



SKAHA MATTERS

"Bringing Community Matters To You"

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October 2025

Your FREE Monthly
Community News!



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(250) 498-5122

f i y t



Democracy And Reconciliation Must Work Together

By Donegal Wilson, MLA for Boundary-Similkameen

Over the past few months, I've been listening closely to residents in Okanagan Falls who are concerned about what's happening with their community's vote to incorporate. People made that choice because they wanted stronger local representation and a say in their own future. Instead, the process has stalled, and residents are left wondering why.

When I raised these concerns directly with the Minister, I was told that while I can request updates, I won't be allowed to be part of the discussions themselves. That means your elected MLA - chosen by you to represent Boundary-Similkameen - is excluded from the table where decisions about your community are being made. Understandably, this has left many people frustrated and asking me what is going on.

Reconciliation with Indigenous peoples is an important and shared goal. I know from conversations with the Osoyoos Indian Band that they too care deeply about the future of our region. But, reconciliation must come with transparency and local accountability. The people of Okanagan Falls deserve to be heard and to have their democratic choice respected.

That's why I am calling on the Minister to come to Okanagan Falls and meet directly with residents. A "Town Hall" would give people the opportunity to ask questions, share concerns, and be part of a process that should never be happening behind closed doors.

At the end of the day, we all live here together as neighbours, friends, and co-workers. The best path forward is one where everyone feels their voices matter.

If you agree, I encourage you to visit my website and send a letter directly to the Minister asking for a Town Hall. Together, we can ensure that democracy and reconciliation work hand in hand.

www.donegalwilsonmla.ca/news




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“Okanagan Falls Connects” A Gathering And Celebration Of Community Volunteers

By Bob Daly

An enjoyable gathering of many Okanagan Falls Community Groups, Volunteers and Service Organizations took place at Kenyon Park on Sunday, September 14 for a celebration of community volunteers. Okanagan Falls has a long history of volunteers whose efforts have helped make Okanagan Falls the vibrant community it has become. Present-day volunteers continue this long-standing tradition.

Funded by the Community Foundation of the South Okanagan Similkameen, an organization dedicated to strengthening communities, the event celebrated the good works of community volunteers, reaffirmed their importance to the community, strengthened the relationships among the groups and introduced the public to the many people who volunteer their time and resources on behalf of the community.

This initiative was carried out by a group of community-minded people forming the “Okanagan Falls Connects Committee”, comprised of Allison Symons, Connie White, Barb Shanks, Judy Garner, Kelvin Hall and Bob Daly.

The Committee is indebted to Belich's AG Foods for the wonderful food and community support, and to all those organizations that turned out to make it such a successful event. A special thanks goes out to the following supporters and donors of draw prizes: Stagg's Hollow Winery; Bullies Pizza; Centex Panda; KJ's Coffee Bar; OK Falls Hotel; Rise & Shine Coffee House; Tickleberry's Ice Cream; Pharmasave Okanagan Falls; Barb Shanks; Okanagan Falls Seniors Centre; and Total Restoration Services.



Music & Market In The Park

By Grant Henderson, Event Coordinator

It is said that all good things must come to an end. For Tara and I, September 14th was the last event that she and I will be putting together. On that day, we got a teeny bit of rain around 1:00 pm for about forty minutes. After that, not a drop, even though the clouds looked threatening. It's too bad that the weather did not cooperate much for our 10th Anniversary season. It was either blazing hot or threatening to pour.

On September 14th, we had a crowd of about thirty people who enjoyed the music immensely. Victor Cullihall and I had a ball entertaining the crowd with one set of country tunes, the second set of all Neil Diamond songs, and the third set of classic rock. Even though the audience was small, they thoroughly enjoyed the performance.

I would really like to thank the Okanagan Falls Line Dancers for putting on a lovely demonstration of their talents during the breaks between sets. It was something different from the norm and was very well received, indeed. The group is always looking for new members. They practice on Tuesday and Thursday mornings at 9:00 am, either in the bandshell in Centennial Park or at the Okanagan Falls Legion.

Naturally, the success of the summer program depends on numerous people, not just the efforts of Tara and I. For the last decade, corporate sponsors have generously donated the cost of the bands. The Lions Club of Okanagan Falls has been involved since the beginning, too. So, upon our departure, it seems very appropriate that we should express our heartfelt thanks to the founders of Music in the Park; Marla Wilson, Barb Few, and Myrt Niles. Marla Wilson has also donated ten years' worth of cookies for sale at our events on behalf of the Lions Club.

I would also like to thank the many vendors (too numerous to mention), who joined the market over the years. They provided opportunities for people to see the kind of talented crafters who reside in the area.

It was a real pleasure to deal with the bands. I am really proud of the quality of bands who reside in the Okanagan. We had some awesome entertainment over the years.

Now, I'm going to get a little mushy. Our hearts are sad that we will be leaving Okanagan Falls before the next summer. There are lots of things that we will miss after we move away. We have made many friends through Music and Market in the Park and we will truly miss the wonderful feeling of contributing to the community in this way. The people of Okanagan Falls are quite likely the nicest people we know.

I am grateful that two people have expressed an interest in continuing the Music in the Park summer program. We will be meeting in October to discuss what needs to be done.

On a final note, it has been an honour to be involved with volunteerism in Okanagan Falls. We will be leaving knowing that our contributions have not only added to Okanagan Falls, but have filled our hearts with joy in the process. Volunteerism is personally rewarding. I highly recommend it.

Thank you to the good people of Okanagan Falls.





Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

Fall has arrived with many little signs in nature. One is seeing Pioneer Park trees slowly change colours and loose leaves, which is one of my favourite times of the year.

Recently, the community has had a series of power outages. I've heard your frustration and request for a reliable power supply to avoid service interruption. Fortis works hard to keep the power on for everyone, but sometimes things happen out

of everyone's control when we need to use our patience, while trusting the experts to deliver the service. For anyone curious, there is a website that can be accessed at this address ... Outage Map - <https://share.google/aDOlwlwvksRoqJNJq>.

At this time, I also want to share that I will not be putting my name forward for the next election. Our family has committed to moving in 2026. It has been my honour to serve this community and I look forward to see who steps up to be selected by Area "I" in October of 2026 to serve as your Director. I will complete my term as your current Area "I" Director and encourage anyone who is interested to reach out, as I would be willing to update candidates on matters that are current in this area.

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

Subrina Monteith, Director of RDOS Area "I"

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

Kaleden Community Association Update

By Glenda Livolsi

If you're out for an autumn walk around the neighbourhood, stop by the Kaleden Library and admire the pollinator garden that Ben Davidson has been working on. Ben hopes the flowers will attract more bees, butterflies, hummingbirds, and other insects. The pollinator garden is filled with a variety of different plants like heather, lavender, and echinacea. Thank you, Ben, for continuing with the pollinator garden project that started it in 2020.



Congratulation to Ryder Johnson, who was the recipient of Kaleden Community Association Bursary for 2025. The directors of KCA appreciate all his volunteer work in the community and at High School and wish him well with his continued studies at University.

Thinking of Halloween and don't have your pumpkin yet? The KCA directors are hosting a "family" **PUMPKIN CARVING PARTY on Saturday, October 25 from 2-4 pm at the Kaleden Community Hall**. We will provide the FREE pumpkins, but please bring your own carving supplies and decorations for the pumpkin. Light refreshments will be served including cookies, fruit, popcorn, and drinks. Don't forget to enter the "Guess How Many?" candy contest and everyone is welcomed to wear your costumes too.



All new website for all things Kaleden!

www.KaledenCommunity.com

Courtesy of the Kaleden Community Association



Kaleden FireSmart Tip

By Linda Dahl

New Information Sandwich Boards!

In an effort to improve communication to residents about upcoming events, Kaleden Volunteer Fire Department and Kaleden FireSmart now have information sandwich boards. They will be placed at the entrances of Kaleden, so keep an eye out for them.



New To Kaleden?

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

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

A Dark Tale ~ On August 29, KID suffered a double whammy! KID staff had just discovered that our upper reservoir had dropped to around 30% prior to the power outage, without the low-level alarm going off (which it was supposed to). Staff were at the pump house trouble-shooting that issue when Mother Nature struck! Lightning struck a power pole near the Linden Reservoir and set it on fire. Local residents were able to put the fire out (thanks, folks!), but the power lines were snapped and darkness descended. Power was restored by Fortis in the wee hours, and then KID staff began to refill the reservoir and flush lines. Thanks to their dedicated efforts, water services were quickly restored. The Voyent Alert system proved its value in notifying those affected residents that had signed up (need to sign up? The KID website has info on registering).

KID Is Not Alone! ~ If you have been reading this column over the years, you doubtless know about KID's continuing battles against BC's excluding us from access to funding programs. Recent media coverage of various water woes faced by communities all around us spurred formation of the *South Okanagan Right to Clean Water* group. **Please sign their online petition** (<https://chng.it/8Thy5hLgCk>) requesting that the Province take action to improve drinking water infrastructure in the rural Okanagan. I signed it, and also made a donation to support the cause - how about you? Please add your strength to the numbers!

