5 for kids, and under 3 years are free. Everyone welcome!

General Meetings ~ Monthly meetings will resume in September.

Membership ~ Members cards or stickers are at the Branch. Please ask the bartender.

Bottle Returns ~ Drop off cans and bottles by the garage door at the Legion. Thank you.

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

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

We are a Small Legion with a Big Heart!

Meet SGT. (R) J. Mickey CD.



I started my career on April 11, 1969 and I retired on June 11, 1989.

My career consisted by being posted to Work Point Barracks, Queens Own Rifles, then P.P.C.L.I. Airborne Company in Victoria, BC. After 7 years in the Infantry, I was remustered to the Military Police and worked at Naden Naval base in Victoria, BC in the narcotics division.

My postings and exercises we're conducted as follows:

Norway; Cyprus; Beirut; Kingston, Ontario; Germany; Warsaw, Poland for 3 years during the Cold War; Prince George, BC; Calgary, Alberta; Germany again; and S.I.U.



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.



Okanagan Falls Lions Update

By Bob Wilson, Past President

Once again, greetings everyone! We hope you are enjoying the summer and the music - good thing the weather hasn't been hot or anything. Three shows down and three to go for Music in the Park this summer. Join us on August 3, 17 and 31. The Lions Club "Cookies & Ice Cream" venue has been successful so far and is really helping the club to meet our needs for our project support in the community. The entertainment line up has been great and people are dancing in the park. Thanks very much to all who have attended in July and will be attending this month. Your support over the last 10 years for this event (missing the Covid years of course) has been great.



Lion "Sammie" at Music in the Park on Canada Day with Ice Cream Sandwiches.



Okanagan Falls Lions Club Members at Music in the Park on July 20th.

Other than the preparation and setting up every couple of weeks for Music in the Park, our club activities have been fairly quiet and will be until the breakfast program starts up again in September. We all need a little time to take a break and summer is the perfect time to do so.

Not much more to report for now, except to once again thank all the people who belong to our club and the time that they freely give to Lions projects and activities. Enjoy the remainder of your summer and stay safe and healthy ... 'til next time ...

Blood, it's in you to give! The next Blood Donor Clinics will be held August 25-28 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 starting again in September. Come and join us and see what we are all about. If you have any questions, please call 778-439-2275. Visit www.e-clubhouse.org/sites/okfalls/ or www.facebook.com/okanaganfallslionsclub.

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Straight Razor Shave	\$50
Head Shave with Straight Razor ...	\$45

MENSWEAR

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#1 - 5350 Highway 97 Okanagan Falls 778-515-1313

OK Falls Heritage & Museum Society

By Sue Wazny

The Thrift Shoppe and Museum have seen a lot of seasonal visitors come through, as well as our faithful locals. We opened up all the buildings for Canada Day and had a steady stream of shoppers and Museum viewers.

We have a new exhibit! Part of the Kenny McLean room has been repurposed for the Okanagan Falls Fire Department exhibit. We had donations made by the family of the late Chief Robert Haddow, the first and longest serving Fire Chief. Come by and see "him" in his dress uniform, holding his infamous gavel. The Museum and Bassett House will only be open until Labour Day weekend.

We will be having "blow out" sales at the Thrift Shoppe this month, where all clothing and shoes will be 50% off. Watch our Facebook page for more details!



Thrift Shoppe

Now Open 10-3 Wed-Sat

250-497-7047

Okanagan Falls Heritage & Museum Place - 1145 Main St



South Skaha
Housing Society

South Skaha Housing Society Update

By Michael Livingstone, SSHS Chair

We're pleased to share that our available two-bedroom unit has now been rented. This means one more household will either continue to enjoy living in Okanagan Falls or discover for themselves why we love the lifestyle and sense of community our town offers. Thank you to Myleen and Skaha Matters for giving us the chance to share this update.

As for Phase 2 of our project, work is ongoing behind the scenes. Progress is being made, and while we're not quite ready to announce a start date, we remain hopeful that before long, we'll finally be able to celebrate putting that proverbial 'shovel in the ground'.

We truly appreciate the patience and support of everyone who has been following along with our journey. Stay tuned, and thank you for your continued interest and encouragement!

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

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

Okanagan Falls United Church

Sunday Service at 9:00 am ~ Speakers: August 3 - Sarah Tupholme; August 10 - Rev. Liz Bowyer; August 17 - Rev. Dr. Donald Schmidt; August 24 - Rev. Paul James; and August 31 - Rev. Laura Turnbull. Coffee fellowship following the services.

More information available 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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www.nunes-pottinger.com
info4@nunes-pottinger.com
Phone: 250-498-0167 Fax: 250-498-0166

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.

Clean Out Those Cupboards & Closets!

By Cheryl Best, Canadian Food for Children

Now is the time to get rid of all those clothes that don't fit, the linens and towels that are looking worn, those kitchen utensils (not glass) not being used, the half-used candles, along with the stuffies and sports equipment the children have outgrown. Don't forget the shoes that are filling the closet and last year's school items that didn't get used or are gently used. Remember to put in that plastic picnic tablecloth as well. Box or bag up the items and drop them off at **Canadian Food for Children #101-165 Okanagan Avenue**.

