



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 17 : Issue 11

November 2025

Your FREE Monthly
Community News!



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Remembrance Day On November 11th

By Myleen Mallach, Owner/Publisher of Skaha Matters

Remembrance Day honours the courage and sacrifice of those who served and continue to serve in the armed forces. It marks the end of World War I in 1918, when the Armistice was signed at the eleventh hour of the eleventh day of the eleventh month. The red poppy, inspired by Canadian John McCrae's poem *In Flanders Fields*, symbolizes remembrance and hope. This year, please wear a poppy and pause for a moment of silence to remember the fallen soldiers who gave their lives for peace and freedom. Remembrance Day reminds us never to forget the cost of war.



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The monthly submission deadline is always between the 15-20th.

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RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Let's Talk About Scams

Scams, scams, scams ... I think we have heard a lot about scams, but yet they still happen. Why is that?

Is it because you think that everyone has good intentions? Or that you are so savvy that you don't have to pay attention to what is out in the media? I am not sure.

Your money is important. You worked hard for it, so do not give it up easily. If you did not enter the contest in the first place, how can you be a winner? If you are not expecting a refund from Revenue Canada or ICBC, why would you be getting one now? What legitimate business would ask you to go out and purchase gift cards and provide them the numbers for payment? Why would your granddaughter be calling in the middle night for you to send her bail money or money for a lawyer or car repairs, and "please don't tell mom and dad!?" These are just some of the clues and questions that you need to be aware of, if you don't want to become a victim of scams and frauds.

While the scam may be different in nature, they are all designed along the same lines, which is to get you to part with your money or these days your identity or both. Technology has allowed the scammers even more access to you and your money via emails, social media, and smart phones. And they are good at it, but not so good that you can't educate yourself and take steps to protect yourself, so that you don't become one of their victims.

Trust your instincts, suspicions and common sense. We all have the 'looks like, sounds like' stuff in us, but sometimes we override it, because we are trusting, caring, confused and sometimes a little greedy. After all, who does not like getting a good deal, but is it a good deal?

Never feel pressured into doing anything without taking time to think about it. Just like the scammers, you can use technology to your advantage by doing research on line and contacting legitimate sources and agencies that can assist in answering your questions and identifying suspicious activities. Places such as the Better Business Bureau or the Canadian Anti Fraud Center can assist you.

Please ask someone first before you commit. We are always here at Penticton Community Policing. Please don't hesitate to call us at 250-492-4300.

On another note ... CrimeStoppers is looking for volunteers to sit as a Director on their Board. If you are interested in some community work and can pass a Criminal Record Check, please contact us at Penticton Community Policing by calling 250-492-4300.

NOV 15th

HOLIDAY CHEER

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This project is supported by the BC Government's Buy BC Partnership Program, delivered by M14P LLP with funding from the Government of British Columbia.

You Are Invited To “The Memory Tree”

By Myleen Mallach, Owner/Publisher of Skaha Matters

As the Holidays approach, many of us find ourselves wanting to pay tribute to a passed loved one in a special and memorable way. We have all experienced loss to some degree at some point in our lives, but some of us have experienced and still experience a devastating loss due to extenuating circumstances that are hard to process and overcome. As a result, the Holiday Season can become a very difficult and stressful time of year.

“The Memory Tree” at St. Andrews by the Lake Golf Resort will once again provide the perfect venue to join with like-minded community members at the start of this Holiday Season. You are invited to join event organizers Stan and Laurie on **Sunday, November 30 from 4:30-6:30 pm**. Last year, they held this event for the first time and 80 people came. This year, they want to open it up to more local residents and ensure everyone can join in.

Blank wooden hearts will be provided for you to write a personal message to your loved one. Then, you can hang it on the 14 foot tree on the first tee box. If you have another special memorable ornament you'd like to hang on the tree, you are welcome to do so. The tree is sponsored by St. Andrews by the Lake Golf Resort and The Falls Barber & Shave Shop. Thank you for your support! The tree will be fully lit up at 5:30 pm, followed by singing “Silent Night” together. You can say something or nothing at all. You can come and go, or you can come and stay to enjoy the festivities around the outdoor fire pits with a shared understanding between those attending. There will be Christmas baking, coffee, tea, hot chocolate and hot apple cider all complimentary inside the clubhouse provided by local families.

If you have any questions, contact either Stan at coachsymes31@shaw.ca or Laurie at laurinadougan2300@gmail.com.



Standing Up For Okanagan Falls

By Donegal Wilson, MLA for Boundary-Similkameen

Across our region, the fall harvest is wrapping up. Grapes are being pressed, apples are coming off the trees, and cattle are being moved home for winter. It's a busy, rewarding time that reminds us how deeply connected we are to the land and to one another. From the vineyards of the Okanagan Valley to the ranches of the Boundary and the orchards of the Similkameen, this is a season that showcases the hard work, innovation, and community spirit that make rural BC so special. The Boundary Similkameen is truly at its best when our communities are working hard and celebrating the fruits of their labour.

While harvest season highlights our strength and resilience, Okanagan Falls continues to face an issue that deserves the same level of attention and care - its stalled incorporation process. I have continued to raise this matter in the Legislature and directly with the Minister responsible. The residents of Okanagan Falls voted for local representation and the ability to make decisions for their own community. That promise has not been fulfilled, and the uncertainty has gone on far too long.

In Question Period, I again asked the Minister when she would meet with the community and allow this process to move forward. Unfortunately, she offered no commitment to meet, no clear answers, and referred to the community as “OK Falls”. It may seem small, but to me it underscores how out of touch this government has become with the people it is making decisions for. Okanagan Falls deserves more than distant oversight - it deserves to be heard and respected.

I will continue to press for transparency, fairness, and a path forward that honours the will of local residents. You can view my full Question Period exchange and read past updates on my website at www.donegalwilsonmla.ca, where I post statements, letters, and press releases related to this issue.

As we head into November, I want to thank everyone across the Boundary Similkameen who contributes to our rural economy - from the orchardists and vineyard workers to the ranchers, truck drivers, and small businesses who keep our communities thriving. Your hard work and perseverance embody what makes our region strong. Together, we continue to show that when government listens to rural BC, we can build vibrant, sustainable communities rooted in common sense and local pride.





Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

Fall is upon and so are the beautiful changing colours in our landscape.

Continually, I receive phone calls and messages of concern with regard to dogs in our community. I would like to inform our residents of whom they should contact if a problem arises.

There is a bylaw that is enforced. Please search www.rdos.bc.ca/assets/bylaws/ByLawEnforcement/Bylaw-2671-Dog-Control-CONSOLIDATED.pdf. This 12 page document regulates

dog control in the Regional District of Okanagan-Similkameen. If a dog is "at large" not with a person and off private property, anyone can report it by calling 250-492-3801 or email dogs@pentiction.ca. This is a complaint driven system, and is in place so everyone has peace of mind. If you have concerns, please report them to the contact information provided above to be addressed.

Dog owners need to follow rules set out in the bylaw and have dogs licenses, as well as containment on private property and regulate any excessive noise.

Please be a considerate dog owner and always pick up after your dog, and this includes carrying your dog waste bags to the closest garbage bin after your walks in the community.

Enjoy the fall weather and be sure to reach out to me if you need.

Subrina Monteith, Director of RDOS Area "I"

Direct: 250.460.0723 | smonteith@rdos.bc.ca | www.rdos.bc.ca

Kaleden Community Association Update

By Glenda Livolsi

The directors of the Kaleden Community Association are happy to announce that a bike rack has been placed in Pioneer Park, near the sports court (pickleball and tennis courts).



Thank you to all who attended the Halloween Dance and Pumpkin Carving Party. Hopefully, this will turn into an annual event.

Please reflect on this on November 11th, as we honour all the veterans with gratitude for their service and sacrifice.

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

An Enjoyable 'Grave Affair' ~ The Kaleden Cemetery celebrated its history and recent improvements on September 19. Over 50 persons of all ages attended the event. KID Chair Steve Arstad and Trustee Mike Gane cut the ribbon, Bruce Keays piped the procession through the new gate and up to the new Contemplation Area, where Mike Gane presented its history. KID displays and handouts were viewed, while enjoying refreshments provided by the Kaleden Seniors Committee. The event's success was empowered by the strong spirit of volunteerism that makes Kaleden such a great community!



Cemetery Gate ribbon-cutting by KID Chair Steve Arstad & Trustee Mike Gane.



Piper Bruce Keays leading procession into Kaleden Cemetery.

Drought Drags On ~ To quote the Okanagan Basin Water Board, "... drought conditions are far from over." September's unusual heatwave, coupled with record-low precipitation, exacerbated valley-wide drought conditions. While forecasts suggest wetter times ahead, overcoming our precipitation deficit remains a challenge.

Irrigation Ended October 15 ~ No sprinkling until next spring, and your irrigation system is completely drained, right ... ?

Still Not On Voyent Alert? ~ For timely email, text, or phone notifications about water and other issues in your neighbourhood, sign up at <https://register.voyent-alert.com>. For more info, contact RDOS Communications (250-490-4148 or communications@rdos.bc.ca); or Voyent Alert's Community Support (voyent-alert.com).

Change In Staff ~ Lynn Shead has replaced Cheryl Halla (now retired) as KID's Office Administrator. More about Lynn next month.

On November 11 ~ Honour all who served, and especially those who never returned ...



Kaleden
Irrigation District

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

Kaleden Volunteer Fire Department



By Jean Dube

KVFD's 1st Annual Hot Shot Scramble Golf Tournament a HUGE SUCCESS thanks to many!

Kaleden Volunteer Fire Department held their first Scramble Golf Tournament on September 28 at St. Andrews by the Lake Golf Resort. It takes a community and our surrounding community members did not disappoint. Tickets were sold out quickly, which means its popularity will make this an annual event.

Now, if you know how much Firefighters love a good challenge, we had to "fire it up" a bit. A few of the highlights, or as you golfers call hazards, were trying to hit the "Dummy Firefighter" surrounded by a firehose bullseye. Another, putting with a very heavy tool called a "Kelly tool", or how about teeing off with Self Contained Breathing Apparatus (SCBA) and a Turnout jacket on your back, just a bit of extra weight to throw you off your swing. Not for the faint of heart, but all for a very good cause by bringing the community together and raise funds for the KVFD Society. We had big prizes to distribute to some lucky and skilled players alike.