Still Drawing On A Deficit ~ The Province moved the Okanagan up to Drought Level 3 on September 11. With hot weather and little rain forecast, water conservation was deemed critical. So how come KID stayed at Stage One watering restrictions? Primarily due to our ongoing water conservation measures; despite the warm and dry season, we had so far consumed 6% less water than the 15-yr average (and 27% less than the 1991-2009 average). Good going, but more precipitation needed to fully recharge the Valley!

Didn't Get Your Water Tax Bill? ~ You should have received your 2025 Tax Bill by now. If you didn't, please contact the KID Office ASAP to avoid a late-payment penalty, as payments are due in the KID Office **by October 15**.

Don't Forget! ~ Irrigation Season ends on **October 15**. No sprinkling of landscaped areas is permitted after this date. Agricultural customers needing to irrigate past this date *must* complete and submit an Irrigation Extension Request (forms are available online at the KID website, or can be picked up at the KID Office) **prior to October 15**.

An Era Ends! ~ After service spanning four decades, KID Administrator **Cheryl Halla** is retiring! Please drop by **10-2 on Monday, October 27** to say goodbye and wish her well.



Kaleden
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Kaleden Volunteer Fire Department

By Jean Dube



Fire Prevention Week is October 5-11

The theme this year is **"Charge into Fire Safety. Lithium-Ion batteries in your home."**

More and more we use products containing lithium-ion batteries. They are found in many of our electrical devices such as mobile phones, lap tops, power tools, e-bikes, scooters, drones and more. Battery failures can create fires, which are very difficult to extinguish. It is important that we use precautions in using, storing, charging, and recycling lithium-ion batteries to keep our property and families safe.



Use and Storage:

- Handle lithium-ion batteries carefully. Check for signs of damage or wear. Don't use batteries that are swollen/dented.
- Keep batteries in a safe place, out of sight and out of reach from children. If you carry batteries with you, keep them in a protective, non-metal case.
- Keep stored in a dry location at temperatures between 5-20°C.
- Do not leave them in the direct sunlight or in a hot or cold car.
- Do not throw, modify or tamper with them.

Charging:

- Do not charge your battery for longer than the recommended charging time or leave charging overnight. Over charging can cause batteries to overheat, which can lead to fires or explosions.
- Do not charge your device on soft surfaces, like a couch or bed. This can trap heat around the battery and cause it to overheat.
- Only use chargers that have one of the recognized Canadian certification marks, such as CSA, cUL, cETL. Just because a charger has a similar plug, does not mean it will charge the battery safely.

Recycling:

- Batteries are considered hazardous waste.
- Do not place them in household garbage. They should be taken to your local recycling centre.



Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

Fall Is Coming ~ As we 'suffer through' beautiful high 20's and low 30's through the middle of September, it's hard to believe fall is right around the corner. This year, the Okanagan Falls Business & Community Association is bringing several successful October events together under the banner heading "Fall in Love with the Falls": The Apple Bin Corn Maze Saturdays and Sundays in October from 10:30

am - 4:30 pm, with two evenings from 6-8 pm on October 24 & 25; Safe Halloween Trick or Treat in the Okanagan Falls Shopping Plaza (OK Corral) on October 31, with winery information booths. These are all really good events! Promoting them together is great branding and promotion for the town!

MLA's Open House ~

A reminder to residents of Skaha East, Vaseux and Okanagan Falls, your MLA Donegal Wilson has an office in the nearby community of Keremeos. This makes it very convenient for you to meet with the MLA



on a provincial matter occurring within the area. I had the good fortune to meet up with both the MLA and MP Helena Konanz at a recent Open House hosted by the MLA at her new office located at 712 5th Street in Keremeos (Donegal.wilson.MLA@leg.bc.ca).

Area "D" residents of Upper Carmi are represented provincially by MLA Amanda Boulton, with an office in Penticton at 210-300 Riverside Drive (amelia.boulton.MLA@leg.bc.ca).

Incorporation ~ Not much new information to report here, and I know that is hard to live with. For those that haven't seen it, the Ministry of Housing & Municipal Affairs' Information Release (August 21) states that "the Minister of Housing and Municipal Affairs has appointed a facilitator to help finalize the Letters Patent by spring 2026 ... with the first election for the new mayor and council occurring in October 2026, coinciding with all general local elections throughout the province." With this new process provided by the Minister, "the province will seek to facilitate a productive path forward toward the incorporation of BC's newest municipality." The facilitator has had a preliminary, in-person meeting with representatives from the RDOS and myself. I am expecting a series of meetings, starting in early October and lasting into the winter. Until these meetings / talks conclude, we really don't know what - if any - further changes are contemplated.

As new facts are available, residents will be informed. Information Releases will be posted on Regional Connections (see 'Okanagan Falls Incorporation') - the province's release has been posted. Anyone wishing to discuss this further, is welcome to contact me at the email noted below and we can arrange a coffee.

Utility Conversions ~ In the Heritage Hills / Lakeshore Highlands communities, Vintage Views Wastewater (sewer) and Lakeshore Waterworks (water) utility systems were converted to the RDOS effective September 29. Initial rates and other information are included in a newsletter circulated to residents and posted at RDOS Regional Connections (see 'Vintage Views Wastewater and Lakeshore Waterworks Acquisition Process').

In the Skaha Estates community, the plan is to convert the water system to RDOS on January 1, 2026. RDOS is operating the system under contract in the interim leading up to that date. Again, a newsletter will be provided in advance and posted at RDOS Regional Connections (see 'Skaha Estates Improvement District Conversion Process').

UBCM Conference ~ The Union of BC Municipalities (UBCM) is the association representing local governments - that's all the regional districts and municipalities throughout BC. They meet annually and pass motions that they then advocate to the province. It's a way of getting much broader support for an issue that we might think of as being particular to our region or community, but in fact is common to many locations. This year, they meet in Victoria in late September.

Every year, all the local governments request meetings with various ministries on their particular issues. The meetings are brief to accommodate requests from 160+ municipalities and 27 regional districts. That said, they are a good opportunity to get further attention on our concerns. Meetings that I am participating in will address the following topics:

- Housing & Municipal Affairs (staff) - re: incorporation, water treatment facilities and utility system conversions;
- Water, Land & Resource Stewardship (Minister) - re: rural encampments;
- Health (staff) - re: emergency room funding, paid on-call fire departments and Hedley water contamination;
- Housing & Municipal Affairs (Minister) - re: incorporation, utility transfers and rural encampments;
- Local Governments & Rural Communities (Minister of State) - re: incorporation, utility conversions, taxation.

Okanagan Falls Connects!

~ Do you know how many volunteer initiatives or groups there are in Okanagan Falls? 30+ by one count! These are the volunteers that in many ways 'make a community'! On September 14 in Kenyon Park, 'Okanagan Falls Connects' recognized these groups and initiatives. It really was a great opportunity for residents to check out the many volunteer initiatives and organizations active in this community - good hot dogs and ice cream too!



Great work by the organizers - volunteers themselves - showing real leadership in seeing the need and putting this together for the benefit of everyone in the community. Make sure you check out this event next year!

Big Projects Take Time!

~ Now in its 4th year, the activity and equipment on site indicate that a 'ground breaking' for South Skaha Housing Society's new building is just around the corner! Great news and good work by the Society's volunteer board! Perhaps a ribbon cutting picture next month!



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

Matt Taylor, Director for RDOS Area "D"

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

DRIPA Stalls The 7th Avenue Waterline Upgrades

By Randy Ludwar

The Declaration on the Rights of Indigenous Peoples Act (DRIPA) is already impacting Okanagan Falls. The long-planned 7th Avenue waterline upgrades have been delayed, raising questions about project timelines, costs, and the future of local development.

In August 2025, the Ministry of Housing and Municipal Affairs appointed a facilitator to guide the incorporation process - marking the first new municipality in BC in 15 years and the first since DRIPA. The Ministry emphasizes sustainability, leadership, and collaboration, yet DRIPA requirements appear to be a key factor in delays. While residents respect our First Nation neighbours, many struggle to understand provincial requests to remove Crown lands from the proposed municipal boundaries or rename the community ... decisions that many believe should rest with an elected mayor and council.

Other local concerns remain pressing. A new bylaw on Short-Term Rentals (STRs) has raised questions about why Area "D" is been treated differently than other RDOS areas. STRs must meet safety, parking, and noise standards, but bylaws alone will not resolve deeper challenges. Without balanced marketing, fair application, and consistent enforcement, the benefits of STRs may be lost.

Tourism and STRs remain important summer economic drivers, but long-term prosperity requires year-round strategies. Restricting STRs will not, on its own, create affordable housing or lower prices. What is needed is a coordinated growth plan that balances housing, tourism, and industrial development.

Industrial and manufacturing expansion offers stable jobs, tax revenue, and economic resilience. Paired with housing growth and tourism through wineries, orchards, and Skaha Lake, Okanagan Falls can build a sustainable economy that supports young families, strengthens businesses, and secures the community's long-term future.



