



APEX MATTERS

"Keeping You in the S'know"

Volume 22 : Issue 5

Your **FREE**
Local Snow Culture
Newsletter!

January 2026



Photo by Caillum Smith | @preservedlight

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Go Analog To Truly Connect

By Myleen Mallach, Owner/Publisher of Apex Matters

In a digital age defined by constant notifications, infinite scrolling, and performative busyness, choosing to go analog can feel a bit radical. Yet stepping away from screens, even briefly, creates space for clarity. Writing goals by hand, reading a physical book, cooking without distraction, or simply escaping into a snowfilled landscape in silence allows us to reconnect with ourselves. Analog moments truly slow time. They remind us that life does not need to be optimized to be meaningful.

Slowing down is not falling behind; it is actually arriving more fully. When we move at a gentler pace, we begin to notice the small, sustaining details of everyday life: morning light through a window, the warmth of a shared meal, the comfort of routine, the sound of laughter without a phone nearby. Pause and unplug and see what happens. These little things often carry the greatest weight, yet they are the first to be lost when life becomes rushed and overfilled.

Go analog to truly connect, not just with yourself, but with others too.

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

Published by Myleen Mallach of Okanagan Matters Publications
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Quick Facts: Apex Matters is published monthly from September 2025 through March 2026. Distribution covers Okanagan Falls, Kaleden, Penticton, Summerland and around Apex Mountain. Full advertising options, read past issues online, and link to join our Apex Matters eNews are all at ApexMatters.com. We're now celebrating our 22nd season in print!

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Ladies Day & Level Up Camps

By Emiel van der Meer, Snow School Director

Our 25 friendly, certified instructors at the Apex Snow School are ready to help you have the most fun on the slopes! Using guest-centered learning, we can help you gain confidence, and build the skills to help you make the most of any terrain.

Ladies Day is still one of the BEST bang for your buck programs in the Okanagan, and definitely something you don't want to miss out on this winter! Join us every Wednesday starting from January 7 until March 11 for a group lesson focusing on developing your skills, while exploring our fantastic terrain! Lessons run from 10am to 12pm, followed by lunch in the Gunbarrel Saloon, and wine tastings featuring a different Okanagan winery each week! A one day package for a lift ticket, 2 hour lesson and lunch is \$140 or a 5 Wednesday's package is \$625. If you already have a season pass, then the 2 hour lesson and lunch for one day is \$70 or a 5 Wednesday's lesson and lunch is \$325. An afternoon add-on group lesson is available from 1:30-3:30pm for \$35.

Level Up Camps are a popular cost-effective program designed to help kids 5-12 years old build skills, confidence, and a lifelong love for skiing and snowboarding. Over the course of 8 weekends and/or Spring Break, kids are guided by our excellent instructors to explore new terrain, learn essential mountain safety, and develop all-mountain abilities. Lessons run from 10am - 12pm and 1:30-3:30pm. You can book half days or full days, Saturdays or Sundays, as well as Spring Break Camps. Discounted rentals and/or lift tickets are also available. For ages 4-7 years old, we offer an "Adopt an Instructor" program, which includes a one hour private lesson, lift ticket and rentals. Book in advance, as space is limited.

For more information or to book your lesson, please call us at 250-292-8222 ext 502 or email snowschool@apexresort.com.

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January/February Special Events:

January 7 - Ladies Day starts for the season! Skiers and snowboarders are in group lessons with ladies of similar ability, focusing on skill development in a fun social format. The lesson starts at 10am, followed by lunch and wine tasting from one of our local Okanagan wineries in the Gunbarrel Saloon. January 7 features Summerland Heritage Winery, January 14 features Dirty Laundry Winery, January 21 features French Door Winery, January 28 features Ruby Blues Winery, February 4 features Wine Club, and February 11 features Wesbert Winery. Join Ladies Day this season! More info at Apex Snow School.

January 17 - Tech Okanagan Zone Race - Hosted by Apex Ski Club on Old Mill - 1st race for U12, U14, and U16.

January 17 - Western Day - Dress up in your best Western Gear and hit the slopes. Join the fun in the Gunbarrel Saloon.

January 17 - Avalanche Awareness Day - Stop by the info tents and support the BBQ Fundraiser in the village.

January 23-25 - Frost Fest Winter Carnival - Apex comes to downtown Penticton with a rail jam off Main St, across from Freeride Boardshop. A beer garden and one big mountain vibe with lots of talent. Check out Frostfest.ca for more info.

January 24 - Apex Firefighter's Ball - Come dressed to impress in your roaring 20's outfits, ready to eat, dance, bid on some amazing silent and live auction items, and celebrate in elegance! All proceeds directly support the Apex Volunteer Fire Rescue, helping fund training, equipment and operational readiness. Purchase your tickets through the QR code on page 16.

January 29 - February 1st - NorAm Cup - This year's Apex FIS NorAm Cup event has been filled with athletes from across Canada, USA, and athletes from foreign nations. Single Moguls on Saturday and Dual Moguls on Sunday.

January 31 - Vertical & Vintages - Wineries from all over the Okanagan come show off their vintages. Enjoy tastings and canapes in the Gunbarrel Saloon with Jeff Piatelli band afterwards. Grab your tickets on Eventbrite when they launch.

February 1 - Nancy Greene Dual Race - Apex Ski Club will host this race on Okanagan Run for U10 and U12 Carver athletes from the Okanagan. It will be a fun filled day of competition, camaraderie and new friendships.

February 10 - International Ski Patrol Day - Thank you for all that you do everyday all season long!

1.877.777.2739 | ApexResort.com

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

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

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

Skating Loop & Skating Pond ~ Open daily at 10am. Loop night lit until 10pm. Open 7 days a week, weather pending.

The General Store ~ Open Monday-Thursday 8:30am - 5pm. Friday & Saturday 8:30am - 7 pm.

Snow Bus ~ Runs Saturdays & Sundays, plus Holidays & Spring Break. Starts December 13, 2025. Visit doublediamondtours.ca for info.

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The Countdown Is On For Penticton's Frost Fest Winter Carnival

Submitted by the City of Penticton

The countdown is on for Frost Fest Winter Carnival, the South Okanagan's largest outdoor winter festival, taking place in Penticton from January 23-25, 2026.

Frost Fest promises an action-packed schedule with new features and events, as well as returning favourites that will make this the biggest Frost Fest yet. The event's new website, at frostfest.ca, provides a schedule details and featured highlights, including the following:

- Hot Air Balloon Glow Up
- Peach City Rail Jam Competition
- New: Food Lane on Main, featuring multiple food trucks
- Family Zone by HaHaHa Kidzfest
- Hockey Tournament on the Outdoor Rink
- Frost Fest Gala
- Frosty Toes Winter Dip
- Firefighters Charitable Society Breakfast
- Matinee Movie Melt
- Arctic Afterparty

Registration is open now for the Peach City Rail Jam. This high-voltage event features a custom-built setup featuring a two-part mega rail designed to push limits and showcase serious skill. With DJs spinning, food trucks serving up the goods and the beverage garden buzzing, this event is a winter spectacle you don't want to miss.

For more details, visit frostfest.ca.



**PENTICTON'S
WINTER CARNIVAL**

frost fest

January 23–25, 2026
GYRO PARK, PENTICTON, BC

Peach City Rail Jam **Hot Air Balloon Glow Up**
Family Zone by HaHaHa Kidzfest **Hockey Tournament**
Frost Fest Gala **Frosty Toes Polar Swim** **Matinee Movie Melt**
Arctic After Party **Food Trucks** **DJ** **Beverage Garden**



Nordic Skiing Is For Everyone

By Meghan Keir, Nickel Plate Nordic Centre Manager

One of the things we value most at Nickel Plate Nordic is the belief that **cross-country skiing is for everyone**. You don't need to be fast, experienced, or even confident on skis to belong here. You just need curiosity, a willingness to try, and maybe a sense of humour when things feel a little wobbly.

