



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 18 : Issue 7

July 2026

Your FREE Monthly
Community News!



Great Blue Heron seen near the KVR Trail ~ Photo by MorrisseyPhotos@shaw.ca

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RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Summer Safety Tips

Summer is here! Here are some gentle reminders to keep you safe. When participating in water sports, ensure that you have the proper safety equipment and use it. Life jackets provide very little protection stored under the seat or deck in the event of a crash. You can be a good swimmer, but if you suddenly find yourself unconscious in the water, only a life jacket will keep your head above water and you floating until help arrives. Remember, when out on the water, keep a look out for others and operate your vessel in a safe manner at all times.

Also, if you are going to be away, ensure that your home is secure, that is has that "someone is at home look", and you have someone checking on it from time to time. A good idea is to not share on line selfies and photos while on vacation. Nothing says "we are not home" better than a Facebook post and a picture of the family having the "time of their life in Hawaii"! You will probably say, "I only share with friends and family", but who do they share with? Criminals are very active on social media.

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Here to Help



**HELENA
KONANZ**

MEMBER OF PARLIAMENT

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HelenaKonanz-MP

Member Of Parliament Update

By Helena Konanz, MP For
Similkameen-South Okanagan-West Kootenay

After a busy spring session, I've been thinking about people's concerns. I hear often about health care, safety, affordability, housing, and Canada's relationships in the world. These are the key areas where people expect results from the federal government.

What We Tackled In Ottawa ~ The spring session wrapped up under a majority government, and too often debates were shut down or committees went in camera. Those actions undermine the ability for Canadians to learn about issues. It doesn't lead to stronger laws or better outcomes.

Here are the big challenges we debated:

- **Freedom of Speech** - Bill C 9 (passed third reading) still causes concerns about whether Canadians have enough protection.
- **Property Rights** - The Cowichan decision has created uncertainty for landowners, and we pushed for more action to solidify private property rights.
- **Affordability** - 12 million Canadians needed the government's recent one time payment. Rural communities feel the squeeze even more with long drives and higher transportation costs.
- **Oversight** - Programs like PrescribeIT spent over \$300 million with no results, and safety issues in plasma donations led to two deaths. I pressed officials at the Health Committee to take action.
- **Health Care** - Trained medical workers for hospitals, nursing homes, and care facilities are still needed. Changes to immigration policy and process would help.
- **Addiction** - Our communities need a continuum of care, more treatment beds and safer streets. The federal minister can do more.
- **Transportation** - I continue to press for the federal government to work with BC on a second reliable route out of the South Okanagan.

How My Office Can Help ~ If you're running in circles trying to get answers from federal departments - CRA, Immigration, Old Age Security, PALS (firearms), or Canada Pension - my team is here to help. The best method is an email to my office at Helena.Konanz@parl.gc.ca. or if you like stop by the new office at 101-196 Wade Avenue in Penticton.

Staying Connected ~ We post updates, health committee video, and info on issues like affordability and safety on Facebook at [HelenaKonanzMP](https://www.facebook.com/HelenaKonanzMP). It's the easiest way to hear about issues, town halls and local events. I hope to see you out across the riding.



Okanagan Falls



CANADA DAY

FUN IN THE FALLS

8:00 - 11:00 am
Pancake breakfast at the Seniors Centre

11:30 am - 1:30 pm
Inflatable bouncy house from Par-T-Perfect
Come visit the RDOS Pop-Up Office
Bike decoration and craft stations with RDOS Recreation at Kenyon Park

12:15 - 1:30 pm
Hot dog lunch with the Lions Club at Kenyon Park by donation
Locally sourced cupcakes

1:00 pm
Bike Parade starts under the Kenyon Park sign

3:00 - 7:30 pm
Market in the Park at Centennial Park

5:30 - 7:30 pm
Music at Centennial Park





Fire truck will be at Kenyon Park for tours

Funded by the Government of Canada
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A Message From MLA Donegal Wilson

By Donegal Wilson, MLA for Boundary-Similkameen

As we move into the summer months, there continues to be a great deal happening in and around Okanagan Falls, Twin Lakes, and the surrounding communities. I want to thank everyone who continues to reach out, share concerns, ask questions, and stay engaged on the issues that matter locally.