Okanagan Falls Business & Community Association Update

By Marshall MacKinnon

The Okanagan Falls Business & Community Association (OFBCA) goal is to make an impact in the community with beautification, events, improvements, and to shed light on local businesses, such as who they are and what they do. Since our new board was elected in May, we continue to be busy behind the scenes working on some exciting new things coming soon.

First up is our **"Fall in Love with the Falls" Halloween Trick or Treat** event at the Okanagan Falls Shopping Plaza on Highway 97. Check out the carved pumpkins on display that will be created by our Okanagan Falls Elementary School students. The top 3 carved pumpkins will win a prize! Enjoy a little "Trick or Treat" at each of the participating businesses on Halloween. Plus, local winery booths with candy, promotions, tasting coupons, and information about our local wineries will be out front of the businesses on Halloween.

Stay tuned next month for information on the **Christmas Light Up!** We are currently looking for sponsors for Christmas tree decorations, or perhaps you would like to sponsor a whole tree. Reach out to okanaganfallscommunity@gmail.com, if you'd like to get involved with the Community Christmas Festivities!

We appreciate your support and look forward to seeing you soon.

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Okanagan Falls Volunteer Fire Department

By Colin Pickell



The Okanagan Falls Volunteer Fire Department is proud to recognize Chief Fred Dobransky as he steps down after five years as Chief, closing a remarkable chapter in his 28 years of service. Over the years, Fred has served in every role in the hall - from captain (the department didn't have lieutenants yet) and member rep to deputy chief and, ultimately, chief - always leading with dedication and humility. Fred's near-perfect attendance record at calls speaks to his unwavering commitment and inspires others at the hall to follow his lead. He is a great believer in the volunteer, or paid-on-call, fire service and has shown that through his years of selfless dedication. Fred has been a steady voice for the value of local firefighters and the importance of supporting those who serve.



While passing on the Chief's helmet, Fred isn't going far. He will continue with the department as a mentor, firefighter, and in a support role, continuing to share his experience and passion with the next generation. The members of the department, along with the wider Okanagan Falls community, extend heartfelt thanks to Chief Dobransky for his leadership, his service, and his lasting impact on our community.

Look to November's issue of Skaha Matters for an event wrap up of our 75th Anniversary Party, happening shortly after the deadline for October's article.

So You've Sold Your Home ... Now What?

By Sergej Sinicin of neuHouzz Real Estate Group



Congratulations! You've accepted an offer on your home, signed the paperwork, and just treated yourself to a celebratory drink. BUT - before you start packing the moving truck to plan your next chapter, let's first talk about that funny little in-between stage called the closing period: from the moment your home is SOLD to the moment the buyer takes official ownership. Spoiler alert - you're not off the hook just yet.



You're Still the Boss (For Now)

The duration from accepted offer to closing date can be as little as two weeks to as long as 1 or 2 months. And until the legal transfer date, the home is technically still yours. That means you are responsible for:

- Paying the bills ~ Utilities, property taxes, insurance? Still yours to pay. That said: you will get a pro-rated refund of your property taxes, if you already paid them for the whole year but move out sooner. Hurrah.
- Maintaining the property ~ Grass still needs mowing, hedge still needs trimming, and any interior deficiencies like a leaky faucet still need fixing. Interior and exterior has to be kept in good shape in order to prevent any hiccups during the final walk-through.
- Keeping it in "AS VIEWED" condition ~ The buyer expects the home to look the same as when they bought it. Together with their REALTOR®, the buyer will perform a final walk-through on possession day, and the property has to be in the same condition as it was on the day they last viewed it.

Often overlooked detail: sellers cannot leave the country without letting their lawyer know. If you plan on being out of the country during closing, be sure that all of your documents are in order and ready to go.

The Great Clean-Out

As a seller, it's important you remove EVERYTHING that wasn't mentioned in the purchase contract. In other words, you CANNOT leave things behind, because you don't want to move them. The golden rule: when you hand over the keys, the house should be EMPTY. No 10 year old "just in case" paint cans, no furniture too heavy to move, and no half-broken gardening equipment. A clean sweep shows respect for the buyer.

PRO TIP #1: If you're hiring movers and aren't present during the move, ensure that they know what to leave behind (if anything).

PRO TIP #2: Buyers will appreciate a binder with appliance manuals and extra keys. Not required, but a classy touch making you look like the world's most considerate seller.

No "Creative" Renovations. Please!

Other than the regular maintenance mentioned earlier, no major work should be done to the home during the closing period without the buyer's consent. And any major work that was negotiated in the contract, should get done PROPERLY & PROFESSIONALLY without damaging the home.

Insurance: Don't Cancel Too Early

This one's important. Keep your home insurance active until the transfer of ownership has completed. Why? If a pipe bursts or

a tree falls on the roof the day before possession, it's still your problem. Canceling early to save a few bucks could cost you a lot more when things go sideways.

Keep Calm and REALTOR® On

Here's the good news: you don't have to figure this out all alone. As your REALTOR®, I'll walk you through what you're responsible for, what needs to stay in the home, and how to prepare for the big key handover. Think of me as your guide through this awkward "it's not mine yet, but it's not yours either" stage.

Selling your home is exciting, but the finish line isn't crossed until the papers are signed, the funds are transferred, and the keys are officially out of your hands. Until then, keep the lights on, the lawn tidy, and the house intact. For more info, call 778-764-1373.



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Meet Your Electrician

By Shane Williams



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By Jay Mallach, Custom Finish Carpenter

Do you have a home renovation project you would like done? "Let's Finish It" has worked on many projects over this past 10 years from Osoyoos to Summerland and around Apex. Below is a recent bathroom renovation for Apex resident Art. He had already purchased most of the materials and wanted to work alongside me, saving hundreds on the project. Plus, I was able to recommend local Apex trades for the electrical and plumbing. Contact me at 250-490-6343 or jaymallach@gmail.com for your free quote today!



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The Vital Importance Of Digestive Tract Health

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



Maintaining a healthy digestive tract (GI tract for short) is critical for preventing and treating a long list of illnesses. Most of us know this intuitively, but may not know that it is also proven scientifically. Intuitively, we understand that good digestion ensures optimal assimilation of the food we eat allowing adequate nourishment of our cells. What may not be so intuitive is that the GI tract is central to maintaining a robust immune system, healthy brain chemistry, a healthy liver and pancreas, preventing gallstones, ensuring detoxification pathways are open and working well, lowering inflammation, and keeping our cardiovascular system in top shape (amongst other valuable roles).

Modern processed foods, man-made chemicals, certain drugs, and stress all contribute to the plethora of GI issues that are common place today. GERD (or reflux disease contributing to heart burn), indigestion, bloating, cramping, gallbladder disease, pancreatitis, irritable bowel, and inflammatory bowel diseases are common problems that are essentially symptoms of an overtaxed GI tract that is ill equipped to handle the burden of modern living. In fact, inflammatory conditions including arthritis, skin rashes, asthma, allergies and cardiovascular disease may be rooted in GI problems.

Reversing digestive problems starts with managing the microbes that live in the GI tract (these are the *bacteria*, *viruses*, and *fungi* that make up the intestinal *micro-biome*). Probiotics are the “good” bacteria that live in our intestinal tract and confer a wide array of health benefits.

Keeping a healthy micro-biome is essential to optimal health. Historically, various societies have empirically known this and have incorporated dietary habits that support the maintenance of these good bacteria. Healthy microbes are abundant in naturally fermented foods including yogurt, kefir, kombucha tea, miso, and vegetables pickled in brine without heat (Korean kimchi and European sauerkraut are examples of this). The use of *antibiotics* without the concomitant use of *probiotics*, in either a supplement or in a naturally fermented food form, is the leading cause of *dysbiosis* (overgrowth of harmful intestinal microbes), which often includes yeast overgrowth and other pathological GI infections. Other contributing factors are a high carbohydrate diet, particularly a high sugar and refined grain diet, a diet high in processed foods, a high alcohol intake, and a diet low in antioxidants and fiber.

Research has uncovered some interesting associations between dysbiosis and disease. The immune system is particularly sensitive to the micro-biome and many immune related illnesses have improved with correction of dysbiosis. Examples of health benefits are:

1. Improved immune cell counts in the elderly to better fight infections.
2. Reduced upper respiratory tract infections in children, adults, and athletes.
3. In children with eczema, a 30% reduction in symptoms and an improvement in immune function.



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4. Asthmatic children had improved lung function, as well as decreased symptoms of asthma and allergy.
5. Patients with rheumatoid arthritis had reductions in pain and improvements in function.
6. Probiotics taken during pregnancy and early infancy reduce the risk of offspring developing eczema, allergy, and asthma.

Other causes of poor digestion include low stomach acid production, poor pancreatic enzyme production, poor bile production and flow from the liver, and sluggish peristalsis (intestinal movements). A proper medical history can uncover these issues, which can be confirmed by lab testing. Natural treatments aimed at supporting the function of the entire digestive tract, rather than blocking functions, prove to be superior for improving health as well as preventing chronic illness. An example of this is using digestive aids such as bitters to increase stomach acid, pancreatic enzyme production, and bile production and flow.