For many people, Nordic skiing can feel intimidating at first - unfamiliar gear, quiet trails, and the sense that "everyone else knows what they're doing". We want to change that. Nickel Plate is an inclusive, welcoming space where beginners are encouraged, questions are celebrated, and every skier starts exactly where they are.

That's why we're excited to be offering **Beginner Ski Meet-Ups** this January. These are **non-instructional**, low-pressure, friendly gatherings designed for folks who are new to cross-country skiing or simply looking for a supportive way to get out on the trails. Think of it as skiing with new friends - learning the layout of the trails, sharing tips, laughing at the occasional tumble, and enjoying the winter together.

The meet-ups will take place on **Sunday, January 11 and Sunday, January 18 from 10:30-11:30 am**. They are **free to attend**. If you're not a member, you'll just need a day pass, and **rentals are available** if you don't have your own gear. No pressure, no expectations - just a welcoming space to ski, connect, and have fun.

Looking a little further ahead, we're also thrilled to be hosting our **Lantern Ski Night on February 7**. Some of our easy inner trails will be softly lit with lanterns from **5:00-6:30 pm**, creating a magical evening atmosphere perfect for skiers of all abilities. The ticket office will be open late to accommodate rentals, so you can arrive after work and still enjoy time on the snow.



And if you've been thinking about joining us more regularly, **it's not too late to become a member**. For **\$257.25 (taxes included)**, you can enjoy a **full season pass** and unlimited access to the trails. We're also offering a **members-only season rental package for \$115** this year - a great option if you don't have your own gear yet. Whether you're stepping onto skis for the first time, returning after years away, or simply looking to experience the trails in a new way, we invite you to come be part of the Nickel Plate Nordic community. There's room for everyone - and we'd love to ski alongside you.



What's Happening At The Edge?

By Ash Dunsford

Happy New Year from The Edge Family! We hope you all had an amazing holiday and we send a big thank you to all our loyal customers from near and far for all your support over the holiday season. Thank you!

Now on to our regular winter schedule - you will see the return of "Thai Salad Tuesdays". The very popular hot Thai chicken salad is back with vegetarian options available. We always sell out, so be sure to come for lunch early. This month, you will also see the return of "Lasagna Fridays"! Cheffy's homemade lasagna will be made every Friday morning and with every healthy serving comes a slice of garlic toast. Have it for lunch or take it home for dinner! On the sweet and caffeinated side of things, don't forget to try our Affagato - a scoop of vanilla ice cream, drowned in a shot of espresso. A perfect little dessert pick-me-up!

After a successful 2nd season of our "Where in the World is Your Edge Toque?" contest, we are bringing it back again for another round this winter! With hundreds of Edge Toques out there in the world, we wanna see pictures of you in your Edge Toque in a fun, beautiful, or strange place. Get creative and silly! Using the hashtag #edgetoquetravels, share with us your photos on Instagram or Facebook. Prizes will be awarded throughout the season, and a Grand Prize of a Pizza Party for 4 paired with a bottle of Hester Creek wine, will be awarded during Spring Break. We look forward to seeing your photos!

Have a great January and we'll see you on the slopes!



Left - Edge Toques spotted near Big Ben in London, England.

Right - Coco showing off her Double Down Edge Toque.



Volunteer Patrol Update

By Brad Nunes, CSP SO Boundary Zone

Happy New Year from the CSP! We hope you and your loved ones had some lovely time to spend quality time together and get in some quality turns. Most people associate this time of the year with things being a bit dull and gloomy. Luckily, the cure is just to get out, get active and ski/board our butts off!

While this year has been fairly mild, we did have a short cold snap. With that, we would like to warn folks that frostbite can happen very quick when temps start to dip. Wind chill will also accelerate frostbite. Be sure to dress for the conditions and be prepared if they get worse. If you suspect frostbite (it starts with red or white patches on exposed skin), seek help from Patrol or other medical attention right away. Stay safe and warm out there. Cheers!



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Carvers Corner

By Jorgen Anderson,
Head Coach & Program Director

Happy New Year Everyone! What a great start to the season. The resort did a fantastic job preparing the runs, and we managed to avoid the big thaw in early December that impacted many other resorts. This has been one of the best Decembers in recent years.

December was a very busy month for the club, with U12, U14, and U16 training days, along with our Christmas Carver Camp. We were also fortunate to welcome a special guest coach, Heming Sola, who spent time working with our athletes. In addition, all of our Carver coaches logged plenty of skiing in December, while completing courses and getting tuned up. They are ready for a big month of programming in January.

Looking Ahead ~ January is shaping up to be another busy and exciting month for the club.

- Okanagan Zone GS and Slalom races take place mid-January. These races will qualify U14 athletes for BC Games. U12 athletes will also be testing their skills at this event.
- Our U12 and U14 athletes have shown tremendous improvement over the past month.
- U16 athletes will be preparing for their first Teck Open Provincial Series at the end of January.

The Carver Program is now in full swing, with a fun and energetic group of kids and an amazing coaching staff. The program runs Saturdays and Sundays for 11 weeks, and you'll see these athletes ripping around the hill in their Interior Roofing bibs.

Reece Howden - An Incredible Month ~ We are extremely excited about the month Reece Howden has had - three World Cup wins in a row! Reece has now become the all-time World Cup wins leader in Men's Ski Cross, setting himself apart on the world stage. He is certainly shaping up as an Olympic gold medal favourite. What an inspiration for our athletes and our club!

Spring Cash Raffle ~ The club is running a 50/50 Spring Cash Raffle that will be ongoing throughout the winter season. This is a great way to support Apex Ski Club, while having a chance to win cash. Please see the raffle poster on this page for full details, including how to purchase tickets.

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

Thank you to all our families, volunteers, coaches, and sponsors for making this season such a success so far. We're looking forward to an exciting January on snow!



50/50 RAFFLE!

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MARCH 30, 2026



50% to the winner
50% goes to the
Apex Ski Club to help
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Above - Apex Ski Club Racers enjoying club cabin time after skiing. Below Left - U12 athletes. Below Right - Apex Ski Club's Sunday Carver Coaches.





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By The AFC Team

From Apex Freestyle Club Head Coach And Program Director

Alexa Chick ~ And, we're off to the races! WOW, what a start to the season! We kicked off the start of programs mid-December, with so many new and returning faces that we're excited to see each weekend; our Performance Team athletes represented the hometown in Apex Classic; Winter Break Camps kept the stoke going over the holidays; 9 Australian athletes and 1 Chinese athlete flew across the world to train and compete with our Performance Team this winter; and now we've launched our FUNstylers/Snowboard Fundamentals programs into orbit as well! We're stoked for what's to come!

Speaking of what's to come, we have some awesome events coming up that you can read about in my colleagues' blurbs below, and our athletes are gearing up for a fantastic season of fun, competition, community, and lasting memories! As always, if you have any questions at all, please do not hesitate to send me an email at alexa@freestyleapex.com.

I hope you all have had a wonderful start to the New Year, and I look forward to the coming weeks and months ahead!



Coach Alexa with Performance Team athletes at Apex Classic in December.

From Apex Freestyle Club President Jesse Ritchie ~ Happy New Year to all our freestyle families! We wish you the best in 2026. With all club groups and activities about to start, here is an update with some important freestyle happenings!

- Our tentative date for setting up the airbag is January 17!
- This season will have a more organized airbag schedule, based on coach availability which we will share on our website so all freestyle families are up-to-date!

- The airbag needs constant maintenance (snow removal) throughout the season. This year, the beauties at Penticton Honda Centre will be donating some snow removal equipment making the job easier. We will have a training day for some of this equipment once the airbag is open.
- **Peach City Rail Jam** at Penticton Frost Fest Winter Carnival is **January 24!** If you haven't heard of Frost Fest, you should check it out! It is a showcase of advanced snowboarders and skiers, hitting a rail built on a platform in downtown Penticton. If your athlete is an advanced skier or rider, and would like to join the jam and compete, visit the event's page on the City of Penticton's website!
- Our club, alongside Freestyle BC, wants to help this event and the work that goes into it. If you sign up to volunteer at this event, this would count towards getting your refund!
- We are hosting one of the Okanagan Shred Session Comps again on February 14-15! Such a fun event where competitors throughout the Okanagan can try competing for the first time and put their skills to the test against everyone else! We'd love to see ALL of our club members enter in this event. Registration to open SOON!

