



APEX MATTERS

“Keeping You in the S’know”

Volume 22 : Issue 7

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March 2026



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Take Time To Reflect With Gratitude

By Myleen Mallach, Owner/Publisher of Apex Matters

As we approach the end of this winter season, I encourage you to take time to reflect with gratitude. Take time on the drive, on the chair ride, a pause before heading down a trail, or during après-ski ... intentional moments in time to reflect on this current season. I would like to give a massive thank you to all the groomers!!!

During this unique weather season, I found myself pausing more often to take in new and different views. One thing a good friend showed me was "Brian's Crazy Trail" with "Brian's Candy Shoppe" in honour of the late Brian Koenig, who taught hundreds of kids at Apex to ski with his unmatched enthusiasm and passion for skiing. Thank you to whoever made this for us to remember him. Another gem of a find is the Apex 65th Anniversary display at the Penticton Museum. Thank you to whoever was behind sharing our history.

As skis and boards are stored away and mountain trails grow quiet, gratitude settles in. I am forever grateful to this Apex community for your support of Apex Matters. Looking forward to next season!

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

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Top Left - Brian's Crazy Trail. Top Right - Brian's Candy Shoppe.
Below - Apex 65th Anniversary display at the Penticton Museum.



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Apex Mountain Resort

March/April Special Events:

March 11 ~ Last Ladies Day of the Season - Thank you to all the Ladies that came out to enjoy a day on the slopes and thank you to all the wineries for making it even better.

March 14-29 ~ Spring Break - Hours of Operation: Lifts are Open Daily from 9am - 3:30pm, with Night Skiing on Friday and Saturday Nights from 4-9pm until the last night on March 28. The Tube Park is open from 10am-3pm daily.

March 14 ~ Beach Day - Celebrating our polar opposite seasonal activities in the Okanagan up here on the hill. Dress up in your beach attire and hit the slopes! The Gunbarrel Saloon is hosting a party, where you can enjoy après-ski in the tropics.

March 17 ~ St. Patrick's Day - Dress in green and watch out for the Leprechaun on the slopes!

March 20-22 ~ U14 Provincial Race - Apex Ski Club hosts approximately 250 U14 athletes from across BC.

March 21 ~ Retro Day - Dress in your 'blast from the past' and hit the slopes in tight and bright, puffy or animal print.

March 28 ~ Inversion One Day Festival - Lots of music and entertainment going on all over the mountain!

April 4 ~ Highest Flying Dummy Downhill in the World! - Watch Dummies fly down and hit a jump sending them over 50' high and hundreds of feet through the air at our Aerial Site in the Apex Village! Dummies must not weigh over 250 lbs and must be outside of the Gunbarrel Saloon by 11am. Please sign up in the Apex office by April 3rd. Free to enter!

April 5 ~ Easter Sunday - Watch for the Easter Bunny on the Hill.

April 6 ~ Last Day of the 2025/2026 Season! - Thanks for having fun with us and have a wonderful summer.

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

Night Lift Operations ~ Friday & Saturday 4-9pm.

Tim Horton's Tube Park ~ Friday 4-9pm, Saturday 10am-9pm, and Sunday 10am - 3pm.

Skating Loop & Skating Pond ~ Both ice surfaces are now closed for the season due to weather conditions.

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March Update From Nickel Plate

By Meghan Keir, Nickel Plate Nordic Centre Manager

It's hard to believe, but we've reached the final month of the season! This winter seems to have flown by. We welcomed so many new faces to Nickel Plate Nordic this year, hosted some fantastic events, and saw our community show up in the best way possible - filling the trails with energy, laughter, and a shared love of winter.

One of the highlights of this season has been seeing so many people try cross-country skiing for the first time. From lessons and social skis to casual day visits, it's been incredible to watch beginners build confidence and discover how fun and accessible Nordic skiing can be. That curiosity and willingness to try something new is exactly what keeps our Nordic community growing.

And the good news? March is still a fantastic time to ski. While the city can feel grey and a little dreary this time of year, the trails up here often offer bright days, fresh snow, and beautiful spring skiing conditions. In fact, we woke up to fresh snow today, setting us up nicely for a great final stretch of the season.

Before we look ahead to the end of the season, we also want to say a big thank you to everyone who joined us for our first Annual Lantern Ski. It was a huge success, and it was so special to see the trails glowing with lantern light and filled with skiers enjoying the evening together. Events like that remind us how strong and connected this community is. Thank you to everyone who came out and helped make it such a memorable night. We're already excited to make the event even bigger and better next year.

Our **tentative closing date is March 29**, so the goal this month is simple: ski and snowshoe as much as possible and celebrate the season together.

Season Wrap-Up Celebration on March 21 ~ Join us on Saturday, March 21 for our Year-End Celebration, a day dedicated to community, connection, and a little bit of silliness to close out the winter. The day kicks off with our **5 km Recreation "Race"** - and we use that word loosely. It's really just a fun 5 km route where everyone starts together, skis at their own pace, and enjoys the ride. The best part? **Dress in your best summer wear.** Think Hawaiian shirts, beach hats, bright colours - the more creative the better. We'll also be handing out **costume prizes** for some of the best outfits of the day.

Schedule Highlights: 10:00 am - 5 km Recreation "Race" start; music, fires, and photo stations throughout the day; 12:00 pm - BBQ starts (veggie and meat burgers available); and used ski gear sale in the lodge - a great opportunity to browse affordable equipment or bring your own gear and set up a table to sell. Whether you're looking for your next pair of skis or hoping to pass along gear you're no longer using, it's a fun way to keep the Nordic stoke going. Expect lots of good vibes, celebration, and connection as we wrap up another memorable season together.

Spring Break Special ~ To help everyone make the most of the final week of the season, we'll be offering **25% off day passes and rentals during the second week of Spring Break from March 23-29**. It's a great chance to bring friends or family up to try cross-country skiing or snowshoeing before we wrap things up.

As always, thank you to everyone who made this winter so special - our volunteers, staff, instructors, and every skier and snowshoer who came out to enjoy the trails. It's been an incredible season, and we hope to see you up here as much as possible over these final weeks.

More details about events and trail updates can be found on our website at www.nickelplatenordic.org. Let's make the most of the last month of winter. See you on the trails!



ComParrot by Bonnie J. Malcolm
Can you spot 12 differences between these pictures?

Solution: 1. Hat appears on snowman. 2. Label on boy's boot is missing. 3. Branch on bush is missing. 4. Extra design appears on sweater sleeve. 5. Top of slimp is colored in. 6. Top of boy's hat is hidden. 7. Part of breath has moved. 8. Board in fence is moved. 9. Right ski is longer. 10. Fence in background is longer. 11. Mountain peak is longer. 12. Snowball behind skier is reversed.

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What's Happening At The Edge?

By Ash Dunsford

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

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

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

From The Edge Family ~ Cheffy, Leah, Ash, Emma, Colleen, Ian, Chelsea, Maddie and Jill.



Top ~ Mahkaila with her Edge Toque at The Great Pyramids!
Bottom ~ The Old Local Boys in the legendary Japan Pow!



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Carvers Corner

By Jorgen Anderson,
Head Coach & Program Director

What a great month of February! From the excitement of the Olympics to the many events across our programs, it has been an incredible stretch for the club. The hill has been buzzing and the development across all groups continues to shine.

Apex Carvers ~ The Apex Carvers have had a month of hard snow, which in turn helps immensely in their development. Learning to ski well on firm conditions builds strong fundamentals and confidence.

Recently, the Carvers attended the Zone Finals at Revelstoke Mountain Resort. The kids did very well and represented the club proudly. Thanks to all the coaches for their continued work with these young rippers.

We have lots of space in our Spring Break Carver Camps, running March 20-22. Three consecutive days of coaching is always amazing - it's incredible to see what just three focused days can do for kids! To register, please visit www.apexskiclub.com.

Apex Ski Team - U12 | U14 | U16 | Okanagan Ski Team

U12 ~ Big month for the U12 group. Coach Peter and Hannah have had this crew out Friday, Saturday, and Sunday skiing like crazy. They've been taking advantage of off-piste terrain, drill work, and gate training. Lots of mileage for this crew.

This is one of the most important stages of skill development, and the mileage right now is critical. The group heads to Ski Cross at the beginning of March - exciting times ahead.

U14 ~ Ski Cross in March is on the horizon at Big White Ski Resort, which is always a great experience.

Three young men from U14 attended the BC Winter Games. What a cool opportunity for Mason, Tom, and Josh!

A huge event is coming to Apex Mountain Resort in March. The U14 Provincial Race will be held here March 20-22. Approximately 300 U14 athletes from across the province will be at the resort. It should be a fantastic event.

U16 ~ We recently returned from Super G at Panorama Mountain Resort. Great event - hard snow, fair surface, and strong racing. Two days of speed camp followed by two days of racing made for tremendous development.