One of the files I continue to follow closely is the Okanagan Falls incorporation process. Residents voted for incorporation, and I remain committed to pressing the Ministry for clarity, transparency, and timely answers. I have continued to push for the Letters Patent to be finalized, and I believe we are now very close. I also recently spoke with CBC about the incorporation process and the importance of ensuring residents are respected and kept informed as this moves forward.

I know many residents are also following the proposed gravel pit application in the area. I have written to Minister Brar to request a public information session so residents can hear directly from the appropriate officials, ask questions, and better understand the process. I hope to hear soon whether the Minister is willing to support that request. In the meantime, I will continue encouraging residents to participate through the official channels available and to make their concerns known.

I also recently met with the Twin Lakes Improvement District to discuss their dam and hear more about the work they are doing to manage local infrastructure and water-related responsibilities. These conversations are important, especially in rural communities where local volunteers and improvement districts often carry significant responsibility for critical services.

Looking ahead, I will also be meeting with the Grasslands Coalition next week to learn more about their work and the priorities they are focused on in our region. Our grasslands are an important part of the local landscape, supporting biodiversity, ranching, recreation, and the character of the South Okanagan. I look forward to learning more from those working directly on these issues.

I hosted a "Coffee with the MLA" on June 24 at the Rise & Shine Coffee House. This was an opportunity for residents to stop by, ask questions, raise concerns, or simply have a conversation about what is happening in the community and across the constituency. I always appreciate the chance to hear directly from people.

As always, my office is here to help residents navigate provincial matters and ensure local voices are heard in Victoria.

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Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

Happy Canada Day! I hope everyone has a safe holiday and takes the time to enjoy Kaleden Community Day on July 11 in Pioneer Park.

If you notice anything needing attention at Pioneer Park, please email parks@rdos.bc.ca. If you have not already heard about the closure of the KVR north of Banbury, please obey the signs as it is not safe to use that section of the trail at this time. The KVR south is open and welcomes users.

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

Subrina Monteith, Director of RDOS Area "I"

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



KALEDENHUB

for knowing and responding to individual and family need in the community

If you live in the Kaleden area and have needs, please call the HUB. Our frozen meals (mostly soup) are available immediately. We can also provide grocery shopping - Please allow a few days advance notice.

HUB NUMBER: 250-460-3387

Kaleden Volunteer Fire Department



By Jean Dube

Ensuring Clear Access For Emergency Vehicles Is Important

KVFD's fire apparatus are large, heavy and require sufficient space to maneuver. They carry heavy equipment such as ladders, hoses, extrication tools, and water tanks. When the fire department is called to respond, we rely on clear, unobstructed driveways, roads and access lanes to reach properties quickly and safely. Whether responding to fires, medical emergencies, or other urgent situations, every second matters.

For reference, here are the dimensions of KVFD's new Engine: Length 32', Width 8'8", Height 10'8", Gross weight 21,319 kg. The water tank has 850 gallons with a capacity of up to 1500 gallons a minute at 150 psi. Operating an apparatus this size introduces significant handling and maneuvering challenges.

Trees and shrubs and low-hanging branches that are over grown can block visibility for the drivers, obscure address signs from view, and scratch or damage the emergency vehicles.

Some simple steps to maintain driveways and access lanes:

- Regularly trim hedges, trees, and shrubs along driveways
- Remove dead or overhanging branches
- Avoid planting dense vegetation too close to access routes
- Keep parked vehicles and/or trailers from blocking driveways
- Ensure address numbers are clearly visible from the road

During wildfire season, overgrown vegetation can also contribute to fire spread by providing a fuel source near homes and access routes. Maintaining clear access is not just a home-owners responsibility, it is a community safety measure.