For a comprehensive digestive health work up, visit a local Naturopathic Physician.



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.

Learn To Dance / Fall Lessons

By Brian Udal, DVIDA Master Instructor

Hello fellow dancers and students, I am starting mini group lessons at my 800 sq ft dance studio at my home in Summerland. There will be a maximum of 6 couples only, so that everyone has a great experience. **Classes will be held once a week for 6 weeks and run from 7-8 pm.**

- **Tuesdays from November 4 to December 9 ~ Latin/Swing for the Green Beginner** - Learn to survive and thrive on any dance floor.
- **Wednesdays from November 5 to December 10 ~ Latin/Swing Level 2 and higher** - Must know your basics.
- **Thursdays from November 6 to December 11 ~ Advanced Latin** - Learn the Big 3 ... Salsa, Rumba, Chacha and how to integrate them.

The cost is \$150 per couple. Credit card payments are accepted. Space is limited, so call today with your payment. Thank you.

Did You Know? Brian Udal is a certified professional ballroom instructor teaching many hundreds of students since 2004. Brian is registered with the Dance Vision International Dance Association. Brian is also a **Teacher Trainer**, who is certified to teach individuals how to get their Associate and/or Masters degree in American Rhythm Dance. Turn your love into a career. Ask me how. Call Brian Udal, DVIDA Master Instructor, at **604.220.6256** (cell) or email Brians.dance.class@gmail.com. www.briansdanceclass.ca



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Ask Cheryl ...

By Cheryl Snyder, RTC, MRT, CBP

Dear Cheryl ~ I've heard that Reiki can help with stress and emotional healing, but I'm not sure how it actually works. Can you explain what happens during a Reiki session and what I will experience for the first time?

Answer ~ That's a beautiful question, thank you for asking. Reiki is a gentle Japanese healing art that works with the body's natural energy system. The word itself means "universal life energy," and during a session, I act as a guide for that energy to flow where it's most needed.

When you come for a Reiki session, you'll remain fully clothed and rest comfortably on a treatment table. I place my hands lightly on or just above different areas of your body, focusing on the energy centers known as chakras. Many people feel warmth, tingling, or a deep sense of relaxation as the energy moves through them. Sometimes it appears as sleep, but it is a deep level of rest/pause/relaxation practice for your body. Others notice emotions rising gently to the surface or a lightness in areas that previously felt heavy or tense. It is also a shedding process to rid yourself of some of the heavy issues that may come forward in talk therapy. Reiki is a beautiful transformational tool I use to help soothe the nervous system to let go of suppressed unhealthy emotional stuckness (Cheryl's word).

The beauty of Reiki is that it meets you exactly where you are. Some people seek it for physical relief, others for emotional balance, and many simply to reconnect with themselves in a calm, nurturing space. After a session, clients often tell me they feel more grounded, peaceful, and open-hearted - sometimes even as though a weight they didn't realize they were carrying has been lifted. I specialize in grief therapy, and with all the modalities I have used to assist my patients in healing, Reiki has been the most gentle.

At Your Wellness Journey, I believe Reiki is more than a technique - it's a reminder that your body and spirit hold incredible wisdom and the capacity to heal. Reiki simply creates the conditions for that natural process to unfold.

Thank you for this most important question anonymous, and thank you for giving me the opportunity to shed loads of light on Reiki and its powerful healing process. I look forward to meeting you very soon.

Thank you to everyone for the questions and inquiries coming in to Your Wellness Journey. Due to limited space in the column, I must continue to condense answers and once again, I am grateful for your patience in my responses and hope you are all receiving them in your inbox, or if not, please check your spam.

Please keep writing, asking, inquiring and calling. I'm grateful for all the healing that is happening in this beautiful community that I love as you do. Please contact me at 250-574-8972 and/or cherylsnyderrcc@gmail.com.



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Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



October 6th is World Cerebral Palsy Day, it's about recognition, inclusion, and action for the 50 million people worldwide that live with cerebral palsy (CP). It's a day to celebrate the achievements of the CP community, challenge barriers, and push for a more accessible, inclusive world.

Cerebral palsy is a condition that affects movement and posture, causing muscle stiffness, spasticity, and in some cases, discomfort or pain. While physical therapy and medication play key roles in managing symptoms, alternative therapies, such as chair massage, can also provide significant relief. Chair massage is a therapeutic option that can be surprisingly beneficial for individuals with cerebral palsy.

One of the primary challenges for people with cerebral palsy is muscle spasticity, where muscles contract uncontrollably, leading to pain and limited mobility. Chair massage targets these muscles directly. Using gentle kneading, pressing, and stretching techniques, massage helps relax tight muscles and reduce spasticity. This can improve mobility and offer immediate relief from discomfort, which may also contribute to longer-term improvements in posture and body alignment.

Massage also helps with circulation. For those with cerebral palsy, poor circulation can lead to stiffness and muscle fatigue. Chair massage stimulates blood flow to affected areas, promoting healing and preventing the buildup of lactic acid. This increased circulation can also enhance flexibility, improving range of motion and joint mobility - both crucial for maintaining independence and quality of life.

Chronic pain and physical limitations can often lead to stress and anxiety for those with cerebral palsy. Chair massage can provide much-needed relaxation. The soothing techniques involved in massage trigger the release of endorphins, the body's natural painkillers, which not only help to reduce pain, but also boost mood. This sense of calm and relief can have a positive impact on mental well-being, allowing individuals to feel more at ease in their own bodies.

Chair massage is particularly beneficial, because it's easy and accessible. It can be done while sitting in a supportive chair, removing the need for lying down or making difficult movements. The process is non-invasive, and the massage provider can adapt the pressure and techniques to the person's comfort level. This makes chair massage a great option for individuals who have limited mobility or are unable to participate in more traditional massage settings.

Incorporating chair massage into a treatment routine for people with cerebral palsy offers a range of benefits. From easing muscle spasticity to improving circulation and reducing stress, chair massage can be a simple yet effective addition to traditional therapies. It promotes both physical and emotional well-being, helping individuals feel more comfortable and engaged in their daily lives.

Creative Wellness Solutions provides a convenient massage with innumerable benefits on a comfortable massage chair. You do not need to climb onto a table or remove clothing and no oils are used.



You can choose from a head and face, upper body, or legs and feet massage, or any combination.

We are a mobile service, so are able to come to you in your home (\$50 for a 30 minute appointment). Group sessions and gift certificates are also available. Please call Dee-anne at **250-497-5974** to arrange an appointment or to discuss The Grease Cream, which is an amazing, all-natural, cannabis infused pain management alternative that actually works. Be sure to check out our website at www.CreativeWellnessSolutions.com for more information about our services, The Grease Cream and where you can read any past articles you may have missed.



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Book Your Winter Holiday Early: The Secret To A Stress-Free Getaway

By Diane Chatfield

It may only be October, but smart travellers are already dreaming of palm trees, turquoise water, and poolside drinks with tiny umbrellas. If a winter escape is on your wish list, booking early is the best way to save money and secure the vacation you really want.

Why Booking Early Pays Off ~ Winter is one of the busiest travel seasons, especially for Canadians eager to swap snow boots for flip-flops. Resorts in Mexico and the Caribbean, as well as Cruises tend to book up quickly once the frost sets in. By planning ahead, you'll enjoy:

- **Lower Prices:** Airlines and hotels often release their best rates months in advance.
- **Better Choices:** Ocean-view suites, connecting rooms, and balcony staterooms on cruise lines tend to sell out quickly.
- **Convenient Flights:** Booking early means you're less likely to get stuck with 6 am departures or long layovers.

Less Stress, More Excitement ~ Another perk of booking early is peace of mind. Instead of scrambling to find a last-minute deal in the middle of winter, you can relax knowing everything is already taken care of. It also gives you plenty of time to spread out payments, plan excursions, and shop for the perfect beach outfits. People often think waiting will save them money, but by December, many resorts are either full or priced much higher. Booking now not only saves money, but guarantees you'll actually get the trip you want.

So, while the leaves may only just be changing, now is the perfect time to plan ahead. Give Vi or Diane at Reliable Travel a call today. Your future self - sipping a cocktail in the sun - will thank you.



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Vi Creasey
vcreasey@shaw.ca

Diane Chatfield
dchatfield@tpt.ca





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Okanagan Warriors Adventure

By Jeff Malek, Instructor & Training Coordinator

This past summer was a landmark season at Okanagan Warriors Adventure. We successfully hosted two editions of the Commando Experience, a one-of-a-kind event designed to push participants beyond their limits and learn survival skills. Over the course of the day, individuals are challenged both physically and mentally through military-inspired activities that build teamwork, confidence, and resilience. Participants leave not only with a sense of accomplishment, but also with tools they can carry into everyday life. The experience will return in June and September 2026.



We also launched the very first Warriors Kids Camp (Summer Camp), giving younger adventurers a chance to discover what they're capable of in a safe, structured, and fun environment. Kids learned discipline, teamwork, survival skills and problem-solving, while conquering obstacles and challenges tailored to their age group. The response from parents and children alike was overwhelmingly positive, and we're proud to announce the camp will return in July 2026.