Japan Cup is next up. The group of eight will attend the first week of March, racing at Nozawa Onsen followed by some time in Tokyo. They are very excited for this international opportunity.

Western Canadian U16 Championships at Castle Mountain Resort wrap up the month after Japan Cup. Lots going on!

Okanagan Ski Team ~ The club hosted a FIS Slalom in February, which was one of the finest events of the season. Adrian's Alley was in incredible shape with hard snow and a perfect race surface. Huge congratulations to Oliver Parilak on his first career win! So amazing - we are all very proud of you!

Our Club hosted the Wine Makers Cup at the end of February. All reports say it was one of the best yet! A huge thank you to our amazing resort for delivering such a fantastic venue and race surface. We truly appreciate all the staff for their hard work, professionalism, and support in making this event such a success. We couldn't do it without you.

Thank You ~ Don't forget about our 50/50 Raffle! There is still time to purchase. See the ad space above for details.

Looking forward to an amazing March. Get those skis sharp, folks. It makes your day so much more enjoyable.

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Left - Oliver Parilak takes the gold at Apex FIS Slalom. Right - Josh Forsely, Mason Perrier & Tom Fischer attended BC Games. Below - U16s overjoyed at Panorama.



Special Thanks To Our Amazing Sponsors ~ We are proud to recognize and thank our sponsors for their continued support of Apex Ski Club: Gold Sponsor: Interior Roofing. Silver Sponsors: Penticton Collision Centre, Neighbourhood Brewing, Ritchie Homes, Guerard's Furniture, and Gorman Bros. Lumber Ltd. Bronze Sponsors: B&L Machine Shop, Betts Electric, IGA Penticton, The Van Os Family, Sociale Restaurant, Handford Smirle LLP, Theo's Restaurant, Roche Wines, and Canco.

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Apex Ski Club U16 Team at Japan Cup Nowzawaonsen in March 2026.

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By The AFC Team

From Apex Freestyle Club Head Coach And Program Director Alexa Chick ~ And with that, the 2025/26 season is coming to an end! I have so many thank-yous to get through, but before I do, let me give you a little summary of what the club has been up to in recent weeks!

In February, the club hosted a grassroots competition called Okanagan Shred Session (OSS), which saw nearly 40 of our own club athletes (twice as many AFC athletes as last year!) participate in slopestyle, moguls, and big air events over the course of two days! With this being many athletes' first freestyle competition, it was awesome to see their stoke, watch them challenge themselves, and expand their peer groups. That's what it's all about!! Thank you to our phenomenal OSS coaches: Kata, Riley, Rhys, and Leo, for guiding our athletes and keeping the energy up all weekend, and to the rest of our coaching team for working together to ensure all other athletes not in the competition had a great weekend as well!

AFC was proud to have also sent 3 athletes and a coach to BC Winter Games held in Rossland this year - Lillian McCaughey, Lyla Ritchie, and Franky Farcau, with Coach Kata joining the coaching staff for the Thompson-Okanagan region. All 3 gave standout performances at the games, and even claimed some medals in moguls and big air, so a huge shout-out is in order! We're so proud of you all!



Coach Kata with AFC athletes, Lyla Ritchie, Lillian McCaughey, and Franky Farcau at BC Games in Rossland

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Two AFC athletes brought home more hardware from the Timber Tour in Panorama this past month, with Triggs Markle claiming gold and Garrett Stirling taking home bronze in the M18 category for moguls! Garrett also competed in the Canada Cup in Calabogie, Ontario, putting down some season's best runs as 1 of only 2 BC athletes competing, and club alumni Jackson Kendell, Emelie McCaughey, and Grady Parsons have been grinding away on the NorAm tour, with performances to be extremely proud of!

Now on to the thank-yous! First off, I would like to thank all of our club members and families for joining us for another season. We love spending our winters with you all, and can't wait to see everyone again next season! We also saw a fantastic increase in our volunteer base this season, so a huge shout-out to all the families who got involved. The athletes are so lucky to have your support, and we as a club could not do what we do without you!

Thank you to our board of directors for their passion and commitment to bettering the club every year! I owe a particular thank you to them this season for helping me pivot at the last minute when the season's snow forced us to rejig the entire OSS schedule and format - many hands made light work!

Thank you to Apex Mountain Resort, particularly Shawn and his ops team, James, and everyone in the office for their daily support of this club and community. Having worked at 4 clubs across Canada, I can confidently say that there is no club more privileged to have the kind of support that we have here, so thank you!

Thank you to our sponsors, for supporting our community and programs year after year!

Lastly, thank you to my amazing team of coaches: Riley, Rhys, Leo, Ambrose, Paige, Kendall, Emma, Kaley, Leela, Cam, Aisha, Nicola, Jordan, and Cole, as well as our FUNstylerz & Freestylerz Coordinator, Kata, our Coach Mentor, Mark, Snowboard Director, Josh, and the entire snowboard crew! I had a moment a few weeks ago, standing in the mogul hut overlooking our facilities, and watching these coaches work together to meet the needs and wants of our club athletes throughout the afternoon, and it brought me so much joy to see our team growing and strengthening the way that it is!! You guys are so awesome; I'm so proud of you all, and I've appreciated all of your commitment to bring our club members the best program possible this season!

The future looks incredible for our little community here at Apex!

That's a wrap on the season, but be sure to keep an eye out for all our summer program options. I'll see you all very soon!

Apex Freestyle Snowboard Club Program Director Josh Shulman ~ March has arrived! Sure would be great if some SNOW would come with it. March always feels like it brings the big dumps, maybe it will do so this month and let us leave this season with a glimmer of hope for next year. Maybe not. Regardless of the type of snow year we've had, AFSC has definitely had a wicked season! We've seen massive growth and now have more than 30 athletes in our club between Apex and Baldy. Yahooo!!!

Since my last entry for Apex Matters, a solid crew of AFSC athletes have attended events at Big White. Jaxon Ede secured a 3rd place podium finish in Slopestyle. Chase Griesbretch and Nathan Hamm also managed to grabbed 3rd place while racing SBX. AFSC members continue to find success! This weekend we are off to SilverStar for another Slopestyle event before we head to Sun Peaks for the Provincial finals over Spring Break. I should also mention that our club showed up big time to the 2 local GROM series events held at Apex and Baldy over the last month. These kids shred! Being a part of this club brings myself and the rest of the coaches involved SO MUCH STOKE, during a season where the snow conditions have a tendency to drag us down.

As our season starts to wind down, we are making plans for off season training and bigger plans for next year. I'd like to throw a huge THANK YOU to all of the amazing Apex staff who have worked their butts off to keep the parks open and rideable for our kids to train on. Thanks Apex for supporting our club! Until next time, see ya in the lift line or out on the bike trails!

Spring Break Camps ~ Registration is open at freestyleapex.com for our popular ski and snowboard camps! Open to all and participants - no need to have been enrolled in our winter programs. Please note: registration deadlines for these camps are firm!



Thank You To Our 2025/26 Sponsors ~ Gold Sponsors: Covert Farms, Gunbarrel Saloon, Apex Mountain Resort, Penticton Lakeside Resort, Penticton Honda Centre, Greyback Construction, Penticton Collision Centre, and MK Capture Photography. **Silver Sponsors:** Team Chapman Royal LePage Real Estate, Betts Electric, Sherwood Signs and Graphics, Penticton Firefighters Local 1399, Freeride Boardshop, and Freedom Bike Shop. **Bronze Sponsors:** Skyview Blinds, Castanet, and NavCan.

Hi Apex!

By Alec Henderson, Team Canada Slopestyle and Big Air Skier



Can't believe it's March already! I feel like this winter has been flying by. So much exciting times and one of the busiest seasons I've had. I love filling the schedule to the brim and testing how much I can ski, without over doing it. I know I'll be missing these days when summer comes around, so I'm trying to soak it all in and live in the moment. I can rest and reset when the season is winds down in June.

After my last update, I headed to Quebec to film with the Vulgus365 crew. It was sick and super productive! So much freeski history in the streets of Quebec City. It was so sick to see all the spots in person that I've seen in the ski films.

Post Quebec trip, I had a good couple days with friends at Silver Star and met up with my sister for a day at Revelstoke! Revelstoke was a stop on a drive to Calgary, another film trip with the Chef crew. It was a great few days filming, but I had to make a quick turnaround home because I had something big coming up!

THE SLVSH CUP ~ Yes!! We are so back! I'm hyped to be back in Andorra with an insane squad of some of the best skiers in the game. This is one of the most unique events in skiing right now. A different form of competition and the only one like it. Head to head format in a tournament style - a bracket of 16 men is formed and the top 3 get paid. It's a very respected event in the freeski community. Last year, I took the win as an underdog. This year, I'm coming back as the previous champ and it has some pressure to keep the streak going. I feel like I was more hungry to win last year versus this time my goal is less about winning and more about making each game as fun and inspiring as possible. If it ends in a win, then that will be the cherry on top. I just want every game to be sick. It's so hard to stop skiing here, as there are so many different options for line and features to hit. We are staying in a hotel with a ski hill 10 steps from the door, and a poma chair that takes no longer than a minute. It's the dream playground for us. I cannot get enough of the park. We are about to start the games, so keep an eye my Instagram for updates, and the SLVSH YouTube to watch the matches.