As always, we need volunteers for this event as well as the upcoming NorAm. Both events help bring in much needed revenue for the club, so we can keep our registration costs down!

Apex NorAm Moguls - January 29 - February 1 ~ We are hosting our second major event of the season from January 29 - February 1. Athletes from across North America will be joined by 30 international athletes competing on our world renowned mogul course. Thursday and Friday will be practice prior to Saturday's Single Moguls Competition and Sunday's Head to Head Dual Moguls Competition.

With the recent cancellation of the NorAm competition at Deer Valley, results and FIS points obtained from this event will be even more important in determining overall NorAm Cup Champions.

We are always looking for volunteers. No previous experience with moguls events required! Ski, snowboard, or walk to the course. Interested in learning more? Contact theresa@freestyleapex.com. Spectators are welcome to watch from the bottom of the course or on the knoll on Adrian's Alley.

Representing the BC Mogul Team are AFC alumni **Emelie McCaughey, Jackson Kendell, and Grady Parsons!**

Okanagan Shred Sessions ~ The Okanagan Shred Sessions are BACK! These are entry-level regional ski events that help athletes develop their skiing skills in a variety of disciplines while introducing them to competition in a fun-filled, action-packed environment.

- January 17-18 - Silver Star - Big Mountain and Big Air
- February 14-15 - **Apex Mountain** - Slopestyle, Moguls, and *NEW* Big Mountain
- March 7-8 - Mt. Baldy - Disciplines TBD

We encourage all eligible athletes to enter each of these competitions and show off the skills they have been working on! Registration is coming very soon!

New this season, the snowboard club will be hosting an in-club Big Mountain event immediately following the Ski Big Mountain competition on February 15, so snowboarders keep an eye out for registration!



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Apex Freestyle Snowboard Club Program Director Josh Shulman ~ Look out Apex, AFSC is bigger than it has ever been! We are pumped and primed for our best season yet. January brings the start of our competitive schedule and we are kicking things off at Whitewater in Nelson for the Smith Jr. Freeride series event happening January 8-11. Not long after that the City of Penticton "Frost Fest" rail jam happens down in town on January 24, followed a week later by Slopestyle and Snowboard Cross events at Big White. Wish us luck!

I'd love to throw the mountain ops team a big thank you for working so hard to get a park built, overcoming all the wild weather they faced in the late fall and early winter. Our crew is stoked to have some jumps and rails to hone our skills on. We should throw another night time park jam soon and celebrate our mountain and our amazing community! Stay tuned ...

If you're a sideways sliding kinda human, reach out to our club and get involved! We are always looking to add more snowboarders to the club! We are not just for kids. I would LOVE to see a couple groups of grown up men and women snowboarders get together and ride! We've got an airbag, coaches that can help you learn or improve freestyle skills, we compete at Banked Slalom events and other types of community driven snowboard contests. As I mentioned, our club is bigger than ever! 31 athletes, 8 coaches, 2 mountains and don't forget all the rad parents of all these athletes! We are building a community of snowboarders! Come join us! We have candy.





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Pro-D Day Camps ~ We are thrilled to announce that we will be introducing two Pro-D Day Camps this year open to new and existing Apex Freestyle Members. This is a great opportunity for community members to try our freestyle!



Thank You To Our 2025/26 Sponsors

Gold Sponsors: Covert Farms, Gunbarrel Saloon, Apex Mountain Resort, Penticton Lakeside Resort, Penticton Honda Centre, Greyback Construction, Penticton Collision Centre, and MK Capture Photography.

Silver Sponsors: Team Chapman Royal LePage Real Estate, Betts Electric, Sherwood Signs and Graphics, Penticton Firefighters Local 1399, and Freeride Boardshop.

Bronze Sponsors: Skyview Blinds, Castanet, and NavCan.

Hello Apex People!

By Alec Henderson, Team Canada Slopestyle and Big Air Skier



Hope you all had amazing holidays. Mine were very special, as I got to spend time with family and enjoy some skiing at my favourite mountains in the Okanagan.

The start to this season has been one of the most exciting, exhausting, and enjoyable starts to any ski season I have ever had. After China, Steamboat was a challenging, but fun, Big Air comp. A much smaller

jump than Beijing or Secret Garden, but still I was able to do my switch triple 18 in the qualifier. It was clean, but left me one spot out of the final, putting me in 13th place overall again. Happy and healthy, I made it through the Big Airs with another solid result.

With all the hype of the Olympic season, and my results putting me in a position to have a chance at making the 2026 Olympic Games, there has been some serious anticipation for this final qualifier I have coming up in Laax. With a top 5, I can secure my spot to the Olympics, a top 10 and I think I could just squeeze in, or end up just outside the qualification list.

For freestyle skiing, there are 5 disciplines ... Slopestyle & Big Air, Moguls, Halfpipe, Aerials, and Ski Cross. For these five disciplines, there is a list of all the male athletes in Canada. In order to qualify for the games, you need to be in the top 16 of this list, right now I'm sitting 20th. One more good result and I'm there.

This is what I mean about exiting times - moments like this stay with you for life. I have a real chance! And, I'm determined to give it everything I have at this final qualifier. So, I wanted to be open about the qualification process that I wasn't familiar with until this year. Does not make it easy, but I didn't expect it to be at all.

Laax Open Slopestyle qualification is going down January 15th, finals are on the 17th. Let's do this!

Thanks everyone for incredible support this season leading up to the games. It's been an incredible ride.

Have a great January! I'll be updating you again soon. Keep an eye on my Instagram for updates ~ @alechendersonn.



Enjoying some down time skiing with family over Christmas in the Okanagan.



Blood Donor Clinics January 13 & 14

1:30-5:30pm - Penticton Seniors Drop-in Centre, 2965 South Main St
Call 1-888-2DONATE or www.blood.ca **It's in you to give!**

Ski Time!

By Fred Albrechtson, Nickel Plate Junior Racer Alumni

Happy New Year! I hope that everyone is getting to enjoy some of that snow that we've had. With the amount that we've gotten in Canmore, we've had to significantly reduce operations. Minimum ski days have been required with 10 centimeter-plus days. I hate to say it, but I've already gotten more days in skiing this season than last. In December, I got a handful of resort days in, and one day in the back country out in Kananaskis. It was some of the best snow that I've ever skied. The lakes have frozen and allowed for some Wild Ice Hunting, one of our many winter activities. On December 22, we shut down for a two-week holiday - some very needed time off! I spent Christmas at home, getting a few days on the hill, and one over on Proper. It was great to spend a few days back on Apex. I haven't been riding in probably three or four years

Some awesome snow conditions for December. I can't wait to see what the rest of the season holds. On December 29, I flew out to Ottawa, to visit my girlfriend's family for a week or so. Coming back into January, I am ready to jump back into things with work. I am hoping to spend some time developing the back end of the company - operating procedures, hiring processes, etc. - all the corporate crap. We have very big goals for this following year. In recent months, I was able to purchase a collection of new equipment and am looking forward to putting all of it to work. Other than that, I hope to get close to fifty days on skis. Prior to New Years, I was at around 10. In February, we will be back at Apex for more ski time and are already looking forward to it.



Above - Enjoying the scenery over on Apex Proper.

Below Left - The ascent up to the Tryst Lake Chutes out in Kananaskis.

Below Right - Carving up Gap Lake just outside of Canmore.





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Licensed Premise! Drop in for a snack or lunch, enjoy a bevy, and do a little shopping while you are here.

Art Classes Available.