Meanwhile, our Recruit Level obstacle course has now been running for over a year and is already a proven success. Schools, sports teams, RDOS groups, corporations activities and countless individuals and drop-in groups have made it part of their programs, discovering the value of facing hard but achievable challenges in a supportive environment. With 24 obstacles, the Recruit course has been a cornerstone for building fitness, teamwork, and confidence.



Looking ahead, we're excited to reveal that our Level 2 "Sergeant" course is almost complete. This expansion will add 22 new obstacles, giving visitors the chance to progress from the Recruit level to an even greater test of strength, endurance, and mental grit. Together, the two courses will create one of the largest and most diverse military-style obstacle experiences in Canada.



And the excitement doesn't stop there. On July 4-5, 2026, Okanagan Warriors Adventure will host the first annual Obstacle Course Race in collaboration with Obstacle Canada. The event will feature 46 obstacles along with running, lifting, and shooting (with bbs) challenges. With categories for competitive athletes, families, kids, fun groups, and even a potential K9 division, it promises to be an unforgettable weekend. Spots will be limited, and both sponsors and volunteers are welcome to join. (No permit or requirement needed to participate.)

During the off-season, MLK Abilities continues to keep the community active by offering fitness programs and self-defense courses throughout the fall and winter.

At Okanagan Warriors Adventure, our mission is simple: to provide experiences that challenge, inspire, and transform, whether you're a child discovering your potential, an athlete sharpening your skills, or someone simply looking for a new adventure.



Okanagan Warriors Adventure is open daily from 8 am until dusk. Please note that bookings are required in advance and can be booked online at www.okanaganwarriors.ca. For more information on MLK Abilities, please visit www.mlkabilities.com. To reach Jeff directly, send an email to okanaganwa@gmail.com.

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

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

Congratulations to all the parents and students who have successfully weathered September's busy return to shopping for school supplies, early morning wake-ups and remembering to stuff the right snacks into backpacks!

October brings an opportunity to fall more gently into fall and celebrate its autumnal bounty as we delight in piles of pumpkins and squashes, tidy yards covered in leaf carpets of red and gold and rake them into crunchy piles waiting to be jumped in, and anticipate Giving Thanks with family and friends.

On **Wednesday, October 29 from 3:30-4:30**, school aged ghosts and goblins are invited to preview their Halloween disguises at the Kaleden Library's **Halloween Crafts for Kids** program and have a ghoulish good time constructing scare-ific crafts that will make them shriek with delight. **Registration is required**, so register by going to <https://orl.libcal.com/> and going to the Kaleden branch calendar, or call the library at 250-497-8066.



There will be a small interruption of service at the library as we close on **Tuesday, October 14** for the nicest of all possible reasons - we'll be installing our eagerly awaited new circulation desk! This update is important to improve our library space and make it easier to better serve our valued library patrons. We will re-open at our normal time on **Thursday, October 16**.

Submitted by Judy Komar, Kaleden Community Librarian

OK Falls Branch: 101 - 850 Railway Lane - 250-497-5886

Tuesday 10 am - 6 pm / Wednesday 10 am - 4 pm

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

Meet Local Author Jonathan White: Wednesday, October 22 from 2:30-4:00 pm ~ Jonathan White, a new addition to Okanagan Falls, will take you on some wild adventures, as he reads from his internationally popular books series. These true tales of a modern adventurer are so captivating, he'll leave you feeling like you were on the journey with him.

***NEW 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 at 250-497-5886.

Book Club: Wednesday, October 15 from 1:00-2:00 pm ~ This month, we're discussing "The Huntress", by Kate Quinn. New members are always welcome! For details on how to join, contact the Okanagan Falls Library.

Family Story Time: Saturday, October 18 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, while connecting 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

RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Heaters & Tires

When I think of the month of October, I think of Halloween. There have been several articles written about Halloween safety for children and pets, as well as adults driving and/or are out visiting bars, partying, etc. How about we talk about something else? Let's talk about keeping warm during this colder season and ensuring your vehicle is up to par as the road conditions change.

First, let's turn up the heat. Using a safe space heater in those often-chilly rooms in your home or at your office seems important, but keep in mind that it also needs to be a good fit for the specific space. Make sure you don't have anything that can interfere with the output source of your heater - long heat exposure on a flammable item can cause that item to overheat. Check to see if the heater has an automatic shut off switch in case you keep it on for too long. If it doesn't, maybe set a timer on your phone to remind yourself to check to see if it's turned off. And one last thing regarding the cooler weather safety, ensure you are not overloading your circuit outlet. Not only are you going to trip your breaker switch or worse, but it is important to distribute high-wattage appliances across different circuits, so as not to cause lasting issues with your electrical system.

A reminder that as of October 1st on most BC mountain highways, it is mandatory to change to winter rated tires or use chains. Some accidents are caused from inadequate tires on the vehicles, so ensure you have the right tire for the weather. You should also be checking for a 3.5 mm depth for the tread. You can use a Canadian dime or a quarter to check - if any of the Queens' portrait's features on the dime or the caribou's nose on the quarter are visible, the tire is worn and needs replacing.

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 Community Policing by calling 250-492-4300.



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Highlights From Kaleden Elementary School

By Principal Jessa Arcuri

It has been a fantastic beginning to the school year at Kaleden Elementary! The students have settled into routines and reconnected with friends after the summer. September's beautiful weather has meant more time outdoors - playing, learning, and enjoying our outside areas. Our kindergarteners have completed their gradual entry and are coming to school each day with excitement.

On September 16, we held our Open House Picnic, which filled the school with Kaleden families. Students shared their learning spaces, and our wonderful PAC supported the school by preparing a delicious barbecue. Many thanks to all the volunteers who helped with setup, clean up and cooking - your efforts freed up staff to spend quality time with families.

Despite our small size, our school spirit is strong! Our Terry Fox Run fundraiser had a goal of \$100, and thanks to generous donations, we raised nearly \$250 for cancer research.

As we move into fall, our older students are gearing up for volleyball and cross country meets at Trout Creek and Naramata.





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Kaleden Elementary PAC Update

By Tenna Fisher, PAC Chair

We're excited to share that we're already well underway with planning a fun and festive event for our community to raise money for the Kaleden PAC!

Halloween Dance at Kaleden Community Hall ~ Mark your calendars! We're hosting a family-friendly Halloween Dance on **Friday, October 24th** at the Kaleden Community Hall, running from **6-10 pm**. There will be draws, contests, and lots of spooky fun for all ages. Stay tuned for more details as we get closer to the date!

October Safety Reminder ~ As Halloween approaches, please be mindful of children out trick-or-treating in costumes. Drive carefully and help keep our little ghosts and goblins safe!

Thank you for your continued support. We're looking forward to a great month ahead!

School Trustee Report For SD67

By Karen Botsford, School Trustee

As I write this report on September 19, staff are busy with start-up, establishing routines and bringing learners together in their community schools.

This is now year two of the implementation of the Long-Range Facilities Plan, as we transition to K-7 and 8-12 (K-6 and 7-12 in Summerland). Carmi Elementary, Parkway Elementary and Giant's Head Elementary held Legacy Celebrations for their communities in June. They are now closed, and students are in their new schools. The Facilities Department worked hard over the previous year preparing the sites for students. The schools look amazing! Staff are busy supporting students, families and one another through these early days.

At the Business Committee meeting held September 15, the Audited Financial Statements for 2024-25 were presented, as well as the auditor's report. Once again, the district had a clean audit, a credit to the Secretary-Treasurer and the Finance Department staff. The statements will be approved by the board and sent to the ministry by September 30 and will be uploaded to the district website.

The Education Committee meeting was held on September 16. Superintendent Manuel presented the Enhancing Student Learning Report for 2025 (an annual requirement due to the ministry by October 1). There is a wealth of information on student outcomes this past year and comparison graphs. Superintendent Manuel and his team have done an incredible job of presenting and analyzing the data. We will continue to monitor student success, and I am excited about the areas that staff will be focusing on this coming year. The report will be posted on the district website later this month. If you are interested, please visit www.sd67.bc.ca.

I attended PAC meetings at West Bench, Kaleden and Naramata. All had record turnouts with many new families represented. Folks had lots of questions and there are many exciting PAC supported activities being planned.

It was an amazing summer, and we are currently enjoying a beautiful September. Change can be difficult and every school in the district is experiencing change. As we transition into fall, notice how your school community is adjusting, be patient and positive and support our learners.

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

Wanderers

By Tom Landecker

In elementary school, we learned the names of the planets, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, and Pluto. Some of these have been known since ancient times, and others were discovered relatively recently.

Our word “planet” comes from the ancient Greek language. It means “wanderer”. In the ancient world, this word was applied to the Sun, the Moon, and the five points of light that moved around among the stars in the night sky, Mercury, Venus, Mars, Jupiter, and Saturn. To the thinkers of that time, the Earth was not a planet, it was the centre of everything, and it did not move. It was only in the 17th century that we understood that the Sun was the centre of the Solar System, and the Earth really is a planet.