Thanks for tuning in! I wish for an amazing March full of pow days at Apex for you all.



The 1% Rule

By Fred Albrechtson, Nickel Plate Junior Racer Alumni

If you could change one thing about yourself, what would it be? I'd argue that most would improve their productivity. I certainly would. I'd increase the amount that I can get done in a certain time frame. Do more in less time. More bang for your buck. Productivity is fuelled by motivation. Highly motivated to do well in a ski race? One will train smarter and harder. Have a paper due in four hours? Crunch time is on. But what causes us to push things off until they snowball into an all-consuming problem, with a now imminent timeline? The task can often feel insurmountable, be it the dishes or learning to play the guitar. We've all heard the saying, "it takes 10,000 hours to become an expert at something". That's a daunting thought - to truly be good at something, one must spend 10,000 hours of back-breaking, never-ending, almost meaningless, effort on one single subject. Bah, why start now - I'll pick up the guitar and start tomorrow. The couch and TV sound great right about now. And so, an afternoon is wasted. Tomorrow, I will tell myself the same thing - that I will start tomorrow. The only thing that changes is the growing feeling of regret, of not having started five days ago, when I originally had the idea!

I like to summarize starting something new in two motions: the first being forming the idea and motivation. As we begin to think about the new task, it can become unconquerable; Sisyphus rolling the boulder up the hill. The more you dwell on it, the more impossible it becomes. And the larger the hill becomes. The second motion is summarized by regret: regret for not having started earlier. The regret compounds like an avalanche - as you descend the slope, it grows and grows, until the guilt is far too great to start, and sweeps away. The task is either abandoned altogether, or the cycle restarts.

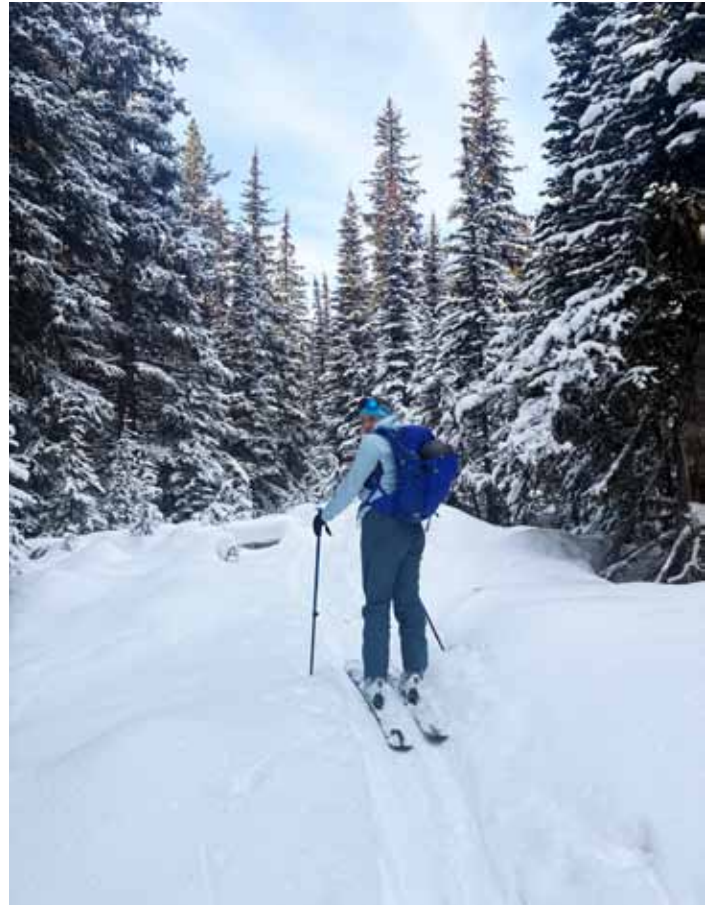
Being an elite athlete, and now an entrepreneur, I learned early on that my success is a direct result of my efforts (duh). The longer one puts off going to physiotherapy for an injury, tweak squatting technique, or the longer employee disciplinary actions are pushed off, only causes those things to compound. Being proactive rather than reactive is worth its weight in gold. The best time to plant a tree was twenty years ago, and the next best time is right now. Why do so many people set daunting New Year's Resolutions, only to abandon them before February? It is because they try to eat the whole elephant in one bite!

One of the things that I have recently implemented day in, day out, is a "One Percent Rule". If I can be 1% better tomorrow than I am today, then over time, it will compound and become 100%, then 200%, etc. I will reach my 10,000 hours in no time! Motivational crap aside - you must break it down into digestible portions, think maybe just elephant eyebrows for starters.

There are 60 minutes in every hour and 24 hours in a day. Time is the only ubiquitous parallel that anyone will ever have. There are 1440 minutes in each day - Monday, Tuesday, or Wednesday. 1% of 1440 minutes is merely 14.5 minutes of your day! Anybody can do anything for 15 minutes a day. And if you're disagreeing with me, well you need to find another job.

Over the last seven or so decades, the S&P 500 has averaged an approximate return rate of 10%. If \$100 was invested in it in 1958, it would now be worth over \$44K! The power of compounding minimal effort and baked elephant eyebrows. One bite at a time. Small efforts compound overtime and become something greater than one could ever imagine.

The moral of the story: To improve on something, it only takes 15 minutes every single day. To see additional improvement, try increasing it to 2, or even 3% of your day. Keep it manageable, and success will come.



Fred's girlfriend Katie, chasing her 1%.

An advertisement for Apex Mountain Lodge. The background is light blue with white snowflake patterns. At the top, the text "SPRING BREAK ACCOMMODATION" is written in large, bold, blue letters. Below this, in smaller blue text, it says "The best option at Apex Mountain for family accommodations, including your furry friends!". On the left, there is a cartoon illustration of a woman in a purple jacket and brown pants, holding a blue snowboard and waving. To her right, a white speech bubble contains the text "AT APEX MOUNTAIN LODGE YOU WILL FIND GREAT VALUE AND UNBEATABLE ACCESS TO THE SLOPES!". At the bottom right, there is a QR code and the logo for "APEX MOUNTAIN LODGE" in orange and blue. At the very bottom, there are two blue buttons: one with the phone number "250-385-6955" and another with the website "WWW.APEXMOUNTAINLODGE.CA".



Volunteer Patrol Update

By Brad Nunes, CSP SO Boundary Zone

Hello everyone! Welcome to our last full month of the season! We are excited to see everyone up over Spring Break, enjoying historically the best weather of the season. I'm sure we will have lots of these days as well, so watch the Socials.

This year, our team has started training members to support CISM (Critical Incident Stress Management). We see the value in ensuring our team is supported mentally for the job we have to do. The big lesson from that training is to talk about it. If you are feeling overwhelmed or down, talk to someone. A friend, a family member, or a professional. If you feel you have nowhere else to turn, call 988. There is help for you. Stay safe out there folks, brain and body.



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Finding Motivation To Exercise

By Vanessa Fox

People ask, "how do I find the motivation to start working out?" Motivation often isn't this magical thing that you discover and suddenly - poof! Now you're exercising regularly.

Typically, motivation comes after you're exercising on a consistent basis and are feeling the benefits, which include increased energy, better moods, increased strength, and better sleep. Once you're experiencing these and other positive reactions, you'll be motivated to keep it going!

So, how do you set yourself up for success?

This can look like laying all of your exercise gear out the night before. Being able to get up, get dressed and get moving, without having to think too much about what you're wearing or having to fill your water bottle tends to remove barriers for a lot of people. Grabbing your already prepared gym bag for mid-day or after work exercise and not having to plan for it while you're also making breakfast and trying to get out the door in the morning is a different way that this tactic works.

Another method for setting yourself up for success is to plan for consistency and write it in your daytimer. Do you like to workout first thing? Perhaps you feel more energized and have more time in the afternoon. Or, maybe you like to workout later in the day once you're done most of your other tasks. Realizing 'when' is the most convenient and energetically supported time of the day for you to exercise and scheduling that into your day has helped a lot of people create a routine.

One other way you can set yourself up for success is by having an "accountabilibuddy" - someone who helps you stay accountable for achieving your goals. This can be a friend who you exercise with, or even someone you have told your goals to and who you check in with to confirm you are meeting them. Another person who can really help with this is a Personal Trainer! Now you have someone you have scheduled a workout with, and who is there to ensure you are using your best form and intention during your exercises. Personal trainers plan and work with you, so that you are progressing appropriately towards your goals.

Let's work together to get you moving, feeling, and looking your best!