"Everyone Is An Artist" At The Artisan's Den

By Jane Ono

The "Everyone is an Artist" series is held on Thursday nights in The Artisan's Den. To register, drop in to The Artisan's Den or contact Jane at janeonstrike@gmail.com.

February 5 at 7pm - INTRODUCTION TO WATER COLOURS ~ \$45 per person. Taffy is ready to share some beginning techniques for working with water colours and permanent felt pen. Flowers, trees, birds, etc. come to life on your paper. Beginner-friendly.

February 12 at 7pm - PAINT YOUR PARTNER ~ \$45 each or \$80 for two. Enjoy a pre-Valentine's Day activity as you create a special portrait of your partner. No peeking until you are done! Sign up with a group for more fun! Directed by Sue and Taffy.

February 19 at 7pm - HAND-FELTED SOAPS ~ \$35 per person. Jennifer will lead us through the process of adding colourful wool to two bars of soap. Your felted soaps last longer, are anti-bacterial, and exfoliate and lather better. A practical and beautiful project!

February 26 and Thursday, March 5 both at 7pm - POTTERY PLATTERS ~ \$115 per person, includes two days. Create a large platter or charcuterie plate and one or two ramekins to match. Basic hand-building skills covered. Day 1 we build. Day 2 we glaze. Pick up your projects the following week.

GROUNDING HATHA YOGA at THE ARTISAN'S DEN ~ Soma Soul Space is offering grounding, meditative Yoga classes at the Artisan's Den at Apex. These 55-minute, beginner-friendly, classes are rooted in traditional Hatha Yoga, with a focus on slow, intentional movement, breath work, and nervous system regulation - a space to land, breathe, and reconnect during the winter months.

DETAILS: Located in The Artisan's Den. Each session starts at 7pm and lasts 55 minutes. \$20 per class. Only 12 spots available. Pre-registration recommended. Message Soma Soul Space on Facebook, or email j.taelor.counselling@gmail.com to register. Please bring your yoga mat and water bottle. If you don't have a mat, feel free to reach out as I may be able to provide one.

UPCOMING DATES: January 11, January 20, January 25, February 3, February 8, February 22. Stay tuned for March dates.



Slushy Thoughts From The Snow Bank

By Brad Nunes

Okay. Here we go again. We ride into another year. And as we do, who had convicted felon kidnaps South American dictator on their 2026 bingo card? Based on the previous year, it was a solid B49 on mine. Another banger of a prediction was Canada getting knocked out of the world juniors again. I predicted a choke in the first round and instead was treated with a stumble in the second round. It was disappointing for sure, but the general consensus was 'at least the US went out in the first round'. That has been the general theme these days. We sigh and shake our heads as the folks next door go through a wild 'mid-life crisis' moment. Dad seems to be causing a lot of chaos and we all just want to lean over and tell the rest of the family to kick him out. I find it all very sad. I know many people from the US, and by and large they are very nice people. Nice people can still have "invasive thoughts". We all do. What I hope is that when I day dream about kicking that dog next door that won't stop barking, it stays as a day dream. What I hope is that all my misguided rage and hate doesn't manifest into an orange baby-man and then I tell it to rule over me and the largest military in the world. We have evolved to develop critical thinking skills. Lizard brain is there to react to crisis and keep us alive in emergencies. We should not let it drive the bus, or elect it to a place of power.

Okay. I've gotten my one political rant of the year out of the way. Skiing, and skiing related culture, brings me much more joy anyway. I would describe this season so far as ... "pretty decent". I have not had to pull out a snorkel yet. However, my rock skis have not seen much use either. I feel like we are on the precipice of "totally epic". We are one solid weather system away from conditions that would make even renown shift captain Blair weep. It is reported that he has been skiing at Apex since 1862, back when the lift was operated by camel¹. The last time he shed a tear it was when The Cut went in and he couldn't have The Wild Side all to himself anymore. So, if Blair is crying, you know conditions are good. Now, I'm not a betting man (unless I'm tuned into a leg wrestling broadcast), but if I'm planning a trip to his hill, I'd be booking for Family Day Weekend and be prepared for just amazing snow. But honestly, it is just so nice to be up at the hill right now. The snow is good, and the people are amazing. Just come on up, start the year right, and make some turns.

So yeah. That is it for my intro to 2026. Blessings to all. Cheers!

1. <https://www.vancouverisawesome.com/history/cariboo-camels-british-columbia-1946187>



Franz Unterberger in the Apex Backcountry ~ Photo by Terry Mcwhirter



Penticton Sno-Trackers Club

By Joe Millar, President

The season has begun, with lots of great riding to be had. So far, the cutbacks are filling nicely and trails have been ridden in to most zones now. I hope you've been out enjoying our parking lot for sled users at Strayhorse FSR and Nickelplate Road. We've established this as our trailhead to help lower interference issues with the non-motorized crowd.

If you haven't been out on one of our guided club rides yet, not to fret! We have a GPS map available for download from our club website at pentictonsnotrackers.ca/trails. This will help you find your way, more signage is coming, and we've installed signage on the main trail to our club's emergency shelter. Please help us to keep it tidy and stocked with wood. Pack out what you pack in!

Our next club meeting is on January 13th at 5:30 pm for dinner at the Barley Mill Brew Pub upstairs. Come join us for a meeting to help with ideas and planning club rides and events. An idea we've discussed was to do a 1 day AST1 refresher and drills day. Some upcoming ideas for trips are to be discussed, as well as arranging our annual Trout Lake trip in February (Family Day Weekend).

Currently, a few of us are waiting on the new stormset to come in this weekend, giving us a fresh canvas to play in. As always, ride safe, and remember that Search and Rescue are always ready and able. Contribute where you ride and have fun!

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



AVALANCHE AWARENESS DAYS

COMING SOON TO A MOUNTAIN COMMUNITY NEAR YOU!

Apex Mountain Resort Village

Saturday, January 17

10 am - 2 pm ~ Info Tents with Apex Patrol & Penticton Search & Rescue
11 am - 1:30 pm ~ BBQ Burger Fundraiser with Apex Patrol in the Village

Tentative Schedule
Thanks to our Sponsor
Penticton IGA

Apex Avalanche Canada

Avalanche Awareness Day

By Lyle Thiede, Director of Apex Ski Patrol

We have experienced an interesting start to the season, as the weather wasn't exactly what we anticipated. Regardless, we got everything open sooner than usual. With nearly half of the inbounds area at Apex classified as avalanche terrain, our patrol are busy collecting data and producing daily avalanche forecasts to ensure the 26+ avalanche paths are safe for public enjoyment. Come find out more on Saturday, January 17 at our annual Avalanche Awareness Day held in the Apex Village. We will have information tents set up so you can talk directly with our Avalanche Safety Patrol Team, as well as Penticton Search & Rescue.

If you venture out of bounds via lift access, Apex requests 3 things:

1. Check in at the main administration office when leaving.
2. Complete a trip itinerary, including a trip route, vehicle info, what gear you're taking, and training you've completed.
3. Check back into the office upon your return.

Remember - We have a Beacon Park for you to practice your skills.

If you are interested in an AST1 course, call Finbar O'Sullivan at 250-808-9352 or email avalanchesafety@gmail.com. Finbar is an Apex Ski Patrol Alumni and Certified Instructor. Keep your eyes open for more Avalanche Presentations by Finbar and Johnny Smoke, similar to what they offered during the holidays.

A great opportunity to talk to our local experts ...

"Avalanche Awareness Day" ~ Saturday, January 17

In the Apex Village outside the Ski Patrol Office.

Once again featuring the BBQ Fundraiser!

A special shout out to IGA in Penticton for their huge donation every year towards our Fundraising BBQ. Thanks for your support! **KNOW BEFORE YOU GO!** Get the forecast. Get the gear. Get the training. Get the picture. Don't let an avalanche ruin your life!