Without a telescope, we can't see the outer planets, Uranus, Neptune, and Pluto, so the ancient world didn't know about them. William Herschel spotted Uranus through his telescope in the year 1781, and identified it as a planet precisely because it “wandered”, it moved against the background of the stars. The existence of Neptune was predicted, after accurate measurements suggested that there had to be another planet pulling, with its gravity, on Uranus and Saturn. The French mathematician Urbain Le Verrier predicted the orbit of the mystery planet, and Johann Galle found it near its predicted place in 1846, with a telescope at the Berlin Observatory. That planet is Neptune.

It was said that Le Verrier had discovered the planet “with the point of his pen”. This was a sensational triumph for science. Suddenly, it seemed that everything in the Universe could be calculated, and the path of future events could be predicted.

Similar calculations suggested there might be another planet, Planet X, to be discovered. A Boston businessman, Percival Lowell, when he was not making money, was pursuing his hobbies of astronomy and mathematics. With his own funds, he established the Lowell Observatory in Flagstaff, Arizona, in 1894. Lowell was obsessed by pictures of Mars that he thought showed canals on the surface, and he spent years promoting the idea that intelligent creatures lived on Mars. He also started to search for Planet X. Nothing had been detected by the time Lowell died in 1916.

Enter Clyde Tombaugh, a night assistant at Lowell's observatory. In 1929, at the age of 22, he was given the task of searching for Planet X. He compared photographs of small patches of sky, made through the telescope, searching for something that changed position from one night to the next. After a year of painstaking work, he found a wanderer - it was Pluto.

Early risers in October can see Venus, rising in the East two hours before the Sun. Jupiter will be high in the South by then. Both are very bright. By month's end, Venus will have wandered too close to the Sun to be visible.

Interesting websites:

- www.skyatnightmagazine.com/advice/skills/astronomy-guide-viewing-planets-night-sky
- 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.



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Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

The school year at OKFE is off to a vibrant and energetic start, with students already diving into exciting outdoor learning experiences. Some lucky Falcons have taken part in bird watching excursions at Vaseux Lake through the ECO Studies Program, while others eagerly await their turn to explore either the birding or the salmon program. These immersive field trips are more than just educational - they're opportunities for students to connect with nature, spark curiosity, practice mindfulness, and stay active.

At OKFE, we believe in learning through experience, and our students are truly getting to know the land we live on.

Back on school grounds, we're gearing up for **Drill Week**, a vital part of our commitment to safety. Students will be practicing emergency procedures and learning how to respond calmly and confidently in various situations. It's all part of building a safe and prepared school community.

Division 5 took a trip down to the little libraries and filled them up with books, please take a look when you walk by next ... you never know what kind of adventure might be in there waiting for you!

This year, **Spirit Teams** are taking on a fresh new look! Students from different grades and classrooms are coming together to collaborate, challenge each other, and grow through the lens of the core competencies. It's a powerful way to build connection, foster leadership, and celebrate the diverse strengths of our Falcons.

One of the highlights of last month was our **Terry Fox Run**, which was a resounding success. Our students ran with purpose, raising funds for cancer research and learning about Terry's legacy of resilience, inclusion, and grit. The event wrapped up with a joyful hot dog lunch, bringing everyone together in celebration.

We also want to extend a heartfelt thank you to everyone who made our **Welcome Back BBQ** such a memorable event. Special thanks to the OK Falls Fire Fighters for grilling and serving, Belich's for providing the food, our amazing PAC for their promotion and support, and all the families who came out to join us. Your presence and enthusiasm helped set the tone for a fantastic year ahead!



Okanagan Falls PAC Update

By Kari Hill, PAC Chair

A huge thank-you to **Felkyn Apparel** and **Barb Langston** for generously sponsoring September's PAC Snacks. Our meeting treats have never tasted so good!

Mark your calendars: On **Saturday, October 4th from 11am - 1pm**, the PAC will be out front of **Belich's AG Foods** with a **BBQ Fundraiser**. Swing by on your lunch break, grab something delicious, and support our school. It's a win-win!

Next up, on **Friday, October 24th**, we're teaming up with RDOS Recreation for a fun-filled **Movie Night!** We're going to watch **"Scoob"**, so be sure to join us for a memorable evening. See the RDOS Recreation ad space to the right and keep an eye out for RDOS flyers, their website, and socials for all the details.

Looking ahead, we're excited to announce our **Winter/Christmas Market** on **Saturday, November 22!** We're putting out a call to all vendors. If you'd like a spot, please contact Chels at 778-531-8711 to join the fun.

As always, keep an eye out for us around the community. If you're interested in collaborating with or sponsoring our PAC, we'd love to hear from you. Reach us at okfpac@gmail.com.

Here's to a festive and fun fall season!



**OK FALLS
ELEMENTARY
PAC BBQ**

**OK Falls AG Foods –
Okanagan Falls**
SATURDAY, OCTOBER 4TH
• starting at 11:00 AM

**Join us for delicious burgers
& hot dogs!**

Support our PAC and help
raise funds for our kids
and school

**COMMUNITY
FAMILY • FUN • FOOD**

**PROUDLY SPONSORED BY
BELICH'S AG FOODS**



**HALLOWEEN
PUMPKIN HUNT
&
MOVIE NIGHT**

Come find your pumpkin and enjoy treats and hot chocolate!
Then settle in the gym for a movie.
Popcorn: By Donation
Proceeds go towards OK Falls PAC

**LOCATION: THE MOUND ACROSS FROM OKANAGAN FALLS
ELEMENTARY SCHOOL, 1141 CEDAR STREET**

DATE: FRIDAY, OCTOBER 24, 2025
TIME: 5:30 PM MOVIE STARTS AT 6:30 PM

Registration is Required

This event is free
and all ages are
welcome, costumes
encouraged!

Registration required to get a
pumpkin!
Scan the QR code
to register.

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

Okanagan Falls StrongStart

Facilitator: Samantha James Email: sjames@sd53.bc.ca Phone: 250-497-5414

A **FREE** play based early learning program for children
0-5 years of age. Parents & caregivers participate in the child's
learning. Together we explore art materials, sing songs,
read books, join in gym time, and circle time.

**OPEN Monday, Wednesday &
Friday
8:30-11:30 AM**

**Together we create a sense of
belonging in our community**

- ❖ An environment for your child to learn at their own developmental pace
- ❖ A place for adults to make friendships
- ❖ Here you have links to other professional support, when needed
- ❖ Your child gets opportunities to explore with a variety of materials & equipment
- ❖ We offer a variety of activities and do yearly field trips



**Children Learn Best Through PLAY!!
Let's give them a StrongStart!**



Located at
Okanagan Falls Elementary School



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Serving our communities with respect and compassion

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info4@nunes-pottinger.com

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

Twin Lakes Harvest Dance 2025

By Daina Zilans



The 2nd Annual Twin Lakes Harvest Dance, held on September 6, 2025 at the Twin Lakes Golf Course, was a fun-filled evening for residents of the Twin Lakes area. DJ Brayden, back by popular demand, once again provided us with a variety of great dance music that got people of all ages on to the dance floor to show off their moves. It was a wonderful evening to meet and visit with neighbours and old friends out on the scenic outdoor patio, while enjoying a drink, snacks, and maybe even being the lucky winner of giveaways by the Golf Course, such as golf day passes, shirts and hats, and a 'Stay and Play' Gift Certificate. We also gave away garlic from Yellow Brick Farm and zucchini, and the beautiful flowers donated by South Okanagan Blue Organics for table decorations were taken home by attendees at the end of the evening.

The Twin Lakes Social Club would like to thank Megan Tribbeck, General Manager, and the Twin Lakes Golf Course for the use of their clubhouse and for operating the cash bar. The event was possible thanks to a South Okanagan Neighbourhood Small Grant and a Superstore donation. Thanks to all the talented people who contributed to make the Harvest Dance a success and especially to all who came out! We look forward to offering more Twin Lakes community events in the future.



Kaleden Museum & Archives

By Mike Gane

This next series of articles will cover the history of Kaleden's Pioneer Park. Below is Part 1 of this series.

A waterfront park in Kaleden had been envisioned even in the early days. James Ritchie, Kaleden's founder, had designated Banbury, Ponderosa and Sickle Points as public recreation areas when Kaleden was first surveyed. However, that designation had not been registered when the First World War intervened, resulting in the bankruptcy of the English company financing Ritchie's development of Kaleden. The creditors quickly sold the first two of these to private individuals. As a result, residents were constantly looking for an opportunity to remedy this loss of lakeshore property. The residents used a small portion of sandy beach just north of the packinghouse for swimming.



North Beach circa 1956

Marathon Realty (CPR) owned this section of land, and in 1956/57, Marathon decided that it was worth money to them to lease this area to Kaleden. The Kaleden Community Centre Association entered into not one, but two leases. One to lease the beach property at \$5.00 per year and a second lease to provide a pedestrian crossing over the tracks for another \$5.00 per year. Considering the Province and landowners had given the CPR land at very reasonable costs, one would think that the CPR would have provided these two leases for free.