The tournament was made possible by the generosity of our "Hall of Flame" sponsors such as: St. Andrew's by the Lake Golf Resort, neuHouzz Real Estate Group, Jim's Mowing, KRS Contracting, Bob's Door Service, SOLARO Management, Ponderosa Point Lakeside Cabins and Aurora Electric. Also, a big thank you to our "Friends of the Firehall": Frog City Café, Valley First Credit Union, Wild Goose Winery, Lakeboat Vineyard & Winery and KJ Coffee Bar.

As well as a fun filled 9-hole round of golf, the ticket purchase included lunch at the club house served by the friendly staff of St. Andrews by the Lake Golf Resort.

This firefighter membership and community event would not have happened without the brainstorming and hard work of Steph Sielmann from Traverse Counselling Therapy. KVFD thanks her for her time and commitment.

We think this year's Hot Shot Golf Tournament was a ROARING success. We look forward to hosting it again with your support.



Make sure to mark your calendar for KVFD's Annual Pancake Breakfast on Saturday, November 15 from 8-10 am!



Sat Nov 15, 2025 | 8am - 10am



Kaleden Firehall, 303 Lakehill Rd.

Come enjoy a pancake breakfast, by donation. All proceeds go to FireSmart & Fire Protection initiatives



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Meet our Mascots



Ember Sparky



All new website for all things Kaleden!

www.KaledenCommunity.com

Courtesy of the Kaleden Community Association



**BRITISH COLUMBIA
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Kaleden FireSmart Tip

By Linda Dahl

FireSmart Canada has a wide variety of fact sheets to help you complete all those FireSmart fall chores. They are perfect for printing off too. Visit firesmartcanada.ca for more details on:

- FireSmart Shipping Containers
- FireSmart Decks and Porches
- FireSmart Fences
- FireSmart Gutters and Eaves
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* Don't forget to attend the KVFD/FireSmart Pancake Breakfast on November 15. Meet Ember the FireSmart Fox, fill up with delicious food and then hit the Annual Kaleden Progressive Winter Market.

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*Jaynie Molloy BSc. Hon. CH.
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Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

Changing Seasons ~ Fall is definitely upon us and the scenery is terrific, for those out walking, biking or driving. The Apple Bin's "Corn Maze" has been a big success, as well - I'm sure - several other Halloween events! Thank you to all who have contributed!

Water Issues Affect Many Of Us ~ There have been a couple of water failures this month, and although each of us mostly know about the issues

affecting us individually, it's worth understanding the range and magnitude of water issues in the community.

Lakeshore Waterworks - some 325 homes in the Skaha East communities of Heritage Hills, Vintage Views and Lakeshore Highlands were without water for a number of hours on October 2nd. The electrical failure of an old fuse at the lake pumphouse at 11 pm Friday night led to an extended power outage while the repairs were completed. Fortunately, the pump motor and the circuitry after this electrical panel were undamaged. As it was only converted to the RDOS 4 days earlier, staff had limited familiarity with the system and replacement parts did not come with the system. None the less, the situation was resolved quickly, with the system was operating and recharging late in the afternoon, and all homes had water that evening. A big shout out to those who made this happen! The system remains on a boil water notice - water must be boiled for 1 minute before consumption - for other issues that predate its conversion to the RDOS.

Okanagan Falls Water System - some 500 homes in Okanagan Falls lower system received a Water Quality Advisory and an emergency irrigation ban on October 8th. The pump at Well #5 stopped when a variable frequency drive failed. As a result, the system was supplied by Well #2, used sparingly in recent years due to high Manganese content and a lower capacity. The high Manganese content - not addressed by boiling - triggered the Advisory, to inform infants, young children and at risk individuals to seek safe alternate sources for drinking water. Hospitality businesses were required to advise their clients and some elected not to provide coffee, tea or water. The lower zone pumping capacity is much lower without Well #5, so this triggered the emergency ban on irrigation. Replacements were sourced, shipped and installed, with the pump in Well #5 coming back online on October 17. Despite the return to Well #5, the system needed flushing sooner than planned - started October 27 - and additional testing to remove the Water Quality Advisory still in place at time of writing. This incident evolved considerably, taking longer than expected as a result, with noticeable impacts on residents and businesses alike.

Skaha Estates Improvement District (SEID) - some 185 homes are in this system that will convert to RDOS on or about January 1, 2026. It has been on a Boil Water Notice and this may continue for some time until long term solutions are implemented. The RDOS has already taken over the day to day operations of the system, but the SEID will continue to manage the system until the end of the year.

Across Interior Health - some 639 of 1976 systems within the Interior Health Authority (IHA), are on some form of water quality advisory and a number of these are also within RDOS, e.g. notably Sage Mesa just north of Penticton. Visit drinkingwaterforeveryone.ca, which is an Interior Health Authority website that provides current water quality information for all systems and an interactive map to locate your residence.



The RDOS is applying for grants for Lakeshore Waterworks and SEID, which both require a water treatment facility. The application could fund a single water treatment facility servicing both systems - and potentially the systems in Kaleden and Okanagan Falls as well. Spreading the costs of a water treatment facility across the 2 - and potentially 4 - systems, provides economies of scale and reduces overhead and in turn increases the grant's return on investment.

Some Key Takeaways ~ 1) Pay attention to water quality advisories. Read the fine print, as they're not always about boiling water and may provide 'at risk' individuals with important information to access safe water. 2) Water from small systems is not cheap, and we can't take it for granted! This is more and more apparent every year. No matter the size, the same components are required and potable water has to be delivered. But smaller systems have fewer residents to pay for it all, so people in smaller communities will invariably pay more for their water than bigger communities. 3) Pay now, or pay later! Money has to be put in reserves each year, or the large cost of major repairs and replacements 50 years in the future have to be paid out of pocket. 4) Dedicated in-house staff can provide real benefits. As systems convert to RDOS, it may mean additional staff need to be hired to deliver those services, and that allows for a broader range of in-house skills, capabilities and professions, and economies of scale as those individuals service several systems.

Incorporation ~ The province is starting its facilitated meetings, meeting separately with OIB and RDOS - first holding individual discussions with each, then providing RDOS with an update on both meetings and requesting our feedback. A draft roadmap has been shared for comment, setting out the steps and timeframes involved in achieving key milestones towards the incorporation process. The roadmap will be shared once it is finalized by the province.

Both the facilitator and a senior staff person have toured the community - despite strict cost cutting measures in place throughout the provincial government. These events occurred separately and provided an excellent opportunity to demonstrate some of the challenges and opportunities that exist, and both commented on the town's character and potential. Also, a senior provincial staff update is in the process of being prepared for the community. I and the RDOS continue to encourage regular, open and direct communication.

Coffee Chat For Upper Carmi Residents ~ November 4th from 5-6:30 pm at RDOS main office in Penticton. Upper Carmi residents are invited to have a coffee with myself and the RDOS Chief Administrative Officer Jim Zaffino, and discuss key issues. It's a curious fact that the area immediately east of Penticton on Carmi Road - around and above Penticton Speedway - is a part of Area "D" known as Upper Carmi, together with Skaha East communities, Okanagan Falls and Vaseux Lake.

Director Information ~ Office hours on the first Tuesday each month are 3-4:30 pm 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

We would like to say a big THANK YOU to everyone who came out to help us celebrate our 75th Anniversary Party at the end of September in Centennial Park. The day was a huge success, with several hundred people filling the field, enjoying the live music, tasting some local wine and beer, or tossing a ball at one of our brave souls in the dunk tank. Big thank you the bands - Desert Rogue, The Mudrats, and badgentina; as well as the dunk tank participants - Matt Taylor, Kyle Belich, Peter Beauchamp, Jeff Van Geest, Katie Poole, and our own members Darcy Miller and Craig Anderson. They all looked a little chilly, but were absolute champs for getting back up after each dunk. Thank you to the food trucks - H+L Dumplings, The Wienery, Our Little Donut Factory, and The Curly Fries Guy, as well as KJ Coffee Bar and the Okanagan Falls Lions Club, for feeding everyone. And, thanks to Meyer Family Vineyard, Noble Ridge Winery, Mayhem Wines, and Giant's Head Brewery for keeping the drinks flowing in the Beer & Wine Garden. And on a personal note, I would like to thank each member of the Okanagan Falls Fire Department for their time and hard work put into making this event such a success. See you all at our 100th Anniversary!



On a more sombre note, we would like to recognize the passing of Peter Maliepaard, a retired member of our fire department, who served our community faithfully for 27 years before retiring from our hall as a Captain in 2018. Please see his full obituary on page 22 in this issue for more details.



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Okanagan Falls Business & Community Association Update

By Marshall MacKinnon

The Okanagan Falls Business & Community Association (OFBCA) has a **New Facebook Page!** Check it out and give us a follow to keep up to date with seasonal events, promotions, what's happening with local businesses, and everything else Okanagan Falls. You can find us by searching for "Okanagan Falls Business Community Association" on Facebook.

Due to deadlines and publishing dates, we'll have to share next month how our "Fall in Love with the Falls" Halloween Trick or Treat event at the Okanagan Falls Shopping Plaza turned out. We'll also share which Okanagan Falls Elementary School students placed in the top 3 in our Pumpkin Carving Contest.

Stay tuned for details on our **Christmas Light Up** to be held in the Okanagan Falls Shopping Plaza in December. If you have any questions, suggestions or would like to volunteer, please send us an email to okanaganfallscommunity@gmail.com.

RISE AND SHINE!

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Fri-Sun ~ 7am - 7pm

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Come and enjoy our new revamped menu starting November 1st. Live Music on Sundays from 5-7 pm. Check out our Facebook page for special features. For the latest, follow us on Facebook and Instagram.



Why Winter Calls For Smart Conditions In Your Real Estate Contract

By Sergej Sinicin of neuHouzz Real Estate Group



Winter in the South Okanagan brings cozy fires, hot cocoa, and scrambling to dig up your snow shovel. However, buying a home in the winter may not always be straightforward due to the weather. Particularly due to snow you might not be able to get the full picture of the property. Lawns are frozen or covered, roofs are



hidden under a fresh layer, and defects may be more difficult to spot with the human eye. So while buying a home in the warmer months is often fairly straightforward, the fall and winter can bring a few chilly curveballs with it that are worth protecting yourself from. That's where well-thought-out subject conditions can make all the difference.