Hello Neighbours

By Donegal Wilson, MLA Boundary-Similkameen

As we begin a New Year, I hope everyone at Apex enjoyed a wonderful Christmas season spent with family and friends. Whether it was a quiet holiday at the cabin, time on the hill, or gathering around the table with loved ones, the Christmas season is a reminder of how important community, connection, and time together truly are. I hope the New Year has started well for you and that winter at Apex is already shaping up to be a great one.

As we return to the work of the Legislature, it is becoming increasingly clear that British Columbia is facing a serious loss of confidence. Investors are leaving the province, and key sectors are now choosing to ship goods through the United States rather than through BC ports. These are not abstract warnings - they are real decisions being made by businesses that no longer believe this province offers regulatory certainty or a stable path forward.

In response to growing concern, last month the Conservative Caucus formally asked the Premier to immediately recall the Legislature to repeal both the Declaration on the Rights of Indigenous Peoples Act (DRIPA) and the Interpretation Act. The Premier refused. Instead, he indicated that he may bring forward amendments at a later date.

Now, with only 11 sitting weeks scheduled for the spring session - alongside a Throne Speech, changes to the Heritage Conservation Act and the provincial Budget - it is reasonable to assume that the government intends to introduce amendments and force them through quickly, without adequate time for public input or meaningful debate.

This is not speculation. This is exactly what happened last spring. At that time, the government introduced a series of consequential bills and then invoked a mechanism known as "forced closure". Under forced closure, any legislation that had not completed debate by an arbitrary deadline was simply deemed passed - regardless of whether concerns were raised, amendments proposed, or questions left unanswered. The result was short sittings, tightly controlled debate, and legislation pushed through without proper scrutiny.

That is not how you build the best laws for British Columbia. That is how you impose laws.

This government has accepted virtually no opposition amendments.

When it cannot secure support from the Green Party, it declares legislation a confidence vote - allowing the Speaker to vote with the government and shutting down meaningful opposition. The outcome is predetermined, regardless of the concerns raised by communities, workers, Indigenous and non-Indigenous British Columbians alike.

British Columbians deserve better than legislation rushed through behind closed doors. They deserve laws built through transparency, consultation, and open debate - especially when those laws directly affect investment confidence, economic stability, and long-term opportunities for our province.

As we move into 2026, I want to wish you and your families a happy, healthy, and prosperous New Year. Please know that my constituency office is always open and available to you. If you have concerns, ideas, or issues that require provincial advocacy, I encourage you to reach out. Hearing directly from you is what guides my work in Victoria and ensures that the voices of communities like Apex are heard where decisions are made.



Subrina Monteith

Director of
RDOS Area "I"

From The Director For RDOS Area "I"

Welcome to 2026 and another great season for the Apex Community.

I continue to hear concerns about dogs being off leash at Apex. There is a bylaw that is enforced at Apex around dogs being required to be on leash off private property. Please ensure your furry friend is safe at home and that all 'presents' are cleaned up in public spaces, to ensure the continued enjoyment of the community for all.

Get your "What Goes Where" magnet to make sorting easy at the Apex Mountain Waste Transfer Station. Pick up one at the Transfer Station or the Apex Admin Office. Place it on your fridge or somewhere your guests can see it. If there are items placed where they don't belong, or messes left behind, this will affect property owners with increased maintenance costs.

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

RDOS Draft Budget 2026



Budget Presentation

Electoral Area "I" (Apex)

Saturday, January 24, 2026

3:30 to 4:30 pm

**Pit Stop Cafeteria,
1000 Strayhorse Rd, Apex**

For further information, please visit rdosregionalconnections.ca
or call RDOS Communications at 250-490-4148.



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Join The APOA Membership

By Barry Leigh for the APOA Executive

It is once again time for Apex property owners to renew their membership with the Apex Property Owners Association (APOA). Annual dues remain just \$30 per year, and your membership directly supports the work of an organization dedicated to serving the Apex community. As set out in our Mission Statement, APOA is committed to supporting members' interests in the planning and development of an attractive and sustainable community, while also preserving and enhancing the surrounding natural environment. We carry out this work through ongoing liaison with local and provincial governments and by participating in meetings with ministry and government representatives. In this way, APOA serves as a collective voice and advocates for Apex residents and property owners.

A strong and engaged membership strengthens our ability to represent the community's interests and ensure Apex remains a special place for generations to come. If you own property at Apex, we encourage you to renew your membership - or consider joining - so your voice is part of that collective effort.

Renewing is easy. Memberships can be renewed by sending an **e-transfer to apoexec@gmail.com** (please include "APOA Membership 2026" in the message field), or by mailing a cheque to **APOA, Box 23016, Penticton, BC, V2A 8L7**. Please remember to let us know of any changes to your contact information, including your email address or phone number.

If you are not yet a member, you can join by visiting the APOA website and selecting the "Join the APOA" tab to complete the membership form. Payment can be made by e-transfer or by mail, as noted above. You may also join or renew in person at our Annual General Meeting, which will be held later in March.

In closing, we extend our best wishes for the new year and invite all Apex property owners to support the ongoing work of APOA by being members of our association.



ACA January Update

By Myleen Mallach, Board Member

December was a very busy month for many of us. The ACA took it easy, as Apex Mountain Resort hosted the traditional Christmas Eve festivities with a torchlight parade, fireworks, hot chocolate, and a visit from Santa in a special sleigh. Celebrating New Year's Eve at Apex is always a big hit, especially with Apex Mountain Resort providing two sets of fireworks at 6 pm and midnight to help ring in the New Year. Thank you! The Gunbarrel Saloon always delivers a great time with awesome food, fantastic live music and a rockin' party that doesn't want to end. Our next event will be a Skating Loop Party in mid to late February. There will be more details on this event in the next issue.

If you have a community event idea, or would like to volunteer, please send an email to apexcommunityassociation@gmail.com. We'd love to have you join our team.

The Artisan Winter Market At Apex

By Ash Dunsford

This season's Artisan Winter Market at Apex was another huge success! With over 20 vendors, there were so many talented artists and makers showcasing their handcrafted work. The spirits were high in the room all day! A huge thank you to all the vendors and all of you who supported local this season. A massive thank you to the Gunbarrel Saloon for donating the space again for us to use. We love the community coming together for fun events like this! Wishing you all a great ski season and we look forward to doing it all again next season.





Apex Fire Brigade Society January Update

By Jacquie Foley, AFBS Chair

Happy New Year, everyone! The holidays delivered strong early-season snow conditions - and now it's time to celebrate in style. The Apex Fire Brigade Society (AFBS) is looking forward to an exciting year on the mountain, highlighted by our biggest event yet: the inaugural Apex Firefighter's Ball.

Step back into the glamour of the Roaring Twenties and join us for a Great Gatsby - themed dress-up party at the Gunbarrel Saloon on Saturday, January 24, 2026, from 6-9 pm. Dust off your flapper dresses, suspenders, and sharp suits for an unforgettable evening of elegance, music, and community spirit. The night will kick off with a welcome cocktail and appetizer stations, followed by live music to keep the celebration going.

The evening will also feature both live and silent auctions, with an exciting selection of items up for bid. Tickets are \$100 each and available online, with all proceeds directly supporting the Apex Volunteer Fire Rescue, helping fund training, equipment, and operational readiness for the firefighters who protect Apex residents, property owners, and visitors throughout the year. Tickets are limited, so be sure to secure yours early. For more information and to purchase tickets, please scan the QR code on the event poster.

We are currently seeking donations for our auctions. Contributions of all sizes are greatly appreciated and will be used to create silent auction gift baskets or enhance live auction prizes. If you are able to donate items or assist with event planning, please contact sandy@apexresort.com.

The Apex Fire Brigade Society is always welcoming new community members who want to get involved - whether in a big way or a small one. If you're interested in supporting AFBS, please reach out by emailing afbs.info@apexfirerescue.ca.

Join us for a night of style, celebration, and purpose - where every ticket, every bid, and every toast helps keep the Apex community safe.



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Apex Mountain Resort would like to remind local residents and visitors alike that water conservation is extremely important all year round! It is integral to the well-being of this beautiful mountain that we love so much. We all need to make a conscious effort to conserve water when you can.