For more information and to book your initial session either at Apex or in Penticton, please call 250-466-8826.



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Penticton Sno-Trackers Club

By Joe Millar, President

Writing as president of the Penticton Sno-Trackers, I've spent a lot of winters reminding people that snowmobiling in BC is all about adapting to the conditions. This season has been a good example of that. Here in the Penticton area, we simply haven't had the snowfall we normally rely on. Our local riding zones are thin, patchy, and in many places not rideable at all. While that's disappointing for riders who love staying close to home, it doesn't mean the season is over. It just means we need to chase the snow.

Across the southern interior of BC, riders should also be paying very close attention to avalanche conditions right now. The snowpack in many mountain regions has developed some persistent weak layers, and when new snow or wind loading gets added on top, it creates a dangerous combination. Even experienced riders can be caught off guard if they're not checking daily avalanche bulletins, watching slope angles, and riding smart. No powder day is worth taking unnecessary risks. If you're heading out, make sure everyone in your group has proper avalanche gear - beacon, probe, and shovel - and knows how to use it.

For riders willing to put in a bit of travel time, the good news is that there is still excellent snow to be found further north. Areas deeper into the province are holding much better snowpacks and offering the kind of riding we all wait for each winter. It might mean loading up the sleds early in the morning, planning a weekend trip, or connecting with other clubs in regions that have been more fortunate with snowfall. One of the great things about the snowmobiling community in BC is how welcoming and supportive other clubs can be when riders come to explore their trail systems and back-country areas.

At Penticton Sno-Trackers, we always encourage riders to respect local guidelines, support the communities you're visiting, and ride responsibly wherever you go. When you travel to ride, you're representing not only yourself, but your home club as well.

While we'd all love to see a big late-season storm roll through Penticton, the reality this year is that the best riding is further up the map. Pack the trailer, check the avalanche reports, and make a plan before you go. With the right preparation and a little willingness to explore, there's still plenty of winter left to enjoy.

Follow us on Facebook and Instagram for more information.
pentictonsnotrackers@gmail.com | pentictonsnotrackers.ca



Slushy Thoughts From The Snow Bank

By Brad Nunes

Hey there snow fans! Welcome back to the Snow Bank. I feel like I have the obligation to point out "I can't believe it is March already!" like an affiliated newscaster. Like OMG the completely predictable and measurable time (as it is relative to us) has done what it has done for countless megaannum. The march of time is a measurable constant (albeit relentless) and yet, it still seems to shock and surprise us. I say stop trying to grip and hold onto the seconds, like sand slipping through your fingers. Stop looking down and behind. Stop looking forward and gazing at what you might be able to make out on the horizon. Pick your path, sure, but it is all about the journey. Admire the place you find your feet in right now. There is terror in a blizzard and yet the ice crystals dance and sparkle. The past is written in stone and unless you find a 'doctor' with a DMC automobile, that will never change. Sidebar: Did anyone ever confirm what institution gave Brown his doctorate? I never saw a degree. The future, while exciting, isn't here yet and is a fickle mistress. Be where you are right now! Laugh with the people around you now. Admire what is all around you. Most importantly, ski on the snow under your planks. You can hope and pray for all the powder in the world, but a rough day skiing is way better than a good day working. I've said many times that the hill is my happy place, no matter how many cm's are on the ground. Embrace the moment my fellow humans.

So, did everyone spray for Leprechauns this year? I love jumping down rabbit holes and doing at least some light research (where do you think I found the word megaannum? That wasn't just in my back pocket). Turns out, just like green beer and House of Pain, the version of this Irish myth we unabashedly exploit was a modern creation. They were minor players in Irish folklore until the 20th century. And the image you see on your favourite Styrofoam marshmallow infused breakfast cereal? Yeah ... he was red at one point! I guess that the North Pole sent a cease and desist. You can't have two old guys with beards wearing red. Well of course that got muddled up in the courts for years. Eventually, Clause vs. Charms favoured The North heavily. I think he had to get into the cereal gig to pay off the lawyers. He turned in his red coat for green and has made a decent go of it. I'm proud of the little guy. I mean, I still set traps. Just like mice, they may be cute, but I don't want them anywhere near my boots.

Well folks, this is it as we soon take our off-season siesta. We will catch you next season. Thanks for hanging with me. Cheers!



Keep dreaming of those fresh powder runs ~ Franz Unterberger in the Apex back-country

Have You Checked Out The Artisan's Den?

By Jane Ono

Every week we get a new customer proclaiming that they have skied or boarded past The Artisan's Den for years and didn't know it was there, or they just haven't stopped by before now. Imagine their surprise to find a cozy café, a gift shop, and an active art studio. Have you stopped by The Artisan's Den? If not, it's time you did! We feature a licensed café, where you can find many lunch items and a few sweet treats to satisfy your mid-day munchies. We host the work of over 30 artists and it's all locally made. This month, watch for Spring Break specials on much of the artwork in the store. We are located next to Grandfather's Trail in the village. Our last of the "Everyone is an Artist" series is scheduled for **Thursday, March 26 at 7pm**. The cost is \$50 including taxes. **PAINT LIKE BOB ROSS** ~ "We don't make mistakes, just happy little accidents." Back by popular demand, this session guides participants through creating a Bob Ross-like acrylic painting ... different from the ones we've done in year's past. Dress up if you can, add a little wine or ...? and join your friends in this enjoyable night of painting. No experience necessary. Contact Jane at The Artisan's Den or email janeonstrike@gmail.com to register. Happy Spring Everyone! See you at The Artisan's Den!



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Protecting What Makes Our Mountain Communities Strong

By Donegal Wilson, MLA Boundary-Similkameen

As winter begins to slowly give way to spring in the South Okanagan, Apex Mountain continues to remind us why mountain communities are such a special part of life in Boundary Similkameen. Whether it's families enjoying the slopes, snowmobilers exploring the back-country, or neighbours gathering after a day outdoors, these shared experiences are part of the fabric of our region.

Places like Apex are more than just ski hills. They are gathering places where families create traditions, where visitors discover the beauty of our region, and where tourism supports local businesses throughout the South Okanagan. From the lifts and trails to the restaurants, accommodations, and small businesses that serve visitors, mountain recreation plays an important role in the local economy.

Living in a rural riding means that our communities rely heavily on the outdoors, not only for recreation, but also for tourism and economic opportunity. Visitors who come to ski Apex often explore the rest of Boundary Similkameen as well, stopping in towns like Keremeos and Princeton, supporting wineries and restaurants, and experiencing the unique character of our region.

Over the past few weeks in the Legislature, I had the opportunity to speak about one of the most important outdoor recreation corridors in British Columbia: the **Kettle Valley Rail Trail**. The KVR stretches through many communities in our region and has become a significant economic driver, bringing visitors to smaller towns and supporting tourism, cycling, hiking, and outdoor exploration throughout the year.

The Province recently announced plans to decommission a 67 kilometre stretch of the trail between Princeton and the Coquihalla Highway due to flood damage. While we recognize the challenges that come with infrastructure recovery, many residents and local organizations have raised concerns about the lack of consultation before that decision was made. For communities like ours, the

KVR is more than a trail. It is part of our heritage and an important contributor to the rural tourism economy.

I will continue working with local leaders, recreation groups, and residents to ensure that the voices of Boundary Similkameen are heard when decisions about our regional recreation assets are being made.

Another issue dominating discussion in Victoria recently has been **Budget 2026**. In my view, this budget raises serious questions for rural communities. British Columbia is now facing a projected deficit exceeding \$13 billion, while many of the services rural residents depend on continue to face challenges.

Here at home, residents are also dealing with the realities of a changing economy. Recent announcements affecting local agriculture and small scale food production in the South Okanagan are reminders that rural economies can be particularly vulnerable to sudden shifts. Supporting small business, protecting tourism, and ensuring that rural industries have the opportunity to grow must remain a priority if communities like ours are going to continue to thrive.

Despite these challenges, I continue to be encouraged by the resilience and community spirit that defines this region. Whether it is volunteers maintaining trails, businesses welcoming visitors, or families passing on a love of skiing, hiking, and mountain life to the next generation, the strength of Boundary Similkameen has always come from the people who call it home.

As spring approaches, I look forward to continuing conversations with residents across the riding, including our mountain communities like Apex. Hearing directly from you is what helps guide the work I do in Victoria.

If you see me around the mountain or in the community, please feel free to say hello and share your thoughts. Your voice matters, and it helps ensure that the priorities of rural British Columbia are represented where decisions are made.

Together, we can continue working to protect the outdoor spaces, tourism opportunities, and strong communities that make this region such a remarkable place to live.



Subrina Monteith
Director of
RDOS Area "I"

From The Director For RDOS Area "I"

As this winter season wraps up and homeowners are preparing their cabins for the off season, please consider the FireSmart principles of storing flammable material away from homes and having an assessment done on your property by contacting the Apex Fire Rescue department.