What Are "Subjects" or "Conditions"?

Conditions (also called "subject clauses" or "subjects") are safety nets in a real estate contract designed to protect buyers and sellers from surprises before the deal goes firm. All throughout the year you'll see common ones like "*Subject to financing approval*" or "*Subject to home inspection*". But once the temperature drops below zero, there are a few season-specific subjects worth adding to the mix that can save a lot of stress and potentially a lot of money.

Seeing Past The Snowflakes

One of the smartest subject conditions you can add to your purchase contract in the fall and winter, is **Subject to winterizing the irrigation system**. This can be a real lifesaver because it ensures that before the frost hits, the seller has the obligation to professionally winterize and blow out the sprinkler lines. Otherwise, you could find yourself with burst irrigation pipes in the spring, and a repair bill big enough to make your daffodils wilt.

Another smart and typical subject condition during the winter, is **Subject to a properly functioning and recently serviced heating system**. You definitely want to ensure that the furnace or heat pump can handle a proper winter before you move in. Worst case scenario you're unpacking boxes in the middle of January only to realize your new home's heating system has retired early.

In addition to adding conditions in the fall and winter, it's also helpful to add a few extra terms in your purchase contract. These are especially important if there's a gap between the moment the seller leaves the property, and the moment you move in. An example of a seasonal term is stating that the **seller is responsible for snow removal and for heating the home until possession day**. It's crucial to keep the furnace on to prevent frozen pipes, and as a new home owner it should be 100% clear who is footing the heating bill right up until possession day.

Why Terms And Conditions Matter

Selling or buying a home in winter isn't harder - it's just different. Adding smart subject conditions and terms to a purchase contract keeps everyone warm, dry, and financially protected from unexpected surprises. They also help ensure your transaction closes smoothly without any last-minute panic.

As your trusted South Okanagan REALTOR®, I anticipate seasonal challenges and make sure contracts are designed to not leave you out in the cold. Because in real estate, just like in winter, it pays to be prepared before things get slippery. Call 778-764-1373 and let me help you find your next home.

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Common Sense

By Tom Landecker

We understand the world around us on the basis of our common sense.

Think about energy. If you put an extra litre of gas into your car, you can confidently expect to drive a little further before you need to fill up again, perhaps ten kilometres further. If you put in a tiny amount, a cupful, you could drive a few metres further. Common sense tells you that the tiny extra amount of fuel will produce a tiny extra amount of travel. Every drop counts.

Now think about an atom. When we get down to that tiny scale, we can only put energy into the atom in very definite small parcels, called quanta. We can put in one quantum of energy, or two, but not half a quantum, or a tenth. That doesn't make sense.

Quantum physics is the science of this odd situation. To understand it, you have to discard all your notions of common sense. Nevertheless, quantum physics is an accurate description of how the world behaves on the tiniest scales. If quantum physics was wrong, your computer wouldn't work. Nor would your TV set, or your cell phone.

Common sense also fails us on the biggest scales. Understanding the Universe is every bit as challenging as understanding the atom.

In our everyday common-sense world, light always travels in straight lines. If light curved in its path, our spectacles wouldn't work, and cameras wouldn't work. But on the largest scales, light can be bent away from its straight path by gravity. If the path of a light ray takes it past a massive object, a big star, or a black hole, it is pulled away from its straight path. If light from a very distant galaxy passes near a closer galaxy, that light swerves away from its straight trajectory. Our telescopes will show us very odd images, where the light from the distant galaxy is smeared out into a ring around the closer one.

The Universe began with the Big Bang, 13.7 billion years ago. It began in a highly compressed state, and has been expanding ever since. Common sense suggests some questions. What happened before the Big Bang? What caused the Big Bang? Those questions don't have an answer, because, as far as we understand, time begins with the Big Bang. There is no earlier time.

To ask what happened before the Big Bang is like asking what's North of the North Pole. If you're at the North Pole and you walk in any direction, you will be walking South. You can't walk North. If you're at the Big Bang, there is only one possible direction, forward in time. It doesn't make sense to ask what happened before the Big Bang.

Scientists are working hard to come up with a theory that will work on all scales, from the tiniest bits of atoms all the way to the entire Universe. We will have to be patient, and be grateful that our common sense works, at least some of the time.

Interesting websites:

- www.skyatnightmagazine.com/space-science/what-was-before-big-bang
- www.newscientist.com/definition/quantum-physics/
- 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.



Okanagan Falls



Zumba is a fun, Latin-inspired dance fitness class for all ages and fitness levels. It blends high and low intensity moves to energizing music. No dance experience needed—just keep moving and enjoy the party! Listen to your body, do what you can, and most importantly, have fun!

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1141 Cedar Street

Thursdays, November 6-27
6:00 - 6:45 pm

\$35 + GST or \$10 drop-in

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



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

Meet Brittany

By Nancy Wigley, Recreation Coordinator

RDOS Recreation wishes to welcome Brittany Suderman to the team of Okanagan Falls instructors.

Brittany, originally from Saskatchewan, moved to BC two years ago. She began teaching Zumba in winter 2024 after years of being a passionate participant. An energetic and creative individual, Brittany enjoys running, hiking, swimming, crafting, decorating, and photography. She's deeply committed to fitness and its positive impact on health, mood, and overall well-being. Her classes go beyond exercise - they're about connection, fun, and embracing an active lifestyle. "It's about getting out, meeting new people, making connections, and being active," she says.



To register for Zumba, or to learn more about recreation programs, please visit rec.rdos.bc.ca.



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Maintaining A Strong Immune System: The Key To Fighting Infections

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



This is a time of year we all need to refocus our efforts towards boosting our immune system to protect ourselves from viral and other infections. With a strong immune system, infections don't have much of a chance to take hold. Certain diets, vitamins, herbs, and minerals have immune stimulating and anti-viral effects, making them extremely useful for cold and flu prevention and treatment. Population studies show that most people are deficient in particular vital nutrients required to stave off viral

respiratory illnesses, such as colds, flu, pharyngitis, laryngitis, and even pneumonia. These deficiencies are generally more severe in the winter months due to a lowered exposure to sunlight, as well as other factors which may include lower mood and activity levels and perhaps less consumption of fresh foods.

Some simple things everyone can accomplish to keep their immune system strong during this time are as follows (shown as daily dosing for adults):

Vitamin D3: Vitamin D deficiency may be the greatest cause of seasonal colds and flu. During the colder seasons and at higher latitudes our bodies produce much less Vitamin D because of lowered skin exposure to direct sunlight. A large study involving 19,000 Americans showed that those individuals with the lowest Vitamin D levels reported having significantly more cold and flu episodes. The risk was even greater in those with chronic respiratory disorders such as Asthma or COPD. It is now known that adults can safely consume 5000 IU daily from September through June, and about 2000 IU during the summer, depending on sun exposure.

Vitamin C: Vitamin C is a potent anti-viral, anti-bacterial, and anti-parasitic agent. Oral vitamin C helps protect the body from developing infections, and high-dose intravenous vitamin C is an even more effective method of destroying and removing pathogenic microbes. **Intravenous vitamin C** has cured viral infections which can be debilitating and even life threatening such as swine flu, measles, mumps, viral encephalitis, chicken pox, shingles, herpes, viral pneumonia, colds, and flu. Orally, adults should consider taking 1000mg daily as a minimum for prevention and increase this to 3 times daily at the onset of any symptoms. Citrus or berry bioflavonoid compounds have added benefit towards immune stimulation and symptom prevention.

Zinc: Taking supplemental Zinc at the first signs of a cold or flu can cut down the time of the illness significantly as well as reduce the severity of symptoms. Take 75mg daily in a lozenge form once symptoms have started, or 30mg daily preventively.

Selenium: 200mcg daily of Selenium which can be met by eating 4 raw brazil nuts daily, elevates glutathione levels in the body which helps boost the immune response to pathogens. Selenomethionine is the natural, active form of selenium.

Vitamin A: This vitamin also shows promise as an anti-viral agent. It inactivates viruses, stimulates the immune system, and protects the mucus membranes of the respiratory track from viral invasion. 10,000 IU daily is safe and effective. Single treatments with much higher doses (100,000-200,000 IU) have shown benefit in treating upper respiratory viral illnesses and childhood viral illnesses such as Chicken Pox and Measles. (Avoid in pregnancy)



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Okanagan Falls



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Thursday, 10:45 am - 12:00 pm

November 6 and 20

\$20 + GST

Registration Required



Probiotics (and avoiding excessive use of antibiotics): Ensuring a healthy population of intestinal bacteria is one of the best ways to keep the immune system strong and functional. We now know that about 80% of our immune function stems from these healthy bacteria. Overall, less inflammation and infection are observed in people with healthy bowel flora. Antibiotics can destroy the healthy balance of microbes and it is therefore recommended that with any course of antibiotics, probiotics be administered concurrently and for several weeks afterwards.

Melatonin: Evidence shows that melatonin has anti-viral properties and is a hormone that our body produces less and less of as we age. It is a hormone produced by our pineal gland, which naturally increases in the dark hours at night and puts us to sleep. Sleep is very important for immune health! If you develop an upper respiratory illness with one or more of these symptoms - cough, fever, fatigue, and/or trouble breathing, consider taking melatonin 1-10mg before bed each night. It is interesting to note that children have the highest levels of melatonin production leading to better sleep and stronger immune systems for fighting viruses.

In addition to the nutrients mentioned, the following herbs also help to prevent and treat colds and flu: Garlic, Echinacea, Astragalus, Elderberry Syrup, and Oregano Oil. These can be taken as directed on the labels.

And finally, the food we eat contributes greatly to immune health. The most significant dietary contributor to seasonal viral infections is *sugar*. By reducing sugar (and grain carbohydrates that convert to sugar in the body), the immune system is much more likely to remain robust and highly functioning. Studies clearly show that refined sugar lowers levels of immune cells in the blood stream. And of course, as always, ramp up your consumption of fresh, raw or lightly cooked dark leafy green and cruciferous vegetables, natural healthy oils, and healthy protein. Home made bone broth (think Grandma's chicken soup), naturally fermented foods, and staying well hydrated also keep the immune system strong. Eating less often and incorporating *intermittent fasting* by condensing food consumption to 10 or fewer hours per day, also shows great health benefits.