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Become Part Of The Solution: Join AVFR Or AFBS To Sustain Your Fire Protection Insurability

By Kelly Johnston, Fire Chief

Happy New Year to all! There's no time like the beginning of the new year to try something new and exciting! Always wanted to be a firefighter? Get involved with Apex Volunteer Fire Rescue! Don't wanna be a firefighter? We still need your help in protecting our community! Enjoy the experience of teamwork and camaraderie while having fun ... and all for the benefit of keeping your home protected into the future!

Step 1: Establishing the Apex Fire Service for Property Insurability - COMPLETE!

In 2021, the Apex community voted to fund a tax-based volunteer fire service, allowing the previously established Apex Fire Brigade Society to transition into an accredited and recognized volunteer fire service.

The primary driver for most residents to vote in favour of a fire service was insurance. Fire insurance is imbedded in your core property insurance coverage; and therefore, a determining factor on your property insurability. Prior to the establishment of the Apex Volunteer Fire Rescue in 2022, the Apex community was considered "unprotected" by insurance providers, and this was reflected by homeowners paying high insurance rates, or flat out being refused insurance coverage all together. Because the AVFR was established, the Apex community achieved a Fire Underwriter Survey Dwelling Protection Grading 3A for private homes, and Public Fire Protection Classification 7 for commercial and strata buildings, dropping most insurance premiums by over 50% and allowing others to obtain dwelling insurance again.

To qualify for these ratings, Apex Volunteer Fire Rescue was required to demonstrate minimum fire service equipment and vehicle certifications, a minimum number of trained and certified volunteers who are present in the community and able to respond, and a working and certified community fire hydrant system. Through a massive undertaking of effort from our volunteers, and with the support of the community, we were able to achieve this in the first year of operation.

Achieving the initial Fire Underwriter Survey (FUS) ratings was just a start. The requirements of these ratings are not just a one-time assessment. The Fire Underwriters Survey evaluators conduct regular audits on equipment, training, volunteer staffing, and records to ensure that AVFR is maintaining the minimum requirements. Additionally, these insurance requirements trigger several other provincially and nationally regulated operational and health and safety requirements. In three short years, the AVFR has progressed at lightning speed to address these requirements. Thanks to the generous support of the community, we now are operating out of a fire station that exceeds the current minimum firefighter health and safety and requirements and provides a solid operational base, capable of accommodating the expected required adaptations to serve the community for the next 50 years.



Step 2: Help Sustain Your Fire Protection Insurability Into the Future - JOIN US!

Our members have been working hard over the past few years! Just like any organization, some have moved on; and some are nearing retirement looking at taking a step back. Many hands make light work to sustain a 24 hour / 365 days a year volunteer fire service into the future. We have an amazing group of new volunteer recruits this year, but we're always looking for more to keep us going. Long-term rentals are a challenge to come by for members who want to join from outside the community, but we know that you're already here ... have a place to live ... and we're betting that you would like to keep it protected to enjoy into the future.

Take Action and join us as an AVFR firefighter, or an AFBS support member. There is something for everybody and every ability!

Please consider joining the AVFR, or AFBS and become part of the vital link to successful fire protection and public safety in the Apex community.

Questions? Reach out to Fire Chief Kelly Johnston at firechief@apexfirerescue.ca.



Have you noticed the Billy Goat Hut at the top of the Quad got a little face lift? Your log home could look this great too! Call Joel at 250-328-9114 or email hothamecoblasting@gmail.com.

ACL Injury ... What Are The Rehab Options?

By Shandia Cordingley, BScPT, Registered Physiotherapist,
*Certificate Orthopaedic Manual Therapy, Sport Physiotherapy
Certificate, IMS, Acupuncture, Sport Concussion Management*

Most people have heard of the anterior cruciate ligament or ACL, one of the major ligaments that contribute to the stability of our knee joint. Unfortunately, ACL injuries are one of the most common knee injuries sustained because of sports participation, especially in athletes 12-25 years old. A sizeable portion of all alpine skiing injuries, up to 50%, are ACL injuries. Other sports such as soccer, basketball and football are also high risk for ACL injuries due to the high demands of cutting, jumping and dynamic landings. Snowboarding has a relatively low risk of ACL injury until the elite levels. Approximately 70-85% of all ACL injuries are non-contact or indirect contact (when the athlete is hit off balance and injured on landing). ACL injury can be a devastating and life altering injury.

When a person injures their ACL, they will often report feeling a pop or crack in their knee and possibly a sensation of instability. In most cases, a complete ACL tear will result in swelling (joint effusion) within 2 hours of injury leading to pain and difficulty with walking and bending the knee. A healthcare professional, such as a physiotherapist, should be consulted ASAP, so they can take a proper history, perform special tests to assess the structures in your knee, and determine if further imaging is recommended. A physiotherapist can also provide advice on acute management and help you to come up with a solid rehab plan. Immediately post injury, even if we don't yet know the full extent of ligament damage, the initial goal is to obtain a 'quiet' knee. This means minimal effusion, obtaining 0-125 degrees of range of motion (ROM), normalized gait and ensuring good quadricep muscle activation.

If you have completely torn your ACL, what options do you have? Contrary to popular belief, not all ACL injuries require reconstructive surgery (ACLR). In fact, the world's best, evidence-based practice for ACL tears without serious concomitant injuries is 3-6 months of high quality, intense rehabilitation under the guidance of an experienced physiotherapist before deciding on the necessity of surgery.

We know about 50% of patients who chose non-operative management, follow a quality rehab program and meet specific return to sport (RTS) criteria can return to high level sport, often in a shorter time than their surgical counterparts. Research continues to be done to identify which factors will help predict who will be successful with non-operative management, but a conservative approach with the primary focus on rehab should be the first line of treatment for most isolated ACL tears.

There is also some exciting evidence emerging that the ACL can spontaneously heal without surgery, which historically was thought to not be possible. There are currently a few bracing protocols that are being extensively studied, i.e. the Cross Bracing or BLEX Protocol, where the knee is locked in a specific amount of knee flexion for a set timeline allowing approximation of the ends of the torn ACL. This enhances the chances for the ligament to heal without surgical intervention. As with any ACL rehab program, an intensive rehab program follows the initial immobilization period. There are a lot of factors that determine if strict bracing is an appropriate pathway, but initial studies on the bracing protocols are quite promising. It is important to know, these protocols are very specific and require close supervision by a physician and a physiotherapist trained in the specific protocol. There is also evidence to show we can sometimes see ACL healing on imaging of patients who choose non-operative rehab without a specific bracing protocol.



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People often believe they also need ACLR to protect the integrity of the knee joint. Unfortunately, the trauma that causes the initial ACL tear does increase the risk of developing osteoarthritis (OA) down the road, though the risk is still relatively low. You may be surprised to learn that having ACLR surgery does not reduce the chances of developing OA. In fact, surgery introduces a secondary trauma that causes prolonged knee inflammation, which may increase the risk of developing OA when compared to non-operative management. ACLR or not, it is important to understand that a consistent, progressive strengthening program is the best way to mitigate the onset of OA in the long term.

None of this is to say that ACLR surgery is never indicated, for some people, eventual ACLR is the best option. Deciding whether to have ACLR is a very personal and individual decision that should be discussed comprehensively with your physician, surgeon, physiotherapist, and family. There are many factors involved in making this decision such as patient's age, goals, type of sport, and the degree of functional instability experienced. The above-mentioned information is based on isolated ACL tears; complex knee injuries that include concomitant injuries to other tissues such as the cartilage or menisci are more likely to require surgical intervention.

Many people worry that embarking on a 3-6 month period of non-operative rehab will be a waste of time, but this is not true. In fact, evidence shows that delayed-ACLR following a period of specific rehabilitation leads to better outcomes over early-ACLR. If you continue to experience instability or poor function after 3-6 months of solid rehab, the option for reconstructive surgery is still there and you will also have better post-surgical outcomes due to all the prehab work that has been done.