Unfortunately, we have heard that the Ministry of Transportation has decided to not support placing a speed reader sign on Apex Mountain Road. Regardless, I will continue to advocate for safety.

If you have any questions or concerns, please reach out to me.

Subrina Monteith, Director of RDOS Area "I"
Direct: 250.460.0723 | smonteith@rdos.bc.ca | www.rdos.bc.ca

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March APOA Update

By Barry Leigh for the APOA Executive

With the recent conclusion of the 2026 Winter Olympics in Italy, many of us were reminded of the 2010 Winter Olympics in Vancouver and Whistler and the small but meaningful role Apex played in those Games. Residents may recall several national teams visiting Apex to train on our slopes in the lead-up to the Olympics. The Apex Ski Club also contributed significantly to the success of the event. A number of club members volunteered their time in Whistler, with some spending nearly two months supporting race operations. Two former club members served as chiefs for sections of the men's course during the Olympics and later returned as section chiefs again during the Para Olympic Games. Moments like these are a reminder that even a small mountain community can play a part in events on the world stage, and they remain a point of pride for Apex and the many volunteers who helped make those Games a success.

Our Annual General Meeting will be held sometime soon. Details TBA. The AGM is a good opportunity to catch up on APOA activities and to join or renew your membership as well. See you there!



ACA March Update

By Cindi-Lou Baker, Vice President

Hi everyone! Can't believe it is March already! I don't want to jinx anything by saying it is snowing as I write, but it is! We need this so bad it's hard not to get excited!

On February 15th, we hosted our 3rd Annual Disco Skate Party. It was hugely attended. There were lots of people on the hill for the Family Day Weekend. It's amazing what a difference the lights and music make for the outdoor skating experience! There were some fabulous costumes! The dance moves were contagious. The S'mores were a hit. Thanks Jay, for getting the fire going early to enable some perfect coals for roasting. We had a special visit from Apex Fire Chief Kelly J. and the kids love the firetruck. He brought a great sign to promote the theme and the ambience. Thanks Kelly! Holly looked great in her sequined cape, helping skaters with their new skills. All in all, it was a super fun night! I apologize we didn't take more photos ... too caught up in the moment perhaps?



The ACA has a couple of other annual events coming up later this year. We partner with the AFBS and AVFR for the **FireSmart Community Awareness Day**. Be sure to mark your calendars for **Saturday, June 13th**. The day starts off with neighbours helping neighbours with FireSmarting their properties, followed by a BBQ and social event at the Firehall. Always an upbeat, feel good day.

Our biggest event of the year is **SepTimber** held in the Apex Village. This year, it is happening on **Saturday, September 12th**. Save the date! We are excited to bring back the band "Uncorked" from Naramata! More details to follow. Check the Apex Mountain Resort Facebook Group page throughout the summer.

I never get tired of living in this amazing mountain community! Over the years, it has taken on more of a community vibe. I feel very grateful to call it my home! Regardless of whether it has been an epic season of powder day after powder day, or not, it's still a great place to be! March, we are counting on you to turn our snow season around! Let it dump!!!

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Photo by Johnny Smoke



Apex Fire Brigade Society March Update

By Chris Foley, AFBS Director/Secretary

Well, you blink and now it's March! We're happy to have the terrain that is available to keep us sliding and gliding on the slopes.

We look forward to continuing our support of the Apex Fire Rescue crew. The fire hall construction is substantially completed with a few minor purchases and finishes remaining. We will continue our fundraising efforts throughout the coming year and will take this opportunity to ask the public for whatever volunteer support you may be able to provide. We are a small but mighty group, but won't be able to accomplish all of our goals without a bit of extra assistance from those who can spare a little bit of time to spread the work out among more willing hands. If you feel you can join the Apex Fire Brigade Society as a member, there is no fee for membership. We would simply like to grow our numbers beyond our current membership, which includes the board of directors and some of the firefighters themselves. If interested, please email afbs.info@apexfirerescue.ca and we'll let you know how you can help. If you don't wish to join AFBS, but can still help in some way, please send us a message.

We're grateful for all of the work the firefighters are putting into training, maintaining their equipment and keeping our Apex community safe. You are providing a valuable service and we will work to continue supporting you in all your efforts.

Enjoy the spring skiing, boarding, and other fun mountain activities. See you out there!

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

By Jay Mallach, Custom Finish Carpenter

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

Below is a feature wall, incorporating custom woodworking and an electric fireplace, along with custom placed electrical outlets for a large screen TV to be mounted.



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

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Reality Check: What Determines The Success Of The Apex Volunteer Fire Rescue? Community!

By Kelly Johnston, Fire Chief

The community is at the heart of every volunteer organization. This is no different with volunteer fire departments, and of course AVFR is no exception.

Almost everyday, it seems like there is another new challenge for the AVFR volunteers and the Apex community to weave, twist, pivot, and re-adjust for, increasing the complexity of establishing and simply maintaining recognized fire protection at Apex. Whether these challenges are financial or capacity based, the solutions to increasing political, safety, regulatory, social, and litigation maze of challenges always lead back to being community-level driven.

First and foremost, the primary driver for community support is the community recognizing the need for the service. In 2021, the Apex Community recognized the need for a fire protection service to help ensure the safety, viability and safety of the Apex that we all love. A recognized fire service is key to public safety, property protection, insurability and ultimately the economic sustainability of our homes and infrastructure.

Capacity

Life is getting busier and busier for everyone. The increasing financial demand on individuals leaves less time outside the struggle to survive. This combined with the overall decreasing motivation to volunteer; increasing time demands on those that do volunteer, and the seasonal transient nature of the Apex Community challenges the ability of AVFR to maintain the minimum required numbers of firefighters. All of this also challenges the workload placed on each of these firefighters.

Currently, AVFR has 17 firefighters on the roster. The minimum requirement is 15. To maintain a healthy work-life balance for our volunteers, 25 firefighters is the ideal number. Of these 17 firefighters, 8 are over the age of 50, and 4 are over the age of 65. That is almost 50% of members that are on the verge of retirement.

Firefighting is a physically demanding job. We are fortunate to have a community that has an above average proportion of physically fit people; however, we cannot ignore the facts that retirement attrition will significantly impact AVFR's ability to maintain capacity. Add to this, the limited local, and very seasonal employment opportunities; and the very limited availability of long-term accommodation rentals, and we already are faced with significant challenges in achieving our ideal capacity.

Our firefighters spend hundreds of hours training and ensuring that we are prepared for emergencies; however, increased policy and regulations that govern fire department and personal readiness, as well as training requirements, created an additional load onto individual firefighters' time. Taking into account the limited numbers, we start to impede individual firefighter work/life balance.

So, what is the answer to the AVFR capacity challenges? Increased firefighter numbers, additional non-firefighter volunteer involvement, and availability of long-term accommodations will get us a long way down the road ... and is fully in the realm of community members to work together in finding solutions for achieving success.

Financial

It's no secret, the cost for everything is going up. The AVFR is not immune to this. The AVFR is primarily tax-based funded. The sole source of the taxes that pay for AVFR service is Apex

Community property owners. There are no additional core funding tax contributions from anywhere outside of the Apex Community, neither at the Regional District level, the provincial level, or the federal level. These property taxes pay for the operations of the AVFR, the capital projects and purchases (fire hall construction, fire engines, equipment, etc.), the fee for services (finance, administrative oversight, etc.) that the RDOS provides, as well as the RDOS administration infrastructure. The AVFR (or any other RDOS department) does not have the option to "opt out" of many of the RDOS administrative support fees or determine what oversight expenses are appropriate. These needs and costs are determined by the RDOS Board of Directors and the RDOS Senior Leadership. For example, the RDOS Board of Directors and RDOS Senior Leadership determined it necessary to add a Fire Services Manager to the management team to support RDOS Senior Leadership capacity in fire department oversight. The AVFR share for RDOS total support costs amounts to \$14,800 for the 2026 fiscal year.

In addition to the core tax-based funding, the AVFR (and most other fire departments within BC) rely heavily on federal and provincial grants to pay for much needed firefighting equipment. One grant, the Community Emergency Preparedness Fund (CEPF) has been historically and consistently relied upon by AVFR to keep up with required equipment purchases. This year, due to significant provincial financial cuts, unfortunately, the AVFR and every other RDOS fire department were unsuccessful for the first time in receiving any funding at all through the CEPF. For the AVFR, this means that we are unable to use these funds to replace \$20,000 in critical fire hose supplies that failed annual testing. It also means that we are unable to purchase a \$7,000 Rapid Intervention Team (RIT) kit that is essential in rescuing injured, or trapped firefighters from inside buildings. Similarly, the Apex Fire Brigade Society (AFBS) applied for, but was denied, funding from the BC Gaming Grant for Emergency Support Unit (ESU) equipment. This would have allowed non-firefighting volunteers to provide immediate logistical and social services support to firefighters, community members and visitors impacted by emergencies, so that our limited volunteer firefighter resources can concentrate on emergency operations, and the impacted residents and visitors can be provided Emergency Services Support (ESS) immediately, while the RDOS Emergency Operations Center (EOC) mobilizes. This funding ask totalled \$125,000.