There are many lifestyle measures people can take to protect and treat themselves from infections. However, if symptoms become severe, please seek medical help.

This article is for informational purposes only. Please see a licensed and qualified Healthcare Practitioner for individualized recommendations for your health and prevention needs.



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Ask Cheryl

By Cheryl L. Snyder, RTC, MRT, CBP

Dear Cheryl, My friend comes to see you and we were talking about my feelings and emotions and I'm not sure I understand what she's talking about. Can I come to see you after I ask my parents? My emotions are all mixed up and I cry a lot by myself, but don't feel sad? My friend told me she's learning about her body with emotions? Hope this makes sense? ~ Anonymous

Cheryl: Dear Anonymous, Your letter makes perfect sense, and I'm so glad you reached out. What you're describing is something many people experience - especially when we begin noticing that our emotions and our body are connected.

Sometimes tears come even when we don't feel "sad". Crying can be a way your body releases energy or emotions that haven't yet found words. It's your body's gentle way of helping you let go and make space for calm again.

When we talk about *learning about our body with emotions*, we're exploring how feelings show up not just in our minds, but also in our physical sensations - like tightness in the chest, butterflies in the stomach, or warmth in the heart. Paying attention to those signals helps us understand what's really going on inside. I teach you how to use your body as a map towards understanding your emotions and how sometimes until we "know" them they can act mischievously with our minds.

It's a wonderful idea to ask your parents about coming in to talk. A counselling session is a safe, caring space where we can explore your feelings together and discover tools to understand what your body and emotions are trying to tell you. You've already taken a brave first step by asking this question - and that shows real courage and self-awareness. I look forward to meeting you when you're ready.

Thank you for all your inquiries once again. I am grateful. Please feel free to send emails and inquiries ongoing. I'll do my very best to respond as soon as possible.

Your Wellness Journey with Cheryl L. Snyder, RTC, MRT, CBP. Registered Therapeutic Counsellor | Master Reiki Teacher | Certified Breath Practitioner | 250-574-8972 | cherylsnyderrcc@gmail.com Located in "The Blasted Church" in Okanagan Falls.

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Are You In Need Of Medical Equipment?

The HUB would like to remind our local residents that assorted 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.

Cruising The Waters: River Vs. Ocean

By Diane Chatfield

As cruising surges in popularity post-pandemic, travelers face a pivotal choice: sail the world's oceans or drift along its historic rivers? Each offers a distinct experience - and understanding the differences can help you chart the right course.

Ocean Cruises: Big Ships, Big Adventure ~ Ocean cruises are known for their sheer scale. Floating megaships operated by cruise giants such as Royal Caribbean, Carnival, and Norwegian can carry thousands of passengers, sailing across continents and climates. These ships are floating cities, boasting everything from water parks and climbing walls to fine-dining restaurants and Broadway-style theaters. Days at sea are filled with entertainment, and port stops span exotic beaches, bustling cities, and historic landmarks. Ocean cruises are perfect for travelers who want variety and non-stop activity. You can relax poolside one day, explore ancient ruins the next.

River Cruises: Intimate and Immersive ~ On the flip side, river cruises offer a slower, more intimate travel experience. Sailing along storied waterways like the Danube, Rhine, Nile, or Mekong, riverboats typically host under 200 guests, creating a boutique hotel atmosphere on the water. Docking right in the heart of towns and cities, river cruises allow for easy exploration of historic centres, often just steps from your cabin. Shore excursions tend to focus on local culture, cuisine, and history, with expert-led walking tours, wine tastings, and visits to UNESCO sites. The vibe is relaxed, refined, and culturally rich.

What's Onboard - and Who's On Board? ~ Ocean cruise ships are packed with amenities - pools, spas, casinos, shopping centres, and even zip lines. Families and multi-generational groups often choose these voyages for the diverse entertainment options and kid-friendly programming. River cruises, by contrast, are typically geared toward adults, particularly retirees, couples, and culture-focused travelers. While the onboard offerings are more limited, they lean toward elegance and enrichment - think lectures, local performances, and gourmet regional cuisine.

Comparing Costs ~ River cruises generally come with a higher upfront price, but they often include shore excursions, drinks, Wi-Fi, and gratuities in the fare. You may pay more initially, but less once you're onboard. Ocean cruises offer lower base fares, but expect to pay extra for many add-ons: excursions, specialty dining, beverage packages, internet, and tips. Budget-conscious travelers may find ocean cruises more flexible, but for all-inclusive ease, river cruises often provide better value.

Final Port of Call: Which Should You Choose? ~ If you seek a vibrant, entertainment-packed vacation that spans islands, cities, and oceans, an ocean cruise delivers. For a quiet, culturally immersive journey through the heart of a continent, a river cruise might just be your dream trip. In the end, the best cruise comes down to your travel style. Whether you're sipping Riesling along the Rhine or dancing under the stars on the Caribbean Sea - the world awaits, one waterway at a time.



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Heart Strings - A Love Story

Provided Press Release

Prepare for an enchanting evening as internationally acclaimed violinist and composer Sophie Armstrong brings her show "Heart Strings - A Love Story" to the Venables Theatre on November 28th.

Sophie's group, The Heart Strings Ensemble includes Okanagan Symphony performers Graham Vink, Olivia Walsh, Susan Aylard and Fahlon Palm, and the show will take the audience on an emotional voyage. The theme of the night is love in all its forms - prepare to journey through love, sorrow, and joy with a selection of timeless love songs and original compositions, seamlessly blending classical precision with unique global influences.

Renowned for her distinct style, Sophie has entranced audiences in over 40 cities worldwide. In 2023, Sophie recorded a music video in Oliver, fell in love with the beautiful town, and is excited to return. An Australian, and now a Kelowna local, Sophie has worked with EMI and Warner Music Artists including Goldfrapp, The Hoodoo Gurus, Josh Groban and The Veronicas, and has performed for Olivia Newton-John and dignitaries including the Crown Prince of Dubai, Sheikh Mohammed at the Emirates Palace in Sao Paulo Brazil, the Bahraini Royal Family and Australian Ambassador of Turkey, and Crown Prince and Princess Mary and Frederik of Denmark. Since relocating to Canada in 2011, Sophie has performed with members of the Canadian Tenors, Chantal Kreviazuk, Juno award winner Jarvis Church (Philosopher Kings), Juno award winner Keshia Chante, Dan Hill, Mark Masri, and Juno-Award winning guitarists Pavlo and Oscar Lopez. Sophie spent most of 2013 writing and recording with artists including Grammy and Juno Award winner Dan Hill, Amy Sky, Mark Masri and Pavlo among others. The concert promises to be a captivating mix of beloved classics and Sophie's original works, celebrating love in its many forms.

Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



Living with chronic pain can be exhausting, both physically and mentally. For many people, simple daily activities become challenging and the search for relief can feel never-ending. One helpful and accessible option for managing chronic pain is a 30-minute chair massage. Though brief, these targeted sessions can offer noticeable benefits without requiring

a major time commitment.

A 30-minute chair massage provided right in your own home can be a convenient and comforting option for people living with chronic pain. Many individuals struggle with travelling to clinics or wellness centres due to mobility issues, fatigue, or discomfort that comes from sitting in a car or waiting rooms. Having a professional come to you removes those barriers and allows you to relax in a familiar environment, which can make the experience more effective and enjoyable.



A chair massage focuses on key tension areas such as the neck, shoulders, back, and arms. The person remains fully clothed and sits in a specially designed chair that allows the body to fully relax while the therapist works. In just 30 minutes, muscle tension can begin to ease, circulation can improve, and stress levels can decrease - factors that often contribute to pain relief.

For those living with conditions like fibromyalgia, arthritis, or lingering injuries, regular chair massage sessions may help reduce the intensity and frequency of flare-ups. The increased blood flow and gentle pressure can help bring nutrients to tight or damaged tissues, promoting healing and reducing inflammation. The relaxing effect on the nervous system can also help lower pain sensitivity over time.

Beyond the physical benefits, chair massage can support emotional well-being. Chronic pain is often linked with anxiety, depression, and sleep disturbances. A calming, 30-minute massage can offer a much-needed break, helping to reset the mind and body. While not a cure, chair massage is a simple, drug-free way to feel better and function more comfortably. As always, it's best to speak with a healthcare provider before starting any new wellness routine.

November 2-8 is National Pain Awareness Week. Eight million people in Canada live with chronic pain, a condition that affects both physical and mental health, inhibits work, play, relationships, and overall quality of life.



Creative Wellness Solutions is a mobile service, so are able to come to you in your home. You can choose from a head and face, upper body, or legs and feet massage, or any combination. Group sessions and gift certificates are also available. Please call Dee-anne at **250-497-5974** to arrange an appointment or to discuss The Grease Cream; which is an amazing, all-natural, cannabis infused pain management alternative that actually works. Be sure to check out our website at www.CreativeWellnessSolutions.com for more information about our services, The Grease Cream and where you can read any past articles you may have missed.

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

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

November finds us delighting in our new circulation desk, which was installed during our brief closure last month, and is already a big hit with patrons, who are enjoying the fresh and updated look!



Thanks to some very generous funding from the Kaleden Community Association, we have been able to purchase an exciting selection of "Stay and Play" toys, which are sure to be much used and appreciated by our smallest patrons, especially as the cooler days of fall and winter arrive making a stay and play expedition to the library an appealing prospect.

This month kicks off our system wide **Card Drive**, with a selection of brand new monster character library cards joining our current lineup and waiting to be issued to new readers who want to develop a monstrous appetite for reading books and magazines, happily devour our portable **Digital Resources** offerings, or feast on our curated **Library of Things** kits! To welcome the new additions to the roster, there are contests and games for both adults and children with Indigo gift card prizes to be won! If you know a friend or relative that hasn't yet registered as an ORL library patron, remind them that Library membership is **FREE!**

Each of the 30 branches of the ORL will be competing to see who can attain the highest percentage of new memberships over last year ... Come on, Kaleden, let's show the big branches how it's done!

Submitted by Judy Komar, Kaleden Community Librarian

Kaleden Quilters & Crafters Invitation

By Vivian King

Quilters, needleworkers and crocheters ... You are invited to join us every Wednesday from 1-4 pm in the Kaleden Community Hall. Ladies of all skill levels are invited to join us for an afternoon with other quilters and crafters. Coffee and tea are always available. The fall session runs from September 3 - December 3 for \$30/person or drop-in for \$4/day. For more information, call 250-497-1164 or email viv20king@gmail.com. We would love you to join us!