We have to thank those volunteer Kaleden citizens who ensured that we had access to that area for our enjoyment as kids!



Tune in next month for Part 2 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

We had an amazing turnout at the Kaleden Cemetery improvements and upgrades inauguration ceremony last month. A heartfelt thank you to the Kaleden Irrigation District for graciously guiding this event, and to Bruce Keays for the beautiful piping. We are grateful to our community for your participation and your shared interest in preserving our history.



Save the date! Our next event is on Friday, October 10th from 12-2 pm at Kaleden Community Hall: The Restoration of Fish Habitat in the Okanagan with Zoe Zeyjolfson. Lunch will be provided by donation. See poster to the right.

Are you a local artisan or crafter? Or, do you know someone who is? The 6th Annual Progressive Kaleden Winter Market is coming up, and we're calling all vendors! If you'd like to be part of this wonderful event, please email us at kaledenseniors@gmail.com with your location and a description of what you sell.

If you'd like to receive updates about upcoming events, send an email to kaledenseniors@gmail.com to be added to our mailing list.



Need A Ride?


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

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!

KSC Lunch & Learn October



Join us for a special event

THE RESTORATION OF FISH HABITAT

Guest speaker Zoe Zeyjolfson

Location: Kaleden Community Hall
Date: October 10th, 2025
Time: 12 - 2pm

LUNCH PROVIDED BY DONATION



KALEDEN'S
6TH ANNUAL
PROGRESSIVE
WINTER MARKET

NOVEMBER 15TH, 2025
10AM-2PM

CALLING ALL VENDORS!

WE ARE LOOKING FOR ARTISANS, CRAFTERS,
BAKERS AND MORE!

EMAIL KALEDENSENIORS@GMAIL.COM FOR
MORE INFO AND TO REGISTER AS A VENDOR.
DEADLINE FOR REGISTRATION IS NOV 1, 2025.

KSC

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.

We have a library and puzzles to loan out. If you would like to use the library when the hall is not in use, call Donna at 250-462-5233.

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

Our Annual Christmas Craft Sale will be held on Saturday, November 8th. Call Rita at 204-371-6837 to book a table.

Activities in October 2025:

Canasta ~ Mondays at 10 am - Not on Holidays!

Evening Pool ~ Mondays & Wednesdays at 6 pm

Tuesday Bingo ~ Tuesdays - October 7, 14 & 21 at 1 pm

Afternoon Pool ~ Tuesdays & Thursdays at 1 pm

Mexican Train Dominos ~ Wednesdays at 1 pm

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

Cribbage ~ Thursdays at 7 pm

Line Dancing ~ Fridays at 1 pm

Pancake Breakfast ~ Saturday, October 4 from 8-10 am

General Meeting ~ Monday, October 6 at 1 pm

Country Music Jamboree ~ October 12 & 26 from 1-4 pm

Drop-in Bingo ~ Saturday, October 18 from 1-4 pm

Pot Luck ~ Saturday, October 25 at 5:30 pm

Craft Morning ~ We are going to have a craft morning starting in October. Call Donna at 250-462-5233, if you would like to join.

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

Well, things are slowly happening, and we are still working on it. So, nothing new on the Phase 2 front. We have had no vacancies, so no changes there either. Not a great amount to report.

Please drive carefully if you are using 8th Avenue to bypass the watermain work on 7th Avenue in front of Christie Memorial Park.



Thrift Shoppe

Now Open 10-3 Wed-Sat

250-497-7047

Okanagan Falls Heritage & Museum Place - 1145 Main St



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!

Helping Hand Update

By Linda Horn

The Okanagan Falls Helping Hand held our first meeting of the fall on September 18th. Thank you to every one who came out. Our next regular meeting with preparing for our annual Helping Hand Christmas Hampers will be held on **Thursday, October 16 at 4:30 pm** in the Okanagan Falls Community Church (1356 McLean Creek Road). If you would like to see what we do or lend a hand with our Christmas Hampers, we hope to see you there!

Stay tuned for more updates and information coming next month, such as our Registration Forms for the Christmas Hampers and our annual "Fill the Van for the Helping Hand" special event.

The Okanagan Falls Helping Hand is a registered charitable organization. Donations can be sent to Okanagan Falls Helping Hand at P.O. Box 640, Okanagan Falls, BC V0H 1R0 or 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. Thanks for your continued support!

We are always looking for volunteers to join us. If you would like to volunteer, or for any other questions you may have, please call us at 778-559-2412 and leave a message. Your call will be returned.



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

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

Your call will be returned.

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

WOW, what a season! We got a lot accomplished this year, including a museum full of new exhibits to start the season off! We installed a Memorial Rose Garden sign, which includes names of people who have contributed to Heritage Place in the past. Also, we were SO excited about our new Museum sign, as this was long overdue. This is a much nicer welcome when you are driving into Okanagan Falls. We have also been very lucky in hiring Sue and Randy Upton for the remainder of the season, who have been doing a great job in our gardens. The grounds look amazing!

We are now focusing on private tour groups. This would include schools and senior centres, etc. If you have a group you would like to bring through for a private tour, all we ask for is a donation to the museum. You can book this by email to okfallscurator@gmail.com.

We are now thinking about holding workshops on crafts of yesteryear. This would include things like knitting, crocheting, weaving, beading, sewing, etc. If you have these skills and would like to share them, please contact the curator. Also, if you have a skill not mentioned that you think would work, let us know.

If you would like to get involved, we have lots to do for volunteers. You can work in the thrift shop with our lovely volunteers or help with the gardens and snow removal. There are also opportunities to help with private tours and workshops.

In closing, we want to thank all of those in our community who have contributed to our success and we cannot go without mentioning Jolene Henderson, who has been curating beautiful gift baskets to help raise money for the museum and thrift shop. Thank you Jolene!



Wine Shop Open Daily 11-5pm
Bistro Open Daily 11-4pm
 2575 Green Lake Rd, Okanagan Falls



Visit our Website to Reserve
www.sylranch.com



Okanagan Falls Lions Update

By Bob Wilson, Past President

As I write this monthly club report, we are 3 days away from the equinox on September 22, signifying the official start of Fall. It's been a good summer, and all the Market and Music in the Park events are done and we never got smoked or rained out.

Cookies and Ice Cream sales went well for the Lions Club this summer, enabling us to continue with our projects in the community. A big thank you to all who consumed our offerings and listened to some great music. Thank you Lion Grant for all your hard work in scheduling the bands, finding the resources to fund the shows free of charge to the community, and Lion Tara for establishing the Market venue for local artisans and growers to distribute their wares. It's been a good run for the past few years, but it's time to bid these two a fond farewell, as they move to a new part of their lives on the Island to be with family. We'll miss you.

Belich's AG Foods ... what can I say? Not only did they become friends and local suppliers, but they joined our ranks and Kyle became a Lion and a tireless one, with new ideas and shared resources that help us along our way greatly. Thank you Lion Kyle. School breakfasts are ongoing three times a week throughout the school year, with Lions Mike, Colleen, Kyle and Kris manning the early morning food service. Thanks for your commitment and early morning attendance.

Eyewear collection continues and we are approaching Lion Colin van Blerk's goal of 100,000 pair. Thanks for your support!

Next up is Halloween on the 31st of this month, so watch out for all those ghosts, goblins and some pirates and aliens on the streets that night. Costumes sometimes hinder sight for the wearers, so they may not see you. Drive safe and stay well.

That's about all for now ... see you around town.

Blood, it's in you to give! The next Blood Donor Clinics will be held October 20-22 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.



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 them out or join the game. Everyone welcome!

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

Wednesday Car Show ~ All depending on the weather. The cars start rolling in at 3 pm. Food is available from 4-6 pm. We'll have burgers, fries, onion rings and huge hot dogs. Come check out the cool cars!

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.

Pancake Breakfast ~ Sunday, October 19 from 8-10 am. Adults \$10, Kids \$5 and under 3 years is free!

General Meeting ~ Tuesday, October 21 at 7 pm. Always the 3rd Tuesday of the month.

Halloween Costume Party October 31 ~ We will be doing Music Bingo with some dancing, best costumes and food will be served.

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

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!

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ in-person and online

Retreat & Concert on Saturday, October 25:

- **9:30 am - 2:30 pm - Retreat Day: Accompaniment** ~ Cathy AJ Hardy, Judith King and Christine Van Bergeyk will be joining together to create a day retreat of soul care through art, poetry, prayer meditations, and music. Come and be guided into stillness, beauty and restoration. Please bring your own lunch and a journal.
- **7:00 - 9:00 pm - Concert: An Evening of Wonder Through Song and Story** ~ Come and join Cathy AJ Hardy, local musician Christine Van Bergeyk, and producer Philip Janz, for a special evening of care for the soul through song and story.
- **Cost:** Retreat \$80 | Concert \$35 | Retreat & Concert \$100
- **Registration:** www.eventbrite.ca (search "Kaleden") or email judithking@shaw.ca and make an e-transfer

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. Worship services available at okfcc.net.