On a few positive notes, the small cadre of AFBS volunteer members also put in an incredible amount of work in organizing and running two very successful fundraisers over this past year: the Fishing Derby, and the Firefighter's Ball. After hundreds of hours of volunteer time, and the amazing support of the community, a combined total of \$6000 was raised from these two events. Thank you Apex! Also in 2025, Electoral Area "I" Director Subrina Monteith was able to secure and commit \$20,000 in funding through the BC Gas Tax fund with the intent to support the ongoing construction needs of the new Apex Fire Station 121. There may be potential to re-direct this funding for more critical needs, such as fire hose. Thank you Subrina!

With all of the above considerations, it is clear that the financial support of the AVFR remains as a community responsibility to find solutions for, whether through the fire protection tax, attending fundraisers, donations, in-kind support, or grant writing.

In the end, senior levels of government are consistent in communicating that it is ultimately up to the Apex Community to find solutions for supporting the capacity and financial needs of the AVFR, if fire protection is still a priority for the community.

For more information or to get involved, please contact firechief@apexfirerescue.ca.

Reflections From MilanoCortina 2026

By Shandia Cordingley, Physiotherapist Dale Charles Physio Community Center / Lead Physiotherapist Canada Snowboard

This was the 5th Olympic Winter Games I have been a part of and my 4th as part of the Canadian Olympic Team with Canada Snowboard (CS). I am so lucky, grateful and proud to have had this opportunity and I hope you enjoy reading about a few of my experiences. As the saying goes, the Olympics are the highest of highs and the lowest of lows; these games were no different.

MilanoCortina was the most spread out games in history, spanning over 22,000 square kilometers. We were based in Livigno which hosted all the Snowboard and Freestyle Ski events, and wow, what an incredible venue. Livigno, at 1816m, is a quaint little alpine village surrounded by the stunning peaks of the Italian Alps. It is only 60km from St. Moritz, SUI, but about 240km from Milano.

My main role was as the dedicated physio for CS's Halfpipe (HP) team. The HP team was small with me and the head coach supporting 3 amazing young ladies. Before arriving at the Games, we had a 10-day pre-olympic training camp in Laax, SUI followed by a few days of rest and relaxation in Lake Como, ITA. Once in Livigno, we had 2 days to familiarize with the venues, followed by 3 training days in the pipe before qualifications. All our ladies laid it on the line with Elizabeth Hosking qualifying through to finals. Getting to stand up at the top of the Olympic pipe with these ladies before they drop in for their Olympic runs is an honour and an experience I don't take for granted. I heard I even got on TV!

Because of my role with CS, I know every athlete and staff involved with all four SB disciplines, so getting to see all of them compete in Livigno was really rewarding. This also meant I had a secondary role in Livigno supporting the other CS physiotherapists with our slopestyle/big air, snowboardcross and alpine snowboard teams. I did everything from deliver lunch to the staff putting in long days on snow, to assisting our injured athletes back at the Canadian medical clinic.

The main village was within a 20 min walk of our accommodation and most of the discipline venues finished in one area, making spectating easy. Watching Eliot Grondin collect his second Olympic Silver Medal for Canada in SBX (.03 sec off gold) was so exciting. I was also able to take in a few freestyle ski events as a spectator (shout out Megan Oldham 2x medalist), watch the men's snowboard halfpipe finals, which was a jaw dropping show of talent, and walk around the village enjoying delicious Nutella crepes and true Italian cappuccinos. I saw the medal celebration for Canadian athletes Mik Kingsbury and Eliot, viewed slightly stressful hockey games with fellow Canadian fans at Canada Olympic House, and we even snuck in a couple hours of incredible skiing in 30cm of fresh, Italian Alp powder! And yes, so much lovely Lulu Lemon, as well as being asked several times a day for a Canadian pin (one of the most sought-after pins) by the best volunteers.

Overall, the experience was amazing, my pinch me moment was getting the opportunity to march in the opening ceremonies for the first time. It's hard to put into words the feeling of pride to be a part of the greater Team Canada. As support staff though, the reality is not always rosy. We are not immune to the pressures on everyone in the organization when expected medals aren't won. We see first hand the injuries that keep the athletes we work with from being able to compete at their best or even compete at all, or illness absolutely draining an athlete and limiting their ability to train leading into competition day, long hours and dedication behind the scenes by the whole team to do everything possible to facilitate an athlete's ability to return to compete after injury, and witnessing an athlete's heartbreak after putting it all on the line, yet coming up short.

At the same time though, we also witness other athletes having their personal best performances and see firsthand the incredible camaraderie and sportsmanship amongst teammates, competitors and nations. One special moment that stood out to me was when all 12 of the women competing in the Halfpipe finals posed together for a photo with the Olympic rings at the top of the halfpipe just before the medal event began. A true showing of friendship and mutual respect amongst athletes and staff before one of the biggest competitive events in their careers.

The Olympic 'hangover' is real and hits hard, but it is very nice to be home, back to patients in the clinic and getting some runs in up at Apex. Thank you to Canada Snowboard for the opportunity and to everyone for all the support including my colleagues and patients at Dale Charles Physio! I truly am proud to represent Canada and Canadian physiotherapists on the world stage.

PS: Don't forget to cheer on our Canadian Paralympic Athletes, including our snowboard team (March 14 Banked Slalom)!



Top L - View of the village of Livigno from our accommodation. Top R - The 12 female HP Snowboard finalists before the medal event. Btm L - Me and our team doctor in front of the massive ice sculpture. Btm R - Eating Nutella crepes and drinking cappuccinos in Livigno. Below - Canada Snowboard HP Team - Me, Elizabeth Hosking, Bud Keene, Felicity Geremia and Brooke D'Hondt.





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Olympic Recap & Crystal Globe Pursuit

By Nancy Howden, Reece Howden's Mom

Well, finally the Olympic Winter Games have arrived! Reece was very excited to experience the games with no Covid restrictions like the prior Olympics in Beijing. Unfortunately, the course wasn't BIG and exciting like it should be for the BIG show that the Olympics bring! However, Reece had great results in training and was really fast! On race day, the weather was pretty good in the morning for qualifying runs and Reece had an amazing quali finishing 1st by a second, which is unheard of! After the quali's, the weather changed and it started dumping snow during the break between quali's and racing. The snow didn't let up and was accumulating on the track. Reece and other racers felt the race should be postponed, but it wasn't. So, they ran the race and the times were 10-15 seconds slower, not very exciting to showcase the excitement of Skicross at the Olympics. It was very disappointing, as Reece ended up 13th after such a lead in qualifying runs.

It was great to watch Canadians do well in the Moguls, Big Air, Slopestyle and Halfpipe events and also get to know some of the athletes. During our World Cup season, we don't often cross paths with other freestyle events and meet fellow Team Canada athletes, so that was great!

The closing ceremonies were spectacular taking place in the old city of Verona. Our SX team didn't attend the opening ceremonies in Milano, as all the freestyle events were held in Livingo a few hours away. We did have our own smaller opening ceremonies with fellow teammate Marielle Thompson being one of the flag bearers for Canada!

The weekend following the Olympic SX race there was another World Cup race, so right back into our schedule. This race was held in Serbia and was the 1st time they had held a WC race! The course was great! Big jumps, made for big airs, high speed corners and very fast decision making, landing in a turn off dragons backs and negative turns. It was what a SX course should be like, huge and bringing all your talent as a skier to the course. Reece won both quali's and placed 1st and 4th on race days! He has extended his overall lead for the Crystal globe to 743 points with Florian Wilmsman of Germany in 2nd place with a difference of 169 points separated them. Reece also adds another gold medal in Serbia to the most winningest male SX racer in the world to 23 wins! With 5 races left in the season and 2 of them in Collingwood, Ontario at Craigleith Ski Hill this month, it's going to be very exiting to watch. Canada is also in the lead as overall points for the Nations Cup. Let's go Team Canada!



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A Glance Beyond Our Sky

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

Jupiter

By Tom Landecker

Winter in the Okanagan isn't a good time to be looking at the night sky. Nevertheless, you may have seen Jupiter lately. The big planet has been very bright in the sky right through January and February, and the show will go on into March. At sunset now, Jupiter is already high in the sky. Why is Jupiter so bright? Planets don't shine with their own light - all we see is sunlight reflected off the planet's surface. Jupiter is very big, so it reflects a lot of the Sun's light back to us.

The inner planets, Mercury, Venus, Earth, and Mars, are solid, made mostly of rock. The outer planets, Jupiter, Saturn, Neptune, Uranus, are not solid, they are big balls of gas. Why?