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Friday 10 am - 5 pm / Saturday 10 am - 2 pm

Meet Local Author Luke Whittall: Saturday, November 22 from 11:00 am - 12:30 pm

~ Uncork your local wine adventure with Luke Whittall. Join author and wine educator Luke Whittall for an engaging journey through the local wine scene. Luke, who penned *Wines of the Valley* and *Sipsters*, will guide you through a curated tasting of regional wines, complemented by delicious non-alcoholic samples. Discover the stories in your glass!



Tech Talk - One on One: Tuesdays from 3:00-5:00 pm ~ Tech Troubles? We can help! Got a burning tech question? Whether you are a curious beginner or a seasoned techie, this is the space to ask anything and learn everything from new cell phones to old PCs. This is a free program sponsored by Desert Sun Counselling. Please contact the Okanagan Falls library to make an appointment.

Book Club: Wednesday, November 19 from 1:00-2:00 pm ~ This month, we're discussing "Lessons in Chemistry", by Bonnie Garmus. New members are always welcome! For details on how to join, contact the Okanagan Falls Library.

Family Story Time: Saturday, November 15 from 9:30-10:00 am ~ Family Story Time at the Library ... Where stories come alive! We'll dive into enchanting stories, sing along to interactive tunes, and bring tales to life with fun felt boards. Afterwards, stay and play and connect with other local families.

Lego Club: Every Tuesday from 4:00-5:30 pm and Every Saturday from 10:00 am - 1:30 pm ~ Create, make and play. Dive into the hands of creativity where imaginations rule ... and the more you explore, the more rewards you earn.

Share Your Passion with the Community! ~ Calling all creators, thinkers, and makers! The Okanagan Falls Library is building a community hub of knowledge and creativity, and we need you. Are you a local author, artist, or subject matter expert? We invite you to share your talent and passion with your neighbours. Lead a workshop, give a talk, or host a discussion group. By donating your time, you help inspire others and strengthen our community. If you have a skill or story to share, we would love to hear from you. Visit us at the library, send us a message, or give us a call to discuss your ideas. Let's create something wonderful together.

*Check out our **Events Calendar** at orl.bc.ca/okanagan-falls for a sneak peak on upcoming and current events.

Submitted by Artessa Wiker, Okanagan Falls Community Librarian

Okanagan Quilters

By Barb Shanks

Okanagan Quilters meets every Thursday from 9:30 am - 2:00 pm from September to June in the Okanagan Falls United Church Hall (rear entrance). All quilters and crafters of all abilities are welcome to join. Coffee and tea are supplied. Yearly dues are \$50 or drop-in is \$5. For more information, contact Barb Shanks at 250-488-8174 or email barb.shanks@gmail.com. We would love you to join us!

Recovery For Everyone ~ This is a peer led support group for addiction recovery. Our starting point is abstinence, as we feel it provides the best odds for long term success. Our aim is to run a meeting that is inclusive and respectful for everyone. Held Wednesdays at 7pm at 216 Hastings Avenue, Penticton (Heritage Train Station). Doorbell at front. Info at 250.300.5222.



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Tastings are festive & free all weekend from 11am to 4pm. Reservations recommended, walk-ins welcome.

Rising Talent At Stag's Hollow Winery

By Erica McIntosh, Marketing & Sales Coordinator

Stag's Hollow Winery is delighted to announce the appointment of Dakota Bibby as our new Assistant Winemaker. Dakota brings a wealth of experience and enthusiasm to the cellar team, and we are excited to welcome him back to the winery where part of his winemaking journey first began.

Dakota dove into the wine world early, graduating from both the Viticulture and Winery Assistant programs at Okanagan College before spending six years honing his craft at wineries across the Okanagan Valley. In 2018, he joined Stag's Hollow for a harvest season under the guidance of Winemaker Keira LeFranc, an experience that further fueled his passion for producing expressive, terroir-driven wines.

Most recently, Dakota led winemaking at his family's estate, Nighthawk Vineyards, where he played a key role in shaping their small-lot portfolio and further developing his style and expertise.

"We couldn't be happier to welcome Dakota back to Stag's Hollow", says Winemaker Keira LeFranc. "His mix of technical expertise, creativity, and relentless drive to keep learning and pushing boundaries makes him an ideal fit for our team. He brings so much energy and talent, and I can't wait to see the impact he'll have on our wines."

With his fresh perspective and dedication, Dakota is eager to help Stag's Hollow continue producing wines that celebrate both the land and the people behind them.

Okanagan Historical Society Book Sale

By Karen Collins, Penticton Branch President

The Penticton Branch of the Okanagan Historical Society is holding its final Book Sale for 2025 on Saturday, November 15th from 9:30-5:30 and Sunday, November 16th from 11-5:00 at Cherry Lane Shopping Centre. Along with the latest release, the OHS 89th Report, our centennial edition, "Penticton Memories" published by the Penticton Branch as a centennial project will also be on sale. Both would make an excellent and affordable gift for that someone special on your Christmas list.



The 89th Report includes a feature article by Chief Clarence Louie, an article on The Okanagan Basin Channelization by Frank Metcalfe, Changing Waters by Elliot Tonasket and Kasey Moran, Mary McLean/ Yellow Dress by Karen Collins and Visiting the 1900s with H.J.

Parham, Naturalist by Dianne Bersea. Also included is the Origin of the Okanagan Historical Society and chronology.



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 Nov. 28th Advent Log Centerpiece Workshop
 Dec. 4th Christmas Wreath Workshop
 Dec. 12th Gingerbread Cookie Decorating



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School Trustee Report For SD67

By Karen Botsford, School Trustee

What an amazing run of great weather right up until the Thanksgiving weekend! We have so much to be grateful for!

Schools have settled into a routine, and students have enjoyed participating in runs hosted by Trout Creek and Naramata Elementary Schools. Grades 6 and 7 are engaged in volleyball and in the rural schools Grades 4 and 5 could join in depending on numbers.

There are two curriculum updates for the 2025-26 School Year. Two new mandatory content areas are Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Learning for Physical Health Education 10. All SD67 schools have AED's (a requirement by 2026). Social Studies 10 will include the Holocaust and the concept of genocide (SD67 provides these learning outcomes in their curriculum already).

The Ministry of Education and Child Care is requiring the implementation of Kindergarten literacy screeners for all school districts and is providing a grant for professional learning and the development of an implementation plan that will include screening Kindergarten through Grade 3 students.

Following the Ministry of Education Calendar Regulation, the School Improvement Day was held September 22. I attended the Pro-D session with Dr. Dustin Louie, Director of UBC's Indigenous Teacher Education Program, who led a keynote address and workshop on embedding Indigenous Principles of Learning and decolonizing traditional classroom approaches. His virtual session engaged educators in rethinking pedagogy through Indigenous worldviews and provided practical strategies for daily instruction. Dr. Louie provided staff with concrete tools, while inspiring attendees on their own personal journey.

At the September 24 Board Meeting, the board approved the Framework for Enhancing Student Learning Report (an annual report submitted to the ministry by September 30). The report is on the district website, ENHANCING STUDENT LEARNING report September 2025, and I would encourage you to look at it. It is a comprehensive report on student achievement for 2024-25, as well as a review of year 2 of the district's 2023-2027 Strategic Plan.

I attended the Thompson Okanagan Branch Meeting held October 17-18 hosted by Kamloops School District. Nine school districts gather twice a year for professional learning and the branch business meetings. Trustees, Superintendents, and Secretary-Treasurers had an opportunity to tour the Kamloops Residential School. The tour provided us with important information on the conditions and environment indigenous children experienced, which raised a myriad of emotions. It was a very solemn afternoon. I am reminded that we continue to gain knowledge and grow as we engage in reconciliation.

A presentation on Artificial Intelligence (AI) and the development of a framework for the use of AI in the classroom in the Kamloops District followed the tour. Other items included mentorship and advocacy, as well as district and committee updates. It is always uplifting to share best practices. We all learn from one another and together as a branch we have a larger voice to advocate for the challenges facing districts.

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



Need A Ride?

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

Highlights From Kaleden Elementary School

By Principal Jessa Arcuri

We've enjoyed vibrant learning and exploration, as students have embraced the changing colours of fall, studied apple genetics, and created expressive bat-themed artwork. Field trips to Sun-Oka and the Summerland Research Station offered hands-on opportunities for students to connect and deepen their understanding of nature.

Students enjoyed an interactive performance of *How Raven Stole the Sun*, enriching their appreciation of Indigenous culture. They also explored the symbolic role of the coyote in Syilx traditions, linking its traits to resilience and learning. As part of Truth and Reconciliation education, students wore orange shirts to honour Indigenous children sent to residential schools, recognizing the lasting impact on generations.

Intermediate students recently participated in the Pumpkin Run at Trout Creek Elementary and are now training for the Naramata Run at Manitou Park. Meanwhile, volleyball season is underway, with students practicing their bumping, setting, and teamwork skills as they prepare for upcoming matches. The energy and enthusiasm on the court and trails reflect the students' dedication and school spirit.

A heartfelt thank you to our PAC, especially the Wewetzer family, for generously donating a pumpkin for every student to decorate or carve for Halloween. Thank you to the parents that offered to help make this a fun and safe activity for our students. The costume parade and always popular Monster Mash were both enjoyed.



Mrs. D's Playschool in Kaleden

Afternoon Playschool spaces available beginning September 2025.

Monday, Wednesday, Friday from 11:30 - 2:00.

For more information, please contact
Grizela Dos Santos
at 778.931.0070 or
grizeladossantos@gmail.com



Kaleden Elementary PAC Update

By Tenna Fisher, PAC Chair

The Kaleden Elementary School PAC Meeting is scheduled for **Monday, November 3rd at 6:30 pm** in the school library.

We will be at the Kaleden Progressive Winter Market again this year with our **Basket Raffle**! Please come see us there for tickets!

If you have any questions or comments, please contact PAC Chair, Tenna Fisher, via email to trennafisher@outlook.com.