FB: Okanagan Falls Community Church. Everyone is welcome!

1356 McLean Creek Rd, Okanagan Falls | 250-497-5131

Okanagan Falls United Church

Sunday Service at 9 am ~ Speakers: October 5 - Rev. Paul James;

October 12 - Rev. Laura Turnbull; October 19 - Rev. Dr. Donald

Schmidt; and October 26 - Sarah Tupholme. Coffee fellowship

following the services. More information 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 | st.barbaraanglican@gmail.com

Barbra Ella Merritt (née Tunn)

August 3, 1929 - August 19, 2025



Barb was a longtime resident of Okanagan Falls with many friends and family close by. She was born in California, but lived all her adult life in Canada. Barb was a mother and an entrepreneur, having had several businesses on the coast, in the Fraser Valley and the Okanagan. Barb was well known for being a shrewd business woman and having a kind, generous heart always willing to help those less fortunate or in need.

Barb passed quietly at 96 years old in the gracious care of Mariposa Seniors Centre with family by her side. A most excellent soul, who was greatly loved by family and friends.

Barb is survived by her brother Robert and her children, Tedd, Sandra, David, Donald and Jim.

There will be a small memorial at the Okanagan Falls Legion on Sunday, October 26 from 1-4 pm.



South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

I have been doing much thinking about gratitude. In this season where the day of Thanksgiving will soon be upon us, it is little wonder that being grateful is foremost on my mind and in my actions. I am particularly filled with gratitude when I am amongst a group of people who are learning and growing, and I am there as a volunteer. To witness someone glow with delight when I visit them, leaves me feeling full of gratitude. When I donate to the South Okanagan Similkameen Community Connections Volunteer Centre my time and resources, it leaves me filled with gratitude.

I choose to be a person filled with gratitude rather than embittered by global issues. I am grateful for the 1000 and more volunteers who are part of the SOSCCVC community. I am grateful for the financial support given to this organization, so that we can educate, facilitate, and help make connections with organizations needing volunteers. I am overwhelmed with gratitude for the organizations who are affiliated with SOSCCVC, which together help make volunteering such a positive experience. I am grateful on behalf of the recipients who learn new skills, receive compassionate support, and who are a little less lonely thanks to SOSCCVC.

I hope that you also choose to be filled with gratitude this Thanksgiving season. If you want to learn more about the South Okanagan Similkameen Community Connections Volunteer Centre, I encourage you to contact our Executive Director, Subrina Monteith, at 888-576-5661 or email community@volunteercentre.info. Please check out our webpage at www.volunteercentre.info. We are located at 110-1475 Fairview Road in Penticton (The Cannery), but appointments are strongly advised. Having a set appointment time ensures that someone will be available and ready for you! May October be a month of gratitude. Let's volunteer!

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.

CatMatch



DID YOU KNOW? AlleyCATS is dedicated to the feral and abandoned cats of the Okanagan? This is Monica, a feral cat that had to have an emergency spay, because she had a serious infection in her uterus that would have killed her. Monica had her surgery and is receiving the post operative care that she needs to make a full recovery. Once healthy, she will be returned to her colony to live the rest of her life out. AlleyCATS believes every cat deserves a healthy and long life. None of this would be possible without the support of our donors. Thank you! alleycatsalliance.org



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5221 Hwy 97 Okanagan Falls

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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 Twin Lakes Social Club and Megan from the Twin Lakes Golf Course for a great Harvest Dance in September! My mom, sister and I had a great time on the dance floor and enjoyed the snacks and beverages. We hope you'll carry on this annual tradition.

~ From Eryn W. of Kaleden

Flowers to Grant Henderson for his many years of organizing the musical performances each summer for Music in the Park!

~ From Barb S. of Okanagan Falls



Flowers to the RDOS landscapers who cleaned up the pine trees and shrubbery along the walkway of Pioneer Park on Ponderosa Avenue in Kaleden. It looks so much better being opened and cleaned up!

~ From Barbra P. of Kaleden

Flowers to everyone who helped with watering the town flower barrels, planters and baskets this summer. And, especially big bouquets to Jok who watered the Centex/Panda flowers and 7 surrounding barrels; to Sue who watered the Legion and Heritage barrels and hanging baskets; and to Kelly who watered all the Main Street barrels. This took a huge amount of time and is very much appreciated.

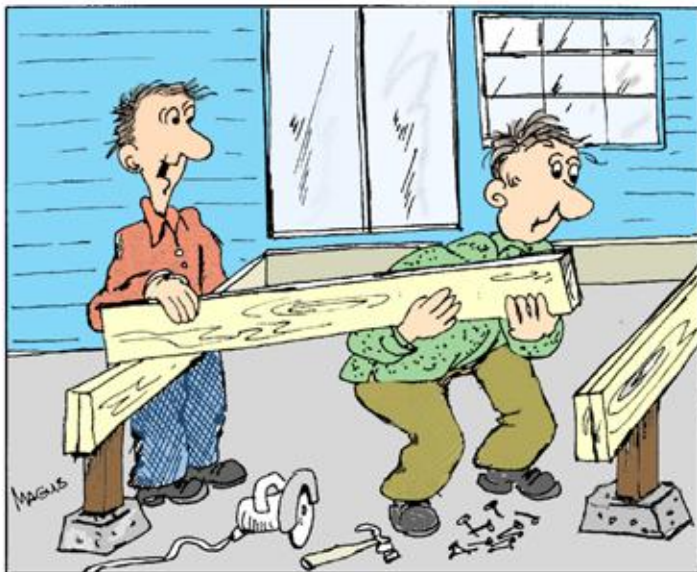
~ From Judy G. of Okanagan Falls

Flowers to Bob Daly and committee on a great job on the OK Falls Connects Volunteer event. Many great connections were made!

~ From Connie W. of Okanagan Falls

Fish Heads to the person that stole an Atlas SUP and Perception kayak from our beach between August 5-11 on Skaha Lake. Reward for information leading to their return. 604-802-9837.

~ From Sharon J. of Okanagan Falls



I did measure twice! I cut it on the lower number so we could save on lumber costs.

Credible Cremation Services

Sensible Prices for Practical People - At need / Pre need.

Call Lesley, our own Senior, Licensed Director



Basic Cremation ... No Hidden Costs

\$1240.00 + taxes (Penticton area)

\$1440.00 + taxes (Kelowna area)

250.493.3912 (24 hrs)

110-1960 Barnes St, Penticton, BC V2A 4C3
Lesley@crediblecremation.ca

BC Lic# 49382



If Basic Cremation Is Your Choice

By Lesley H. Luff, Okanagan Falls & Osoyoos

If you have just experienced the loss of a family member, a partner or a dear friend, knowing what to do can be extremely confusing to those who have never had to confront such an emotional event in their life. Here at Credible Cremation Services, we are here to help you 24 hours a day for at-need or pre-need. We offer sensible prices for practical people. Call Lesley at 250-493-3912 today.

*It is with great sadness that we bid farewell
to more of our neighbours ...*

Elaine Lana Maber

1942 - 2025

Lana was born on December 20, 1942 in Vancouver, BC and soared to Heaven on September 10, 2025, where she is now at peace with her God. Lana had not been well for some time and was ready to make her new and final journey.

Lana is survived by her "testy" husband Stan, two sons Brent and Casey, and three stepdaughters, Tracey, Tara and Tonya.

Lana led a very full and interesting life, which included travel, camping, dancing and fun nights spent with friends. Lana was also a beautiful knitter and crocheter - surpassed by none! In her later years, she took up making jewellery. A lady of many talents.

I will see you later "Meadow Muffin".

A Celebration of Life will be held at the Okanagan Falls Seniors Centre on Willow Street in Okanagan Falls on Saturday, October 11 at 1:00 pm.

Lana's final arrangements entrusted to Credible Cremation Services, located at 110-1960 Barnes St., Penticton, BC V2A 4C3. By appointment please. Call 250-493-3912 or email Lesley@crediblecremation.ca.

Grant Vincent Warfield III



Grant Vincent Warfield III "Vince" died peacefully in Penticton at the Andy Moog House on September 17th at the age of 72.

Vince is survived by his wife Lynn, his children Amanda (Bryan), Grant (Jessica), stepchildren Mandy (Jason), Jason (Taneesha), 9 grandchildren, and his sister Wendy (Ron). He is predeceased by his parents Grant and Gladys Warfield and his brother Bruce.

A Celebration of Life is scheduled for Saturday, October 18 at the Okanagan Falls Recreation Centre in the Multi-purpose Room from 2:00 - 4:00 pm.

Vince's final arrangements entrusted to Credible Cremation Services, located at 110-1960 Barnes St., Penticton, BC V2A 4C3. By appointment please. Call 250-493-3912 or email Lesley@crediblecremation.ca.



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- Adults needed to recertify
- Anyone involved in community kitchens or events



In-Person Course - Limited spots available

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Friday, October 24

9:00 am - 3:00 pm

Fee: \$90

Minimum of 10 participants required for this course



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