If you live in the Kaleden fire district and have installed an automatic gate opener on your property, please contact the department and advise us of the code to the keypad, so we are able to gain access in the event of an emergency. This code is not shared and is kept for the use of the fire department only in time of urgency. Please email to kaledenfire@rdos.bc.ca or call 250.497.8231.

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

New Trustee Needed! Incumbents Nayda Paruk and Bruce Shepherd were both acclaimed as Trustees at the May 25 AGM, but KID now needs to fill one more position due to a recent resignation. If you are interested in serving on the KID Board, or know someone that might be interested, please contact KID. More information and nomination forms can be found on our website in the "HOW DO I?" section. Nominations close on **August 20**.

Your Input Still Needed! With your 2026 Toll Bill sent out in late May, there was a survey asking your preference as to how to pay for the planned water treatment plant upgrade. If you haven't already done so, please send your completed survey in to the KID office, OR you can submit it online (go to the KID website and click on WTP UPGRADE PAYMENT PREFERENCE SURVEY found in the black header on the Welcome page). This survey will close on **July 9, and note that the Survey can be completed by only ONE ratepayer per connection** (NOT by residents more generally). Your response is important: the more ratepayers picking the one-time payment option, the less the total amount that has to be financed, with an overall cost saving to the project. As of June 9, a third of our ratepayers had responded, with 55% indicating that they would prefer the one-time payment option (this is a similar preference rate as when the intake upgrade was financed back in 2006).

Have questions about the WTP Upgrade? You also can access Q&As in the Projects and Planning section on the KID website.

How Dry We Are! Long-term precipitation deficits, record-early snowpack melt, and below-average stream flows mean water supplies will be under pressure heading into summer. As of May 28, the Okanagan received the highest-possible drought rating, Level 5. Ongoing water conservation will be essential to protect communities, agriculture, and aquatic ecosystems. As explained in last month's column, KID's agricultural-based large-capacity system can be subject to declines in water quality as demand drops due to water conservation restrictions. This may result in boil-water advisories, so watch for notices posted on the KID website and A-frame sign boards.



Kaleden
Irrigation District

Office Hours: 9-1 Mon & Thur | Appt Wed
119 Ponderosa Ave | 250.497.5407
kaledenirrigation@gmail.com
www.kaledenirrigation.org



BRITISH COLUMBIA
FireSmart

Kaleden FireSmart Tip

By Linda Dahl

Throughout this school year, the KES students have learned how to protect their community by participating in the FireSmart BC Education Program. Recently, through a fun-filled morning with hands-on work, the kids removed dangerous ladder fuels, cleared dead brush, and raked up pine needles and leaves. The back of the school is much safer as is the surrounding neighbourhood. Thanks also to some KVFD members who prepped the site. Marz Productions was very helpful in hauling away the debris.



Kaleden Community Association Update

By Rick Johnson

Summer in Kaleden always carries a special energy, and this year is no exception. With music in the park, shared meals, and community traditions coming together once again, the Kaleden Community Association is pleased to share a season of events that celebrate both connection and local heritage.

Kaleden Community Day returns for its 5th year on Saturday, July 11 at Pioneer Park - a day that has quickly become a much-loved tradition for residents and visitors alike. It's a chance to slow down, meet neighbours, and enjoy the simple pleasure of gathering as a community. For a complete schedule of Kaleden Community Day events and activities, visit kaleden.weebly.com.

The day begins with a pancake breakfast provided by the Kaleden Community Church, followed by a community expo showcasing local organizations and businesses. At noon, Doug's Homestead will host a barbecue lunch, offering a chance to sit down together and enjoy good food and conversation. Beginning at 5 pm, the park will open up for an open mic session, welcoming local performers and community members to share music and entertainment. Bring a chair and be ready to dance. The evening continues at 7 pm with a concert by Johnny Carwash and the Desert Dawgz, bringing live music into the heart of the park as the sun sets.