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

Fall is here, and we couldn't be more excited! October has been filled with many fun and meaningful activities for our students. Our Run Club participated in the district cross-country meet, we held our annual Drill Week, and some students had the thrill of dunking Mrs. Poole in the dunk tank! We also observed Fire Safety Week with engaging presentations and activities. A special congratulations to Harry, who was named *Fire Chief of the Day* and won a new bike! We'd also like to recognize Smith and Jacklyn for being selected as our Deputy Chiefs. We are grateful to the Okanagan Falls Fire Department for their presentations during Fire Safety Week and a special thanks for picking up our Fire Chief and Deputy Chiefs and bringing them to school in a fire truck - it was definitely a highlight for the students!

Paige from the RDOS WildSafe BC team also visited our school to share a presentation and practical tips on how to coexist safely with local wildlife. Another visitor that we had was Chantal from Kaleden Acres, who brought her pot belly pigs for a visit. Thank you! Of course Halloween is an important part of our October traditions, thank you to the grade 6 and 7s that submitted their pumpkins for the community contest and to those who helped us celebrate by dressing up.

Our One-to-One Reading Program has also kicked off this month. A huge thank you to the volunteers who have committed to reading with our students each week. If you're interested in joining the program, please reach out to the school office for more details.

Our school participated in the district soccer tournament and won first in their division - Way to go, Falcons! You have so much to be proud of. Your commitment to your team and to representing our school is noteworthy.

We'd like to express our gratitude to all the families who attended the family conferences on October 22nd. Your involvement and dedication to your child's education are truly appreciated.

A big thank you to the PAC for hosting a fantastic BBQ Fundraiser, and to Belich's AG Foods for sponsoring the event. Your support makes a huge difference! Thank you to Bullies Pizza for delivering pizzas to our school for special lunch days, including the winning class from Terry Fox Run (Division 2) and our student supervisors-in-training. We really appreciate your generosity. And finally, thank you to the OK Fruit Project for delivering fresh pears to our school for the students to enjoy! We are so fortunate to have so many people to thank for keeping our school a vibrant, supportive, and welcoming place for all students to learn and grow!



Okanagan Falls PAC Update

By Kari Hill, PAC Chair

A big shout-out to That Guy Contracting for donating this month's PAC Snacks! Our meetings are always better with treats, and we truly appreciate the support.

Our BBQ Fundraiser sponsored by and at Belich's AG Foods was a massive success! A heartfelt thank you to everyone who volunteered in so many different ways - we couldn't have done it without you. And to our incredible community, thank you for coming out, grabbing lunch, and helping us raise funds for the school. Your support makes all the difference!

You can also catch us at the Okanagan Falls Legion on Friday, November 14th, where we'll be helping run the Meat Draw! Come say 'hi', have some fun, and maybe even take home a prize or two.

Next up, we're gearing up for our Winter/Christmas Market on Saturday, November 22nd, and it's shaping up to be our biggest one yet ... all 50 tables are booked! Enjoy lunch and sweet treats by KJ Coffee Bar in the school kitchen, and don't miss out on the Raffle Baskets and 50/50 Draw tickets being sold throughout the day.

A heartfelt thank you goes out to all our community supporters, local businesses, and residents who continue to sponsor, donate, show up, and cheer us on. Your support makes everything we do possible - and we're so grateful to be part of such a wonderful community.



Don't forget to review us on TripAdvisor & Facebook!

5121 9th Avenue, Okanagan Falls

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Christmas Baking ... Order by Dec 2nd!

Bread, Baked Goods, Meat Pies, Tourtiere - Details in store.

Any inquiries, email kjcoffeebar@gmail.com 778.515.6502

School Trustee Report For SD53

By Sholeh Pickell, School Trustee

It's always at this point in the year when I start noticing how fast time moves and can't believe a new year is already on the horizon.

We had a smooth start to the year in the fall and are well into our routines at school. The administration teams identified three areas of priority to support student success and strengthen our school and family partnerships. Within these priorities, resources were created, which went out to families and are available on our website. The resources are an artificial intelligence guiding principals document, which is extremely relevant in this day. A guideline for positive communication document, and attendance information for parents document. Attendance is a pressing issue since the Covid 19 pandemic and lack of attendance or sustained absences causes not only issues for your own child's learning, but also for the entire cohort. As teachers are stretched further to try to catch the absentee child up and postponing the new material as a result. By drawing parent attention to the issue, it is hoped we can support families in any barriers they are experiencing in getting their child to attend regularly.

Literacy is a key priority in the district's strategic plan. Last spring, two teams of teachers and administrators revised the intermediate reading assessment for implementation in the 2025/2026 school year. The updated Non-Fiction Reading Assessment (NFRA) will be used with all students in Grades 4-7 and expanded this year to Grades 8 and 9. Students will complete the NFRA in September and January, helping inform instruction and monitor progress. Results will guide planning at the classroom, school, and district levels to support literacy goals.

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



South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

Frost is in the air, and leaves blanket the ground reminding us that the seasons are changing. The Royal Canadian Legion's Red Poppy Campaign has begun and soon the Salvation Army Kettle Program will be upon us. Both worthwhile projects require volunteers to ensure their success. If you can give even a couple of hours, the organizations would love to hear from you. It is up to volunteers to bring worthwhile projects and programs to life.

Perhaps letter writing is more to your liking. Care facilities, not for profit agencies, and organizations such as Amnesty International, ALS, Doctors Without Borders all require volunteers who love to write letters. Why not dedicate an hour or two per week to writing letters by contacting an organization or facility that appeals to you? Folk live with mobility or health limitations report the gratification they feel when assisting with purposeful writing.

Let's not forget our furry and fuzzy friends who need attention and support. A call to the SPCA, CritterAid, or the Naturalist Society of the Okanagan can direct you to various volunteer opportunities. Whether it is direct assistance with the animals or birds, administrative help, or serving on a Board, all are important volunteer tasks.

Serving meals through Meals on Wheels, distributing mobility aids through the Red Cross, being part of Crime Stoppers, serving on the SOWINS Board, or helping at the Elvis Festival are just a sample of the many volunteer opportunities available for you. A more complete list is available on the South Okanagan Similkameen Community Connections Volunteer Centre website: www.volunteercentre.info.

If your interest to volunteer has been sparked, please contact our Executive Director, Subrina Monteith at 888-576-5661 or email info@volunteercentre.info. Please also check out our webpage at www.volunteercentre.info. We are located at 110-1475 Fairview Road, Penticton (The Cannery), but appointments are strongly advised. Having a set appointment time ensures that someone will be available and ready for you!

May November be the month you become a volunteer!

CatMatch



Meet Darwin

Darwin came from a local colony and is learning to love being indoors. He was fostered with another cat and a small dog. Darwin is currently at Total Pet in Kelowna with his friend Maxwell. He is about 6 months old, neutered, vaccinated, etc. He will make a lovely addition for the right

family! Come visit him and see if he is the missing link in your family tree! Visit alleycatsalliance.org for more info.



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250.497.6733

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"CINDERELLA"
November 7-30, 2025
Cannery Stage Venue in Penticton
www.ManyHatsTheatre.com

CINDERELLA

A Traditional British Pantomime

By Cheryl Gill, Many Hats Theatre Company Publicist

Many Hats Theatre Company and Showtime! Theatre Company are proud to present **CINDERELLA: A Traditional British Pantomime**, by Shel Piercy and Jo Sears. This is the first time Many Hats has partnered with another company, and a first time a traditional pantomime is being presented in Penticton. Together, we will showcase 24 of the area's finest actors, singers, and dancers in what is sure to be one of the season's most memorable performances.

For the uninitiated, a pantomime is a fairy tale with music and comedy and loads of audience participation. In our magical, musical, and utterly silly pantomime, a large cast of colourful characters will present a whimsical version of Cinderella, filled with laughter, cheers, boos, dance, sing-alongs, and just enough sparkle to make everyone believe in happily ever after. Oh yes, you will! This fun-filled event will entertain the entire family - special rates will apply for kids 12 and under.

CINDERELLA runs November 7-30 at the Many Hats Theatre stage in the Cannery Trade Centre. On Friday and Saturday evenings, the show will start at 7:30 pm (doors open at 7:00) and on Sundays, there will be a matinee starting at 2:00 pm (doors open at 1:30).

Tickets are \$35 for adults, \$33 for seniors, and \$16 for kids 12 and under. They are available at www.manyhats theatre.com. For inquiries or assistance with ticket purchases, call 250-462-6428.

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Kaleden Museum & Archives

By Mike Gane

This current series of articles covers the history of Kaleden's Pioneer Park. Below is Part 2 of this series.

In 1981, that tiny section at the northern edge of our present beach was purchased from Marathon Realty. The following year, the Hotel property was purchased and designated as parkland, but this still provided little sandy beach.



KMA 2018.001.P111 Ron King Collection

The Packinghouse in its final days, prior to demolition.

When it was determined that the Packinghouse had outlived its usefulness, the Oliver Co-operative Growers, who had taken over ownership, prepared to put it on the market. On November 14, 1985, the RDOS called a meeting to present a plan by which the community would buy a small portion of the land adjoining the tiny beach area purchased from Marathon Realty four years earlier. The much larger remainder would be sold to a developer who had shown interest in erecting an apartment block on the attractive lakeside location. The RDOS got the opportunity to call the shots due to the required zoning change and so had stepped in to see that Kaleden's interests were protected. For a time, it seemed the proposal would be accepted, but before a vote could be called, Ted Swales introduced a motion that Kaleden should see if we could raise the funds to purchase the entire property, demolish the packing house and develop a park.

This motion passed and a whirlwind campaign was launched to convince taxpayers of the community that this project, though costly, was essential. It was a whirlwind effort since a vote to authorize the borrowing of up to \$220,000 would be held in conjunction with the RDOS election just one month later on December 14. Two committees already were in place: a parks committee, headed by Ted Gane, and a recreation committee that essentially looked after the Hall and recreation, headed by local postmistress, Noreen Williams. To these committees, anyone interested was added and a house-by-house campaign entered to sell the concept that the benefits of a park fully justified the tax increase that would be experienced. Before the campaign could get under way, an outline had to be drawn up showing exactly the costs and presenting the concept of what facilities would be provided. In retrospect, the fact sheet that each canvasser carried turned out to be a very close forecast of the facilities that exist today.

Despite a small group that opposed the purchase, the debenture vote passed in December 1985, with 74% in favour.