We are a non-profit registered charitable organization. We send items overseas to the poorest of the poor in our world. We are **open Tuesdays and Thursdays from 9-2**. Come in for a tour to see how our 100% volunteers reuse items to make diaper kits for babies, birthing kits for expectant mothers, bandages for hospitals, sports packs for children, school bags of items for kids, sewing kits for mothers, and much more. We sort, cut, sew and repurpose items. Last year, we sent cargo containers to Haiti, Honduras, Angola, Cameroon, El Salvador, Jamaica, Liberia, Malawi, Peru, Sierra Leone and Tanzania. Imagine what you no longer need being gratefully received by those who have nothing or very little.

If you are looking for a place to volunteer, drop in and let us show you the possibilities. We are always looking for new helpers. Strong men are in short supply! Come for two hours or five, one day or two, whatever fits your schedule. As well, we take monetary donations to help cover our operating costs (rent and utilities), no personnel are paid. Please remember, **alone we can do so little, together we can do so much**. Call Cheryl Best at 250-770-0824.



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.



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 our RDOS for the exacting and seamless transition to the new garbage collection system. This massive and complex undertaking was well planned and precisely executed following the thorough informational campaign. Well done all.

~ From JD T. of Okanagan Falls

Flowers to April Emprey for supplying the Canadian flags for Music in the Park on Canada Day. Thank-you for sharing your patriotism with those who attended the event. The flags were very well received, indeed.

~ From Grant Henderson, Event Coordinator in Okanagan Falls

Flowers to Myleen Mallach of Skaha Matters for providing non-profits in the region a free space to share the activities of their group. I, for one, regard Skaha Matters as the go-to publication for local information. Myleen's contribution of column space has gone a long way in the success of Music and Market in the Park. Thank-you, Myleen, for your kind generosity.

~ From Grant Henderson, Event Coordinator in Okanagan Falls

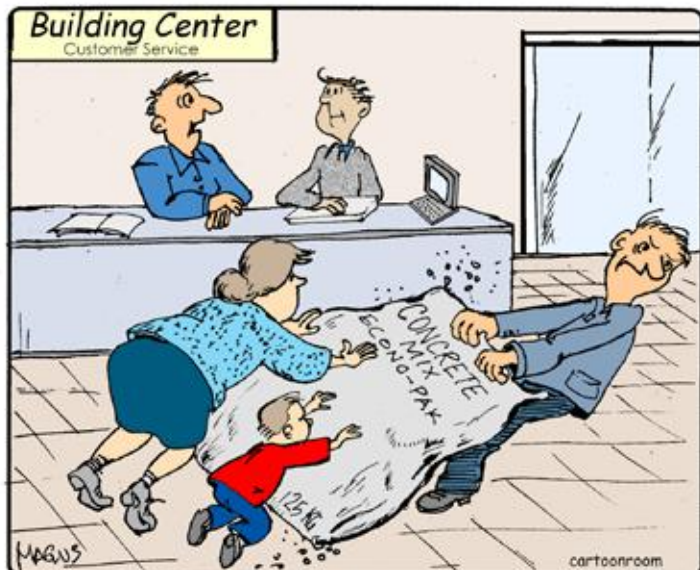
Fish Heads to those that don't follow the watering restrictions in their area. Some water systems are normal, while others are at Stage 1 or 2. Double check and water accordingly please. Be a respectful community member. ~ From Joy P. of Okanagan Falls

Trail Of The Okanagans

By Connie White, Board Member

This project will eventually be coming through our town! The dream is of a single 370 km long hiking and cycling trail from Sicamous, BC in the north to Brewster, WA in the south - spanning the length of the Okanagan Valley Lake and River System. The route traces traditional trading routes of the Okanagan First Nations, skirts lake edges, wanders through forests and hillsides, borders vineyards, fruit orchards, witnesses unique landscapes and connects all our valley communities.

It will be exciting to have this trail come through our community to bring new visitors and business to the community. You can find more information on this trail at www.trailoftheokanagans.com.



Those new "economy sized" bags of concrete mix are selling well, but there's another problem to consider.

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If Basic Cremation Is Your Choice

By Lesley H. Luff, Okanagan Falls & Osoyoos

If you have just experienced the loss of a family member, a partner or a dear friend, knowing what to do can be extremely confusing to those who have never had to confront such an emotional event in their life.

What to do? Who to call? Where to go?

A little prep work can certainly make things somewhat easier for the person who has been assigned to look after the final arrangement.

Helpful information:

- If the person has passed away in a hospital - there is no immediate action necessary. Transfer of the body can be dealt with within a day or two, once paperwork has been completed.
- If the person has passed away in a care facility or at home - quicker action is necessary, as care facilities or private residences are not equipped for holding a deceased person for more than a few hours. If a person dies unexpectedly at home, call 911.

Make sure to gather a copy of the Will (if one exists) and two or three pieces of ID for the deceased ... i.e. Birth Certificate, Passport, Driver's License, Social Insurance Number - which can be found on any older Income Tax Return (top left hand corner), or Personal Health Number - which can be found on the back of a Driver's License (if one exists). This information is merely a guide, as every family has different requirements.

Best advice - make some arrangements ahead of time, so that you are not caught off guard. Everyone will have to make final arrangements at some time along their journey. Why leave it until the last minute?

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