Kaleden Community Day will also feature the draw for the Kaleden Community Association's heritage fundraising raffle in support of historical signage for the Kaleden Hotel, an important step in preserving and sharing the stories that shape our community. Two wonderful prizes have been generously donated: a handcrafted quilt by G. Gretzan and a framed print of Hotel Kaleden by N. Witteman. We encourage everyone to take part, support local heritage, and enjoy the excitement of the draw. Tickets are limited and are expected to sell out, please see a KCA member to purchase yours. The draw will take place at 3 pm.

On **Friday, July 31**, we look forward to gathering once again at **Kaleden Hotel Park** for an evening of **live music featuring Johnny Bolo**. From 7-9 pm, the park will fill with live music, neighbours, and visitors coming together to support the ongoing effort to preserve the historic Kaleden Hotel. Admission is pay what you can, and everyone is welcome. Bring a chair or a blanket, settle in, and enjoy a summer evening of music under the open sky. Refreshments will be available for purchase, with proceeds supporting the preservation effort.

The Kaleden Community Association is deeply grateful to our volunteers, donors, local businesses, sponsors, and residents, whose support makes these gatherings possible. It is through this shared effort that Kaleden continues to grow not only as a place, but as a community. For more info, visit kaledencommunity.com.



5th KALEDEN COMMUNITY DAY

JULY 11, 2026
9AM-10PM
PIONEER PARK, KALEDEN

Join us for a full day of community fun!

 Pancake Breakfast	 Hot Dog Lunch
 Community Expo	 Open Mic
 Car Show	 Live Band

<https://kaleden.weebly.com>



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Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

INCORPORATED: The "District of Okanagan Falls" ~ After a 50+ year gestation, and clearly a difficult birth over the past 14 months. Come November after the October 17 municipal election, a mayor and 4 councillors will make decisions and provide direction to staff, with the single objective of serving the best interests of Okanagan Falls.

Thank you to the many people who took the time to share their thoughts, concerns and questions, regarding potential changes to name, boundary, governance and more. Those who attended the province's Open House, completed the community led 'exit survey', initiated a Freedom of Information (Fol) request, initiated or signed onto one of the 3-4 on-line surveys last fall, and sent letters and emails to Ministers, the Premier, and our MLA ... Your efforts paid off!

Thank you to Minister Christine Boyle and staff at the Ministry of Housing & Municipal Affairs for overseeing a process that ultimately led to the first incorporation in 16 years and the first since the passing of the Declaration of Rights of Indigenous Peoples Act (DRIPA). Thank you to MLA Donegal Wilson for ongoing support and advocacy. Thank you to the RDOS Chair, Vice Chair, CAO and CO for their support throughout this process. And thank you to the Osoyoos Indian Band for participating in the process, helping to lay the groundwork for a healthy and respectful relationship with the new municipality - as we see in other municipalities like Osoyoos, Oliver and Penticton.

Coffee Sessions ~ Three sessions were hosted this spring, most recently for MLA Donegal Wilson, and previously for RDOS Chief Administrative Officer Jim Zaffino and before that the RCMP's Superintendent Beth McAndie and Staff Sergeant Bob Vatamaniuk. These are leaders who make decisions that can really make a difference for our community, so the more they know about us the better. It was great that they shared time with our residents. Typically, 20-30 community members attended each session. Not a lot of people are needed, but those present certainly get the community's concerns heard. Thanks to all who attended.



Incorporation In More Detail ~ Overall, the incorporation specifics set out in Letters Patent create a new municipality that is 'set up for success'. First, there's the name: "District of Okanagan Falls".