If surgery is the rehab plan of choice for you, a thorough discussion with your medical practitioners should include such topics as graft

choice (i.e. quad tendon, patellar tendon, hamstring tendon) and clearly lay out realistic rehab expectations. ACLR itself does not guarantee return to preinjury performance levels and the recovery is a very long, emotional process that takes a minimum of 9-12 months of intensive rehabilitation.

No matter which option you choose, a progressive, exercise focused, rehab plan that is tailored to your goals is essential. Quality ACL rehab should not be based on timeline alone, but rather on meeting certain measurable criteria before progressing to the next stage. Specific exercises and consistent testing to assess ROM, effusion, strength, proprioception, and dynamic and sport specific movement patterns must be incorporated. If returning to high demand sport, such as skiing or field/court sports, is your goal, specific Return to Sport (RTS) testing, including psychological readiness, must be performed by your practitioner whether you have had surgery or not. The increased risk of re-injury is significant when one skips these steps and does not meet RTS criteria.

ACL rehab is a very long journey physically and mentally; thus, it is important you have clear expectations and are aware of all your options, including non-operative management. If you have any questions about ACL rehab, whether you or a family member has an acute injury or are well into the rehab journey, please always feel free to reach out. There is so much information to sift through, and ACL rehab is a special interest of mine that I am always very keen to discuss.

Shandia works out of the Penticton Community Centre Clinic and is also a lead physiotherapist with the Canadian National Snowboard Federation.



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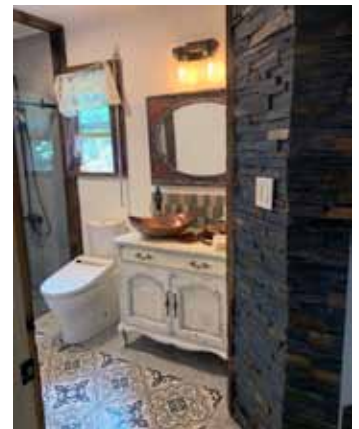


"Pow Day" ~ Photo by Johnny Smoke

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

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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Weather Wonderings - Part 2

By Johnny Smoke, Bike & Ski Guide, CAA 2 | CSGA 2

Last month, we chatted about the big picture. This month, I thought I'd talk about short term forecasts. It seems like no two apps want to agree. Often a forecast of snow doesn't show up, and when it does snow big, it comes out of nowhere.

Why is Apex in particular so tricky to predict? The answer is partly due to some technical limitations of modern forecasting, but mainly down to a quirk of geography.

For the same reason that the South Okanagan gets cactus, Apex gets less precipitation than many mountains in BC. We sit in what is called a "rain shadow". This is because the bulk of snow and rain falls in BC because when wet air hits mountains, it gets forced upwards, and cools off. Since cool air can't hold as much moisture it falls as rain or snow. This is why the coast is so epically wet.

The vast majority of weather systems coming in from the Pacific come from the south west. By the time they get to Apex, they've already crossed the Olympics, the Cascades, and the Pasaytens. These mountains are all higher than Apex, so while we manage to get some snow, they tend to be the little "Apex Dumps". These add up, but slowly.

We get more precipitation from frontal precipitation, where warm air meets cool. This phenomenon is trickier to predict, as it doesn't need a mountain to make rain and snow. Mountains will enhance amounts, but it is a more fleeting effect. When we get lucky, this sort of system will stall over our region and we can get truly epic snowfalls. We often see this in November before the hill opens and storm totals of 80-120 cm happen every couple of years. This kind of system is more likely associated with a north west flow.

We also get big spring dumps from convection. Those are the morning snowfalls where it snows really hard for a few hours and then the sun comes out. Think about a thunderstorm, but colder. You need the warming effect of the spring sun to make these happen, and we do frequently get this effect here. We do seem to have more wintery weather than slushy spring skiing.

Modern forecasts use computer models. There are many different ones, but they all work in a similar fashion. Large simulations are run using a grid modeled on numerical simulations of the earth. More accurate models are used for short term forecasting of a few days, less accurate models are used for longer terms. Think of a picture and how many pixels it has. A high resolution forecast uses pixels that are around 1km square, and long term forecasting uses up to 15km pixels. When you look at how small Apex actually is, and how much variance there is in snow just in our little resort, well ... you can see how these models might miss some nuance and detail.

In addition, these models are trained on past history. With the vast majority of our weather coming from a direction that doesn't give us much precip, and the kind of weather that CAN give us fat dumps being a bit rare, it reduces the accuracy of these models.

Of course, some models are better than others. The Canadian ones (GDPS, RDPS) are quite good, and you can access them on official Canadian websites. The US models (GFS and NAM) are getting older, and for some reason are not being funded for improvement. The ever popular Snow-Forecast.com uses these models. The current gold standard is the European model, the ECMWF. You can see this forecast on Windy.com. If you get really savvy, you can compare some models on the Windy site. All kinds of fun and endless discussions over coffee at The Edge.

But as many old skiers will tell you, the best forecast is the simplest. Look out your window!

Watch for a serious cold snap mid January, and hopefully that cold air comes with one of those big north west dumps.



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That “Just in Case” Advil Before Skiing? Let’s Talk.

By Dr. Deirdre O’Neill, ND | Alpine Natural Health

January is when ski season really settles in. Legs feel heavier, recovery takes a little longer, and old injuries start to make themselves known. For many skiers, this is when the idea of taking a couple of Advil or Tylenol *before* heading out starts to feel tempting. I see this often in practice - active skiers who love the sport and don’t want pain to be the reason they stop skiing. But here’s the problem: **pre-gaming with pain relievers doesn’t protect you. It masks important feedback from your body.**

Pain is information. When it’s dulled before you even clip in, it becomes much easier to ski past fatigue, miss early warning signs, and push tissues beyond what they’re ready for. That’s often how small aches turn into bigger injuries.

There’s also a very real rhythm to the mountain. **Ski patrol tends to get much busier after 2 pm.** Fatigue sets in, reaction time drops, and conditions change. Masking pain late in the day makes it harder to recognize when it’s time to ease off - or call it a day altogether.

NSAIDs like Advil don’t just dull pain; they reduce inflammation. While inflammation gets a bad reputation, it’s actually part of how muscles, tendons, and joints adapt and repair. Repeatedly suppressing that response can slow recovery and increase injury risk. That quad burn you feel is actually a sign that your muscles are remodelling partially through an inflammatory process. Tylenol doesn’t reduce inflammation, but it does add stress to the liver - especially when combined with dehydration, altitude, or après.

Shortening your ski day isn’t a weakness. It’s strategy for the long run. Being able to feel fatigue as it builds allows you to adjust your skiing, choose easier terrain later in the day, or stop before mistakes happen. The skiers who last aren’t the ones who numb pain - they’re the ones who listen early and pivot.

If you want to ski strong without relying on painkillers, focus on what actually helps:

- Warm up intentionally before you ski
- Fuel and hydrate well
- Let your first runs be your warm-up
- Build recovery into your week, not just your weekend

And if pain is showing up consistently, that’s information worth paying attention to - not something to push through.

A Smarter Way To Support Your Joints ~ This approach - listening early, pivoting when needed, and supporting your joints instead of masking symptoms - is exactly what I teach in the **Arthritis Guidebook**.

This free guide is designed for active skiers who want to:

- Understand what joint pain and arthritis really mean.
- Learn what actually supports joint health over time.
- Avoid relying on NSAIDs or pain relievers to get through ski days.
- Make informed decisions that support longevity on the hill.

If you want to keep skiing because your body feels capable - not because pain is being ignored - this is a great place to start.

Download the Apex Arthritis Guidebook at alpinenaturalhealth.ca/apex_arthritis_guidebook or scan the QR code in my ad.