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

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



Kaleden Seniors Committee Update

By Karla Avendaño, KSC Coordinator

Last month, Zoe Eyjolfson from the Okanagan Nation Alliance visited us in Kaleden to talk about the return of the Salmon in the Okanagan. In an engaging and passionate manner, she presented us with outstanding information about the projects that have been in the works for the past years to make this happen. A sincere thank you to Zoe and to everyone that came and participated that day.



Our 6th Annual Kaleden Progressive Winter Market is this month. The festive spirit is in the air, and we are very excited to have so many amazing vendors this year! Come and support local artists and businesses and get your Christmas shopping done early! Market hours are 10 am - 2 pm on Saturday, November 15th.

Save the date for our last social event of the year, Wreath Making on December 5th at Linden Gardens. Time: 5:30-7:30 pm. Remember to bring an appie to share and cash for drinks. Greenery graciously provided by our hosts. Bring a wire ring, clippers and décor of your choice. See you there!



Helping Hand Update

By Patty Neuner

It is time again to start up our Annual Christmas Hamper Campaign! As always, we are so appreciative of the wonderful and generous people in our community that make it possible to help those in Okanagan Falls that may need a helping hand this Christmas season.

The Okanagan Falls Helping Hand is a registered charitable organization and our mailing address is P.O. Box 640 Okanagan Falls, BC V0H 1R0. Donations can be made out to Okanagan Falls Helping Hand and currently due to the current Canada Post strike we encourage you to e-transfer to **helpinghandsokfalls@gmail.com**. Tax receipts will be issued for all donations of \$20 or more. Cash donations will allow us to purchase exactly what families are in need of, which makes a huge difference at this time of year.

Keep an eye out for our pink donation bins at locations around Okanagan Falls. Please make sure you check the expiry dates on all non-perishable donations.

Come on down to Belich's AG Foods on **Saturday, December 6th** with your financial or food donations and help us **"Fill the Van"**. We want to take this opportunity to thank Kyle & the Belich's AG Foods team for their ongoing support. Thank you!

We are always looking for volunteers to join us. Our next meeting will be held **Thursday, November 20 at 4:30 pm** at Okanagan Falls Community Church. If you would like to volunteer, or have any questions, please call us at 778-559-2412 and leave a message. Your call will be returned.

If you are in need this Christmas season, please fill out the registration form provided below. You can drop it off to Okanagan Falls Pharmasave or Belich's AG Foods, or you can email a copy of it to **helpinghandsokfalls@gmail.com**.



Okanagan Falls Lions Update

By Bob Wilson, Past President

Greetings to one and all, October has vanished and November is upon us. Firstly, I must apologize for the last missive's omission, I forgot to wish a Happy Thanksgiving to all. Therefore, please accept my post event, heartfelt wishes that you all had a great weekend. Hope you all had a good All Hallow'd Evening and now we are heading for November 11, Remembrance Day. Please support your local Royal Canadian Legion on this day of recall and regret for the lives that were lost in the fight for freedom, which we all enjoy and hopefully will continue to enjoy for many years to come. As the song says, "War, what is it good for? Absolutely Nothing!"

As for Lions on an international scale, we have gained over 84,000 new members and 1400+ new clubs according to a Lions International newsletter. On a local scale, our District 191 is reportedly doing well and on behalf of our Okanagan Falls Club, I would like to thank all who helped, contributed or joined us in making our club successful over the past years. Without the community support, we would be unable to carry on with our projects ... i.e. School Breakfasts at Okanagan Falls Elementary School, Annual Easter Egg Hunt at Lions Park, Used Eyewear Collections, Music in the Park Cookies & Ice Cream sales at Centennial Park, and Scholastic Bursaries for students carrying on to further studies. Thank you for your ongoing support!

I will end with something we all as Lions end communications - YIL. This stands for "Yours In Lionism" and denotes the commitment and service we try to give to our communities as we go along our way and lets our members know that we're all in this together.

Be well, keep safe and happy ... 'til next time.

Blood, it's in you to give! The next Blood Donor Clinics will be held November 17-19 at the Penticton Senior Drop In Centre from 1:30-5:30 pm. The Canadian Blood Services needs both donors and volunteers, visit www.blood.ca or call 1-888-236-6283.

The Okanagan Falls Lions Club meets the second Monday each month at 7 pm upstairs in the Okanagan Falls Legion. Come and join us and see what we are all about. If you have any questions, please call 778-439-2275. Visit www.e-clubhouse.org/sites/okfalls/ or www.facebook.com/okanaganfallslionsclub.



Thrift Shoppe

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

Okanagan Falls Heritage & Museum Place - 1145 Main St



Accepting Clean & Gently Used Clothing & Accessories In Person When Open Please!

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

While the Museum is officially closed for the season, that doesn't mean we aren't busy. We were lucky to receive a grant and got the rotting back deck of the Bassett House replaced and as well got an offer from a painting company to repaint the Bassett House in the spring. This is badly needed, as wear and tear is starting to show.

We are organizing a Christmas Event at the end of November, with family photos with Santa on the front porch of the Bassett House. These can be used for your Christmas cards this year, so stay tuned for more details coming soon!

Our Thrift Shop has been changed over from summer to winter clothes, so be sure to pay a visit.

We have installed a new storage shed for bottle and can recycling drop off. If you would like to donate your recyclables, please drop them off to the Thrift Shop. Sending out a big thank you to those that do this regularly. This helps our fundraising efforts more than you know!

2025 Okanagan Falls Helping Hand

Christmas Hamper Registration Form

For Residents of Okanagan Falls Only

Name: _____

Phone: _____

Email: _____

Street Address: _____

of Adults: _____ # Kids under 18: _____

Boys Ages: _____ Boys Sizes: _____

Girls Ages: _____ Girls Sizes: _____

Registration Deadline:
Saturday, December 6, 2025

Forms can be dropped off at:

- Okanagan Falls Pharmasave
- Belich's AG Foods
- Emailed to **helpinghandsokfalls@gmail.com**

Hamper pick up is Wednesday, December 17 from 1-4 pm at Okanagan Falls Community Church.

Identification showing Okanagan Falls residence required for pick-up.



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, youth and those in need.

OPEN Monday-Saturday from 2 pm to closing. Open Sundays at 11 am for pool day. Check the game out. Everyone welcome!

Shuffleboard ~ Tuesdays and Thursdays at 2 pm. Check it out.

Wednesday Car Show ~ We would like to thank all the car enthusiasts for a great 2025. Thanks to the hard working kitchen staff, and thanks to Eugene Dettling and Tony Sloboda for their support. See everyone in 2026!

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

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

Veterans Luncheon November 3 at 11:30am ~ You don't have to be a Legion Member. Please call and put your name on the list.

Remembrance Day November 11 ~ We all should gather by the Cenotaph at 10:45 am. Ceremony starts at 11 am. Following the ceremony, please attend our Luncheon.

Pancake Breakfast ~ Sunday, November 16 from 8-10 am. Adults \$10, Kids \$5 and under 3 years is free!

General Meeting ~ Tuesday, November 18 at 7 pm. Always the 3rd Tuesday of the month.

Get Your Tickets For New York New Years Dance ~ Tickets will go on sale in mid November. Feather River Band will be playing.

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

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

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

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 Little Legion with a Big Heart!

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.

Our Annual Christmas Craft Sale will be held on Saturday, November 8th from 9 am - 3 pm.

We have a library and puzzles to lend out to members whenever the hall is in use.

Barb Malrooney and Gail Skuce were honoured with life time member award for their years of volunteering at the Center.

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

Activities in November 2025:

Canasta ~ Mondays at 10 am - Not on Holidays!

Evening Pool ~ Mondays & Wednesdays at 6 pm
~ Tuesdays at 5:30 pm

Tuesday Bingo ~ Tuesdays - November 4, 11 & 18 at 1 pm

Morning Crafts & Coffee ~ Wednesdays at 10 am

Mexican Train Dominos ~ Wednesdays at 1 pm

Afternoon Pool ~ Thursdays at 1 pm

Bridge ~ Thursdays at 1 pm

Cribbage ~ Thursdays at 7 pm

Line Dancing ~ Fridays at 1 pm

Pancake Breakfast ~ Saturday, November 1 from 8-10 am

General Meeting ~ Monday, November 3 at 1 pm

Christmas Craft Sale ~ Saturday, November 8 from 9 am - 3 pm

Country Music Jamboree ~ Sundays November 9 & 23 at 1 pm

Drop-in Bingo ~ Saturday, November 15 at 1 pm

Pot Luck ~ Saturday, November 22 at 5:30 pm

Carpet Bowling ~ On hold for now - looking for players

Scrabble ~ On hold for now - looking for players

Booking Agent ~ Please call Heather at 250-497-1171.



Are you over 50? Just \$25/yr to join!

Enjoy activities. Meet new people. Get out and have FUN!

Become a member of the OK Falls Seniors Society!

For more information, call 250.497.8199 or 250-462-5233.



South Skaha Housing Society Update

By Michael Livingstone, SSHS Chair

As the chill of winter nips at our heels, Skaha Place is getting ready for the season ahead. Winterization is underway - waterlines are being blown out, and contracts for parking lot maintenance are being finalized to ensure everything runs smoothly through the winter.

South Skaha Housing Society is excited that construction has finally started on their long awaited second building project. This project will provide thirty-six new homes, with a mix of studio, one bedroom, two bedroom and three-bedroom units. Our fingers are crossed that construction moves along without any glitches and the estimated target date for completion and occupancy of late spring 2027 will be met.

Occasionally, we have openings when residents move out. If you're interested in joining our community, please make sure your name is added to the waitlist. Vacancies do arise, but their timing is unpredictable, so being on the list is the best way to stay in the loop.

Thank you for being part of our growing community!

FEED YOUR BRAIN & FEED YOUR STOMACH FOR 5 BUCKS!



Text for Human 250.328.2263

Hosted by My Learning Hub Club & My Little War Wagon



Be the first in the world to help form an alliance of AI prepared and resilient BC Communities. This is going to be a friendly (?) talk about AI and start solving some of the concerns like: job loss, economic inequality, who's going to have access to AI, and forming **Local Best Practices**.

AI. It's here. Let's do something wise.



www.aiitv.org
joinai-prepper.com

Thursday, November 6 ~ 5:30-8:00 pm

Held at Okanagan Falls Legion Branch #227

Food, Drinks, Prizes & **FREE!** Stuff!