The Sun and all the planets formed at the same time, about 5.5 billion years ago. As gravity pulled the interstellar gas into a sphere, which became the Sun, the leftover stuff formed a disk extending far out from the Sun. The planets formed in that disk. At first the disk was very hot, but it slowly cooled, and things started to condense from the hot gas. The first things to become solid were the materials that formed the rocks of the inner planets. By the time Mercury, Venus, Earth, and Mars had solidified, all that was left in the disk was gaseous material. That stuff became the outer planets.

Jupiter is big, over 300 times as massive as the Earth, and two and a half times the mass of all the other planets combined. Jupiter is mostly made of Hydrogen. The Sun is 74% Hydrogen, 24% Helium. The remaining 2% includes all the other elements, Oxygen, Carbon, Nitrogen, Iron, and so on. In its makeup of elements, Jupiter is almost the same as the Sun. Jupiter is like a tiny star.

Could Jupiter shine with its own light? Could Jupiter become a star? Yes, if it had formed with 75 to 80 times as much mass as it has now, it would generate its own internal energy, and shine in the sky as a dim red star. What if Jupiter had formed with half the mass of the Sun? Then Jupiter would be a fairly bright star, just a little less brilliant than the Sun. Is such a thing possible?

Yes, it's very possible. There are many star systems like that, two stars locked in a dance around each other. We call them binary stars. About one third of the 100 billion stars in the Milky Way are in binary pairs, or in more complicated multiple star systems. If our Earth was in a star system like that, we would have two Suns in the sky, and we might orbit one star for part of the year and the other star for the rest of the time. I think I'm happy with just one Sun.

Interesting websites:

- www.skyatnightmagazine.com/news/planet-parade-february-2026
- en.wikipedia.org/wiki/Abundance_of_the_chemical_elements
- chime-experiment.ca

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

Next New Moon is March 18.

Next Full Moon is April 1.

Ski Season Knee Check Up

By Dr. Deirdre O'Neill, ND

Typically by March, most of us would have logged a lot of days on the hill. But with variable conditions this season, one that will go unnamed, our legs may not be quite as strong as they need to be to keep up with the vertical.

You may find that this year your knees are talking a bit more. It may be subtle. Some stiffness when you get out of the car after skiing. Maybe your knee feels swollen as you are putting away your skis. Or perhaps it is a bit harder to walk down the stairs after a ski day. Many of us brush these things off and keep going. But if your car were sending you warning signals you would likely get it checked out before a bigger issue developed. The same should apply to your knees.

If you plan to ski well into your later years, learning to recognize these signals can make all the difference. Here are five signs your knees may be asking for a tune up.

1. Swelling After Skiing ~ One of the clearest signs that the joint itself is involved is swelling. The knee joint contains synovial fluid, which helps lubricate the joint and protect the cartilage. When the knee experiences irritation or injury, the body responds by producing more fluid inside the joint. This irritation can come from meniscus stress, cartilage overload, or a ligament sprain.

If your knee looks puffy after skiing, there is likely something more going on than simple muscle soreness. It is normal to feel muscle fatigue after a long day on the hill, but swelling in the knee joint is a signal that the tissues need time to recover. Ignoring it or pushing through multiple ski days can turn a small issue into a much larger problem.

2. Pain Walking Down The Stairs ~ If walking downstairs becomes uncomfortable after skiing, take note. This type of pain is common because skiing places repeated load on the knee, especially in heavy or variable snow conditions.

The discomfort often originates from the patellofemoral joint, where the kneecap meets the thigh bone. When the quadriceps muscles become fatigued, the kneecap may track slightly differently in its groove, increasing pressure under the kneecap. Many skiers first notice this the day after a ski day when heading downstairs in the morning.

3. Morning Stiffness ~ You should not feel like you need to lubricate your joints the way you would your bike gears when starting the day. If your knee feels stiff in the morning but loosens up once you start moving, it often means there is some inflammation inside the joint.

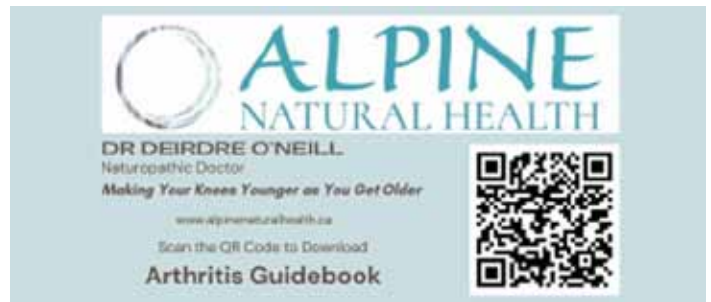
Inflammation is part of the body's healing response, but when it lingers it can slow recovery between ski days. If you stack multiple ski days together, this stiffness can become more noticeable, especially if you have had previous knee injuries.

4. Knees That Do Not Feel Trustworthy ~ Sometimes pain is not the first sign that something is wrong. Instead the knee simply does not feel as reliable as it should. Maybe you have a few whoopsies on uneven terrain. Maybe your knee gives way slightly or you hesitate entering a turn.

Ligaments act as the stabilizing tethers of the knee. Even a small stretch without a full tear can reduce stability in the joint. Loss of confidence in a knee is often a sign that something needs attention.

5. Clicking Or Catching In The Knee ~ Does your knee make an audible sound or does it feel like something is moving inside the joint? Occasional clicking without pain can be normal. But when the knee starts catching or locking along with discomfort, it may indicate irritation in the meniscus.

The meniscus acts like a shock absorber inside the knee, helping distribute load across the joint. In the past, it was common to



surgically remove the meniscus after an injury. We now know that preserving as much of the meniscus as possible is important, because it plays a key role in protecting the cartilage and absorbing impact.

You may notice clicking when squatting deeply, or moving through deeper turns. It does not necessarily mean there is a major injury, but it may be a signal that the knee needs some recovery before the problem progresses.

Listen To The Signals ~ The good news is that these signals do not necessarily mean your ski days are over. More often they are simply your body asking for a little support. Taking a few recovery days, addressing strength and mobility, and allowing irritated tissues time to settle can prevent a small problem from becoming a much larger one. In my clinic, I often see skiers who wish they had paid attention to these early warning signs before a minor irritation turned into a meniscus tear or ligament injury.

Skiers' knees are remarkably resilient joints, but they do send messages. The skiers who stay active and keep skiing well into later life are usually the ones who learn to listen.

If you want to learn more about protecting your joints and understanding the early signs of arthritis, you can download my free Arthritis Guidebook at alpinenaturalhealth.ca/lead-generation. It explains what arthritis actually means, the treatment options available, and what to avoid if you want to stay active and keep skiing for years to come.

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





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The Electric Eye

By Andrew Drouin

I finally decided to quit being such a cheap bugger and get the camera / GPS / phone / computer that I've been eyeing for quite some time; an iPhone 17 Pro, or what I'd call "the Swiss Army Knife of mountain communications, photography and mapping".

It was the price that put me off the most, as this sucker goes for well over a grand, but I convinced myself that since I spend a lot of time in the back-country, the device's ability to reach emergency contacts via direct-to-satellite uplinks, without access to cell towers, was itself worth the cost.

The large battery, amazing camera and better sound system compared to the iPhone 10 that I own would be icing on the cake.

Sure enough, I do indeed appreciate the superb main camera, with its (optical) 8-times zoom and 48 megapixel sensor. One can actually zoom in on eagles and red-tailed hawks floating in the wind overhead, pileated woodpeckers banging away high up in a treetop or bears in a distant meadow, without the resulting picture turning out as a blurry blob that just gets deleted from the camera-roll. The zoom actually works quite well, though the 8X optical setting is pushing it a bit.

The iPhone 17 Pro's dual-speaker system sounds like a mini ghetto-blasters; definitely an improvement over my old iPhone 10's output. A small group of friends could actually party to the sound emanating from an iPhone 17 Pro, set up on a protective case's kickstand. One gets better sound from an external Bluetooth speaker as well, with the 17 Pro supporting the latest, high-definition Bluetooth wireless communications technology.

Computer-wise, the phone is pretty-much a freak-show of blazing speed, and it should be given that the central processor in this unit is capable of some crazy numbers; 2.5 trillion operations per second (!) suffice to say, "it's darn fast".

And that kind of power takes a larger battery and more efficient battery management software, which the 17 Pro has in spades. Forget about "the battery is dead in one day blues". I can run this unit hard, with all manner of software and still have more than a half-tank of juice left at the end of the day.

One smart feature that I was looking forward to is the Pro 17's charge-management software.

Dalhousie University's Battery Innovation Centre has found that one should not charge a lithium-ion battery beyond eighty percent, nor drain it below twenty percent more than occasionally, because those two charge-level extremes are what degrades (causes micro-cracks in) lithium-ion battery cells.

The iPhone 17 Pro includes software that allows one to set the battery to stop charging at the eighty percent charge point and throttles overall system power when your phone drops to 20% charge remaining - both of these are manually defeatable settings. This should provide many additional years of life for the phone's battery.