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



DR DEIRDRE O’NEILL
Naturopathic Doctor
Making Your Knees Younger as You Get Older
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Trail Of The Okanagans

By Mary Trainer

Trail Etiquette

Walking or cycling the Trail of the Okanagans route is meant to be a pleasant experience for people of all ages and abilities. Different users have different expectations of what that experience should be.

To help make it enjoyable and safe, here are a few tips to keep in mind.

- Be informed about the route before you go.
- Tell someone where you’re going and your route.
- Respect trail closure signs, landowners and agricultural activities.
- Anticipate that there will be other trail users. A friendly greeting is always appropriate, and lets others know of your presence.
- Trails BC’s *Trail User’s Code of Ethics* says: when encountering others on the trail, the most mobile usually yields the right of way, but use common sense to determine who can move out the way most easily. Ideally, cyclists yield to everyone.
- Make your way on the right side of the trail, and pass others on their left. If you’re on a bike, ring your bell to announce your presence or intention to pass.
- Cycle at a safe speed.
- Keep dogs leashed and away from waterways. Pick up after your dog.
- Stay on the trail to avoid disturbing native plants and other vegetation.
- Pack out garbage.
- Carry extra food and clothing.
- Admire wildlife, and let them be.
- Cyclists can help reduce damage to trails by avoiding skidding and sliding.
- Stay off trails in very wet conditions, so that tire ruts don’t create conditions for erosion.

All the best to *Apex Matters* readers for safe and happy trail experiences in 2026.



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A Glance Beyond Our Sky

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

X-rays

By Tom Landecker

Everyone knows x-rays. The doctor uses them to see inside us, and the dentist does too. Our suitcases go through the x-ray at the airport. But x-ray astronomy?

Yes, parts of our Universe generate x-rays, just as other parts emit light, or radio waves. Light, and radio waves, and x-rays are simply different forms of electromagnetic radiation; they all carry energy through empty space. We can build telescopes for them all.

Light comes mostly from stars, so light-gathering telescopes tell us about stars. Radio telescopes let us probe the space between the stars. Gaseous matter between the stars can be cold, only a few degrees above absolute zero; radio telescopes can detect that matter. Gas around young stars is heated to a temperature of ten thousand degrees; those regions glow with visible light - we can see them with an optical telescope. X-rays show us parts of the Universe that are even hotter than that, one million degrees.

X-rays, and light, and radio waves, travel through empty space in the form of waves. When we talk about waves, we are usually thinking of waves on water. With waves on water, it's easy to understand the wavelength, the distance from one crest to the next. Light waves, and radio waves, and x-rays, all have their characteristic wavelength, and can all travel through completely empty space. Water waves, obviously, can't exist where there is no water.

Radio waves are long. When you listen to AM radio, the sounds and music come to you on waves that are about 300 metres from crest to crest. The wavelength in the FM band is shorter, about 3 metres. Light waves are much shorter - two thousand up and down cycles fit in one millimetre. X-rays are one thousand times shorter still, with 200,000 crests in each millimetre.

We can build telescopes for all of these kinds of radiation, and they show us very different aspects of the Universe. Using these telescopes, we have come to know the parts of the Universe that are invisible, in the sense that they emit little or no light. Light and radio waves pass through our atmosphere, mostly unaltered, so we can build optical telescopes and radio telescopes here on the solid surface. The Earth's atmosphere blocks x-rays rays, so we have to put telescopes for those wavebands into space.

Our own Sun has an outer gaseous layer, the corona, far above the visible disk. The Sun's surface is hot, 6,000 degrees, but the corona is even hotter. X-ray telescopes can see the Sun's million-degree corona. If a star explodes, a lot of its material is suddenly heated to a million degrees; it becomes 'visible' to x-ray telescopes, but 'invisible' to all our other tools. When whole galaxies, each with billions of stars, merge, a lot of very hot gas is produced, and can be seen by X-ray telescopes. Since 1970, X-ray telescopes have opened up a new and surprising view of the Universe.

Interesting websites:

- en.wikipedia.org/wiki/X-ray_astronomy
- chandra.harvard.edu/field_guide.html
- chime-experiment.ca

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

Next New Moon is January 18. Next Full Moon is February 1.

Lifeskills

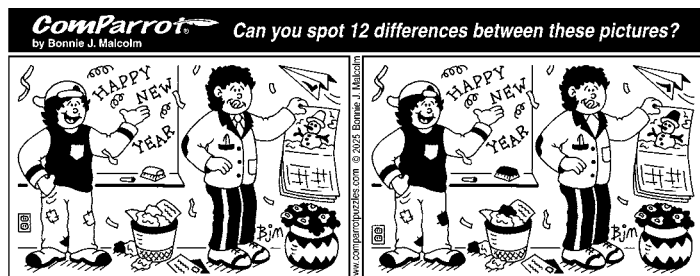
By Jim Ongena, Life Coach in Summerland

So many have the ability ... So few have the courage.

FEAR is the most devastating human emotion, it causes us to do things we shouldn't do and NOT do things we could and should do. Most of us are able to visit the top of a mountain, sing to a crowd, write a book, or experience the joy of flight in a paraglider, but most don't. What holds us back isn't talent, but self doubt and fear. Fear has gained such a strong place in our lives that many people pass from the cradle to the grave without ever knowing their true capabilities and live what is termed a half-life. If you feel there is more you could be doing with your life, but are afraid to, then consider learning more about fear and how to better manage it ... many doors will open.

"Fear is a wonderful servant, but a terrible master."

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



Jay's Tunes To Turn To

Artist ~ The Ting Tings | Song ~ "Do It Again"

When you get up to the top of the mountain in the morning and have that first favourite run and enjoyed it, be sure to "Do It Again!". "Weather" it be a great groomed run or that fresh pow stash that only you know about, you got to "Do It Again!"

Apex has a lot to offer from the Snow School - lessons for every age, skier or snowboarder, beginners to experts - stop by and join in the fun on the slopes. Happy 2026! Be aware and ride with care!

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



JOHN DAVIS - DIESEL'S SNOW REMOVAL 250-490-7952

CatMatch

Meet Richard



AlleyCATS tries to find a match for every cat in our care. Even the ones with issues. We are currently looking for a home for Richard, a beautiful tabby and white neutered male of 8 years of age. Richard has some gastrointestinal issues and is on medicine that he will probably have to take for the rest of his life. He is very friendly, playful and a talker! If you would like to learn more about Richard, please email alleycatsalliance@gmail.com and leave your phone number, so we can contact you.



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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

The new year is upon us and that brings thoughts of new activities and programs to support in one's leisure time. Perhaps you have been thinking of volunteering in 2026, but are not sure where to look. The South Okanagan Similkameen Community Connections Volunteer Centre has the tools and resources to help. Below is a short list of ideas and suggestions to begin the process.

I encourage you to begin by reflecting on areas of interest. What brings you joy or satisfaction that you might be able to share with others? What hobbies or former jobs (or facets of jobs) brought you delight and might be of interest to others?

Next, think about what age group do you most enjoy working with. Do you find pleasure when you are around young people? Is it the assurance and energy of adolescents that gives you a boost? Possibly you like to be engaged with family groups of various configurations. Adults in assorted age categories are yet another source of delight for some of us. What about you?

Now comes the fun challenge. Combine your list of interests and the age group you most enjoy being with and see what that describes. As an example, you might be gifted in knitting and enjoy being with adolescents. You could contact The Foundry and see if they could utilize your time and talents with one of their teen programs. Or, you might be very organized and love being with middle-aged adults. One of the many organizations such as The Access Centre, The Volunteer Centre, Red Cross, etc. could use your gift of a few hours each week.

You may have a talent and an age preference that is difficult to match. Don't despair! The South Okanagan Similkameen Community Connections Volunteer Centre is ready to help. A phone call to Subrina Monteith, our Executive Director, at 1-888-576-5661 and she will gladly suggest many options. Check out our website at www.volunteercentre.info or email at info@volunteercentre.info.

Make your 2026 New Year's Resolution one of volunteering! Wishing you all the very best in this New Year.

Preserved Light

PHOTOGRAPHY



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