Peter Maliepaard

October 11, 1954 - October 12, 2025



It is with heartfelt sadness that we share the passing of Peter Maliepaard, beloved community member of Okanagan Falls, who left this world peacefully on October 12, 2025, one day after celebrating his 71st Birthday surrounded by family and friends.

Peter lived a life of service, dedication and friendship. He proudly served as a Firefighter and First Responder for 27 years with the Okanagan Falls

Volunteer Fire Department, retiring as Captain in 2018. He was employed by Weyerhaeuser Products until its closure in 2007. Peter lovingly became a full time caregiver to his wife Linda, who left to be with the angels only 10 months ago in December 2024. His courage, humour, and steady presence left an indelible mark on all who served alongside him.

Peter was predeceased by his wife, Linda, of 30 loving years. He is survived by his sister Tina of Grand Forks, his brother Art of Kelowna and sister Helen of Alberta, as well as his three nephews. He will also be deeply missed by Buddy, his loyal 14-year-old dog and faithful companion, Luna, his beloved cat, and his dear friend Linda F., who brought warmth, joy and love into his last few months. Their friendship will be cherished by Linda as she moves into her grief caring, as promised, for Peter's beloved pets.

A man who loved the simple beauty of everyday life, Peter cherished morning walks with Buddy before the world was awake, luncheons with friends like Gerrie Jackson where they shared deep conversations and laughter. He found joy in the Okanagan Falls community - its people, its trails, and the comfort of friendship and food shared together. He and Linda hiked together for picnics up in the hills. Peter found most peaceful moments in his garden and in the outdoors.

Peter requested no formal service or celebration of life. In keeping with his wishes, donations in his memory may be made to support the Okanagan Falls Volunteer Fire Department, where his spirit of service will continue to live on.

In honour of Peter's life, the OKVFD will be bequeathing funds to establish an account dedicated to the members of the Okanagan Falls Volunteer Fire Department in his name.

Peter's final day on earth was a gift - his 71st birthday, spent in total bliss, surrounded by those he loved, blowing out his candles with gratitude and joy. It was, as his friends recalled, "his happiest celebration made possible".

Forever remembered for his kindness, loyalty, and the twinkle in his eye, Peter will remain a cherished part of the heart of Okanagan Falls.

Condolences and tributes may be directed to the family by visiting www.nunes-pottinger.com.



5855 Hemlock St. PO Box 788, Oliver, BC, V0H1T0

www.nunes-pottinger.com

info4@nunes-pottinger.com

Phone: 250-498-0167 Fax: 250-498-0166

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 am

With Pastor Jon Manlove. Guest Speaker on Nov 16.

Ladies Bible Study ~ Tuesdays at 10 am

Kids Gym Night at School ~ Tuesdays at 6:30 pm

Worship services recorded at OKFCC.net. Everyone is welcome!
1356 McLean Creek Rd, Okanagan Falls | 250-497-5131

Okanagan Falls United Church

Sunday Service at 9 am ~ Speakers: Nov 2 - Rev Dr Donald Schmidt; Nov 9 - Rev Laura Turnbull; Nov 16 - Rev Paul James; Nov 23 - Sarah Tupholme; and Nov 30 - Rev Paul James. Coffee fellowship following the services. More info at okfallsunited.ca.
1108 Willow St, Okanagan Falls | 250-497-1171 or 250-460-2560

Our Lady of Lourdes Catholic Service

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

St. Barbara's Anglican Church

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

Juanita Darlene Gardiner

November 29, 1939 - September 22, 2025



On Monday, September 22, 2025, Juanita Darlene Gardiner, who went by Darlene, passed away peacefully with her daughter at her side at the age of 85.

She is predeceased by her husband, Frederic Gardiner; her daughters, Susan Michele Duff and Jennifer Lynn Duff; her parents, Elsie Ruby Warde and Warren Milburn Warde; and her sister, Karen Weston. Darlene is

survived by her brother Clare Warde, her children, Michael J. Duff (Carol) and Cindy-Marie Pinsky; step-daughter Marion Purwins (Frank); grandchildren Brandon A. Pinsky (Crystal), Michelle J. Pinsky (Shane Da Costa); and great-grandchildren Tristan Pinsky and Kruz Da Costa.

Not one to be idle, Darlene kept herself busy working various jobs like delivering Buy and Sell papers, a Crew Chief at Arby's Restaurant, being a Tupperware and Avon Rep, Co-owner of Yellow Cabs and Co-owner and bookkeeper at Tri-Star Services Ltd. She also enjoyed travelling and has visited Paris, London, Alaska, Hawaii, Ontario and done lots of camping and exploring BC. Darlene liked to volunteer her time with the Oliver Heritage Society and Weight Watchers. She loved to read and sew and was very interested in genealogy and tracking our family tree. She was a wonderful mother and loved being a homemaker too.

In lieu of flowers, please consider donating in Darlene's name to the BC Heart and Stroke Foundation or to the BC Cancer Foundation.

Condolences and tributes may be directed to the family by visiting www.nunes-pottinger.com.

Timothy (Tim) Joseph Syrette

January 20, 1948 - September 19, 2025



To know him was to be blessed by being able to love him. His devotion to his family, friends and country was unwavering. His sense of love was the foundation that we built our lives on. His wisdom, to guide us through life, will be sadly missed. It is with great sorrow that our family announce the passing of Timothy (Tim) Joseph Syrette, of Okanagan

Falls, who passed away peacefully on September 19, 2025, in his sleep at the age of 77.

He is survived by his beloved wife of 58 years, Darlene Syrette of Okanagan Falls. Mentor and loving Dad to his children, Buddy Syrette, Angel Jury and his son-in-law, Todd Jury. Proud Gramps to his granddaughters, Haven Jensen, Liberty Jensen and to his newest great-grandson, Luxton Nash. He was well-loved by his immediate family in Sault Ste. Marie, Ontario and extended family in the Maritimes.

A proud indigenous Ojibway man, third eldest of a family of ten (survived by his three sisters - Charlotte, Elaine and Colleen), born in Sault Ste. Marie, Ontario. A veteran of the Royal Canadian Navy, serving his country for 40 years at CFB Halifax and CFB Esquimalt in Victoria. He was a long-standing member of the Royal Canadian Legion, lending his expertise to honouring indigenous service members.

His faith, as a devoted Catholic, was present every Sunday, where he took great pride in ringing the bell for service at the Christ the King Catholic Parish in Oliver, BC. He was a talented soapstone and wood carver, loved his music, a beer, dancing and telling a good joke. "Let me tell you a story" will never be heard the same way again. He will be forever missed, but his legacy has left an imprint on our hearts. He will be lovingly remembered by us all.

A Celebration of Life will be held at the Okanagan Falls Royal Canadian Legion Branch 227 in the Spring of 2026. The family will announce a date closer to that time.

Condolences and tributes may be directed to the family by visiting www.nunes-pottinger.com.

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Roy Johnson

August 28, 1930 - October 1, 2025



The family sadly announces, Dad passed away peacefully at the Penticton Hospital with his family by his side.

Dad is predeceased by his wife Mabel, sister Edna (Sid), brother Russel (Wilma). He is survived by his 2 daughters, Sandy (Frank) and Linda (Gordon); grandchildren - Corey (Amanda), Shawn, Karen (Paul); 6 great grandchildren and 2 great great grandchildren; and 3 nieces - Karen, Diane and Donna.

Dad was a long time resident of Shuttleworth Place in Okanagan Falls. Although his 95 years presented many physical challenges, he lived everyday on his terms.

To respect Dad's wishes, there will be no service. A private family interment in the Okanagan Falls Cemetery at a later date.

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Lesley@crediblecremation.ca

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If Basic Cremation Is Your Choice

By Lesley H. Luff, Okanagan Falls & Osoyoos

Announcement: To all of my colleagues, business partners and the hundreds of families that I have had the privilege of serving over my long career as a Funeral Director. Some changes are coming ... My career began in 1989 in Ontario with Service Corporation Inc. I relocated to BC and took a position with Chapel Hill Funeral Home in White Rock, where I attained my Licence. After 8 years there, I spent several years at Victory Funeral Centre. I retired twice, but returned to cover for two Directors who were on pregnancy leave. Along with a business partner, Credible Cremation Services was created to assist families with the high cost of a basic cremation. In 2016, the partnership was dissolved, and in 2017, the business was sold to Providence Funeral Homes. I remained to manage the company, until this year when some changes are about to be implemented and it is time for me to step aside from full time duties.

As of November 1, when calling Credible Cremation Services, you may be directed to an answering service. For those who require assistance with the death of a family member or close friend, please be specific in your needs. If it is an at-need situation, you will be forwarded to Robin who will assist you. If you are inquiring about making your pre-arrangements, please ask to be directed to Lesley. Robin and I both look forward to offering families the same dedicated service in the future. Thank you for your support



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 the fabulous gang of recycling volunteers who work weekly at the Kaleden Bottle Depot on Lakehill Avenue, sorting, organizing, and recycling our bottles, cans, and milk/juice containers. Your dedication to this project is very significant and gratefully acknowledged by Kaleden residents. On top of actually doing the recycling, money is received and used for numerous activities and projects! Thank you to all of you for this rather sticky and sometimes smelly work!
~ From Barbra P. of Kaleden

Flowers to Lesley of Credible Cremation Services who recently assisted in my Mother's end of life with cremation services. Lesley provided kind support, was very informative and guided me through the process. I appreciate and value her services.
~ From Coreen T. of Oliver

Flowers to the Lions Club for providing Okanagan Falls Elementary students with breakfast sandwiches. Happy tummy's mean happy kids!
~ From Okanagan Falls Elementary PAC

Flowers to and a huge thank you and much gratitude from the Community of Okanagan Falls to Fire Chief Fred Dobransky for all your years of service and devotion to Okanagan Falls. You are greatly appreciated.
~ From Bob and Sheila D. of Okanagan Falls

Fish Heads to the company building new apartments on 8th Avenue. They are using fire hydrant water for dust control during Level 2 water restrictions.
~ From Pat E. of Okanagan Falls



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Okanagan Falls



**OKANAGAN FALLS COMMUNITY
CHRISTMAS**

Sunday, December 14, 2025

1:30 - 3:30 pm
Okanagan Falls Rec Centre
1141 Cedar Street

**SAVE THE DATE:
MORE INFORMATION
TO FOLLOW!**

This event is FREE and all are welcome!