The iPhone 17 Pro's quick-charge capability - 50% in 20 minutes on high-powered charge-blocks, makes up for these parameters, and its large battery can run back-country mapping Apps for hour after hour. And that is one of my favorite aspects of smartphones in general, as even map-geeks that produce print trail-guide books such as myself, love electronic mapping Apps!

With its vast software collection, the Apple App Store offers dozens of different mapping applications at reasonable prices. Some of my personal favorites include Google Earth, PeakFinder - for identifying any mountain-peak in whatever direction you point the camera, Strava, Trailforks (though T.F. subscriptions are leaning a tad pricey of late) and CanadaMaps. Refer also to my prior article in this publication, describing trail-mapping websites.

What a wild world we live in; where a super-computer, a high-resolution camera / video-recorder, a GPS mapping unit and a direct-satellite communicator all fit in the palm of your hand. If the cost doesn't dissuade you, then I wholeheartedly recommend this multifunction wonder of technology and engineering!

Final Note ... if you are looking for a cellular phone / data plan that is absolutely dirt-cheap, check out what Telus' ultra-lean service known as Public Mobile has to offer. I've been with them for several years now, and since it runs on the Telus network, it has the same coverage as any of the other Telus plans. The catch is that it's web-based support only, so you need to be a wee bit web-savvy if you go with Public Mobile.

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Lifeskills

By Jim Ongena, Life Coach in Summerland

Discontent

When we work too hard, we want rest; when we rest too long, we want work. When we're with too many people, we want solitude; when we're alone, we want people. The young envy the old and the old wish to be young ... and on and on it goes.

Chronic discontent is a western disease and often the cause of unhappiness and even depression in our society. It is a result of focusing on what we don't have, rather than appreciating what we do have. It's also a planned goal of the marketing machines telling us about all the new cars and flat screen TV's we need. Catch yourself whenever you start complaining or wanting a newer, bigger widget and switch to gratitude. Be grateful for what you have, as gratitude is a key ingredient of happiness. Gratitude is one of the most useful of lifeskills, but it does take practice.

"I complained I had no shoes, until I met a man with no feet."

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



Trail Of The Okanagans

By Mary Trainer

Why should the KVR Trail on the east side of Okanagan Lake be the only trail to generate economic benefits in our area? Why not the proposed Trail of the Okanagans that would go mainly from Osoyoos to Penticton and along the west side of the lake to Kelowna?

Here's some food for thought. A study of the economic impact of the 78-kilometre segment of the KVR Trail between Myra Canyon and Penticton's northern boundary between August 2024 and September 2025 lays out significant facts. The study estimated more than 107,000 visitations during that time. The total direct spending was \$18.7 million with a regional economic impact of \$23.9 million. The total estimated visitations in that time was more than 107,000, and supported 119 jobs. Although the visitations were almost evenly split between tourists and locals, tourist spending accounted for \$12.1 million. Tax revenue was significant too, with governments receiving \$.21 for every dollar spent.

North of us, the Okanagan Rail Trail has been generating thriving economies for several years. And earlier this year, the Shuswap North Okanagan Rail Trail Society offered workshops in Enderby, Sicamous and Armstrong to help prepare businesses for the increased visitor traffic and tourism opportunities that their fabulous 50-kilometre trail is expected to bring.

In Destination BC's 2025 report on cycling tourism, the BC Cycling Coalition identified the Trail of the Okanagans as a key cycling tourism hot spot in BC. Consider these cycling tourism trends in the report:

- Increased Demand for Sustainable Travel
- Rise of E-Bikes
- Growth in Adventure and Experience-Focused Travel Cycling Tours
- Long-Distance and Multi-Country Route Networks
- Cycling Infrastructure Development
- Cycling as Part of Wellness Tourism
- Technological Integration Cyclists

To be clear, the Trail of the Okanagans Society doesn't build trails - it's an advocacy organization. The trail still has some significant gaps. Can regional and provincial governments, municipalities, businesses and First Nations from Osoyoos to Kelowna work together to complete the trail? We think so.

Does the potential get you excited about how we in the South Okanagan could benefit? See the main map on the Trail of the Okanagans website, and start imagining the possibilities. Urge your elected representatives to work together to get the trail completed.

Jay's Tunes To Turn To

Artist ~ Talking Heads | Song ~ "The Must Be The Place"

What weird weather we've had this season! I haven't seen anything like this in 25+ years. Regardless, I've enjoyed some great days on the mountain out riding my favourite runs.

I would like to thank all the staff at Apex and all the other businesses for doing their absolute best work in making this season enjoyable for all of us. "No place like home" and there's no other place I would rather be. Apex is my happy place, regardless of the weather.

Enjoy the last few weeks of riding and take in some of the great events planned for us. Bring it on Ullr for next season! Ski ya later.

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



South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

With spring just around the corner I've been thinking about the various festivals that will soon be coming to our region. I'm looking forward to being a volunteer as well as a participant in these many expressions of joy and delight! What about you? Will you be a volunteer helper by giving an hour or two taking tickets, cleaning up, being backstage, or assisting with parking? These are just a sample of the variety of tasks for which volunteers are needed.

A few weeks ago, I read a newspaper article citing a survey by the National Institute on Aging who interviewed adults over 50 years old in June and July 2025. In a report entitled "Perspectives on Growing Older in Canada" released on January 20, 2026, it was found that of those surveyed, 43% experienced social isolation and 59% loneliness. One in four respondents said they were very lonely and almost half of those over age 50 in the sample, were at high risk of isolation.

I want to ask the persons who took part in the study if they do any volunteering outside of the home. My hunch is the answer "no". This study was a sharp wake up call for me highlighting the importance of social engagement through volunteering. Both anecdotal and empirical studies report a high satisfaction among those who volunteer. Friendships are often made, new skills are developed, and opportunities to give to the community are lived out, thanks to volunteering.

There are often no age barriers to volunteering. Teenagers are often seen at The Hospital helping as Candy Strippers, young adults can be found at festivals working backstage, more mature adults are visible at the various races helping with crowd control, and older adults are noticeable serving meals for service clubs. These are merely examples of the myriad ways that all age groups join in through community participation. If this has piqued your interest, please contact the South Okanagan Similkameen Community Connections Volunteer Centre at 1-888-576-5661 and Subrina Monteith, our Executive Director, would be pleased to help you. Visit www.volunteercentre.info or email at info@volunteercentre.info. You'll be glad that you decided to volunteer in 2026!

Let's commit ourselves to a lifestyle of involvement as volunteers and break the cycle of isolation and loneliness!

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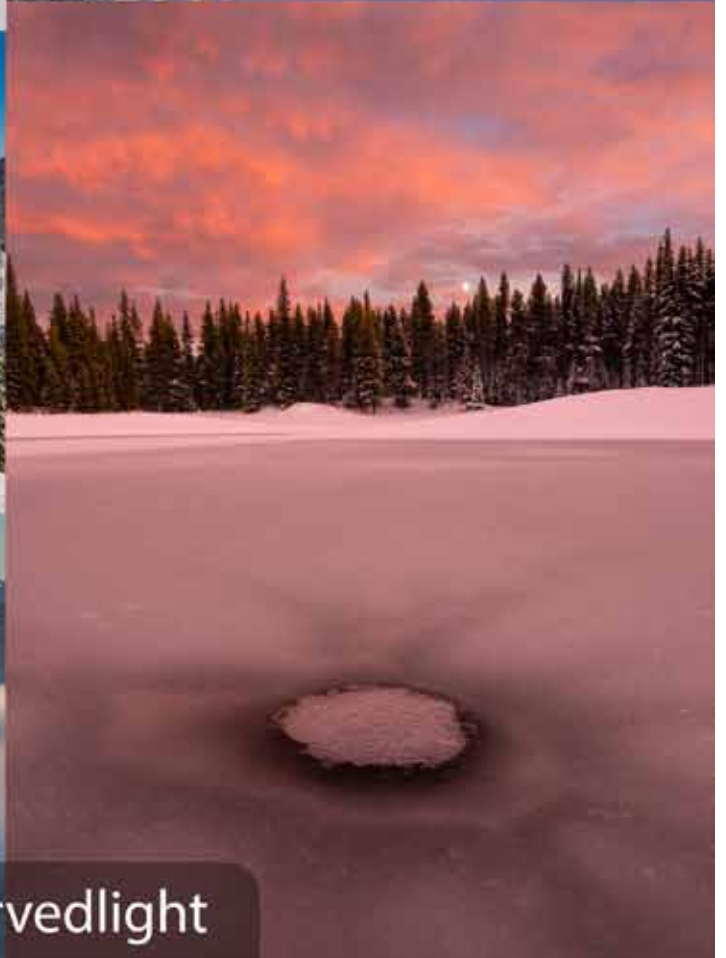
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