Second, there's the boundary, and this is close to what was set out in the referendum. Through discussion regarding boundary changes in a different municipality, I am told it is now policy to leave crown land outside municipal boundaries, to the extent possible - and confirmed that was applied in another recent municipal expansion. Accordingly, certain crown land will remain in Area "D", e.g. immediately adjacent to the river from the Trestle to the south west corner, and the out-of-service gravel pit off Eastside Road. As well, 3 properties off Hawthorne will remain in Area "D". Otherwise, the boundary is largely as set out in the referendum: parks are within the municipality - a condition RDOS agreed to when some of these lands were acquired - and along the lakeshore the municipality's administrative control extends out in to the lake.

Third, there are some points of interest related to governance. Similar to other municipalities, the new municipality will have 3 'advisory' committees for water services, transportation services and reconciliation. These committees provide recommendations to Council, as they do not make decisions. The Letters Patent indicate that Council may end or terminate these committees after a certain number of years - perhaps in favour of other committees. The advisory committees have provision for First Nation representation, an increasingly common practice in BC municipalities, e.g. several of Penticton's advisory committees.

Finally, the Letters Patent call for a Reconciliation Collaboration Agreement, developed on a best efforts basis. This could be an asset to the new municipality, comparable to important protocols used by other cities for consulting and sharing information with their nearby First Nations.

Again it's important to remember that the incorporation terms were determined by the Province. Views of the community from last summer onwards were certainly shared to the Province - by myself, RDOS, the MLA and various residents and business owners - but the decision to approve the Letters Patent were made by cabinet.

Incorporation Next Steps ~ The appointment of an Interim Corporate Officer is expected to be announced shortly, and will oversee start up activities over the next few months. The election of a mayor and 4 councillors will take place on October 17, together with other municipalities and the RDOS. Those interested in mayor or council positions must file nomination papers, and should look for these and related filing details likely available in early August at the RDOS office in Okanagan Falls.

Vintage Views Wastewater System ~ A serious problem with the sewer system was encountered late in the day on June 18. Effluent from the 100+ homes on the system was not draining properly into the septic field and backing up upstream from the field. Residents were instructed to reduce their use to the extent possible, which significantly reduced the extent of the backup and provided better conditions for staff working on the solution. Their support was very much appreciated by crews who worked literally round the clock in less than desirable conditions, implementing a solution by the morning of June 20 with all cautions 'rescinded' by June 22.

Well Testing ~ Proposed well testing to evaluate the capacity of an existing well on Aquifer #264 on the McLean Creek bench to serve Okanagan Falls will not proceed without significant further consultation. Quality tests will still be conducted on this and other existing wells that might serve the community to see which if any wells have adequate quality for this purpose.

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

Matt Taylor, Director for RDOS Area "D"

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

OK Falls Parks & Rec Commission

By Bob Daly, Chair

Parks Staff are busily preparing the parks for a wonderful, summer, and the parks look as beautiful as ever.

Spray Park ~ There is a lot of excitement with the opening of the Spray Park in Kenyon Park this past month. Please be aware that with the continuing draught there may be reductions in operation hours. As well, with watering restrictions, our parks are likely to see some browning this summer.

Friends of OK Falls Parks - Contributing to the beauty of our parks, Friends of OK Falls Parks, the group of volunteers you regularly see working on projects that staff don't regularly have time to do, have done a beautiful job in painting and staining the Bandshell in Centennial Park and in clearing brush around the Bandshell, the Kenny McLean statue and the Centennial park sign. They have also refinished the Park Benches in Lions Gardens. It's these details that make OK Falls Parks the special places they are. Thank you to "Friends" Colleen Simmons, Mark Beaulieu, Rick Wilson, Bob Shanks, Barb Shanks, JD Thomas, Jerry Stewart, Rod Hubler, Sheila Daly, Matt Taylor, and Bob Daly for their commitment to their Parks and their Community. If you are interested in becoming a "Friend of the Parks" and have some time to volunteer, contact Bob Daly at bandsdaly@shaw.ca.



Commission Business ~ Beach Volleyball: At the May meeting, a delegation presented a proposal for two beach volleyball courts. The commission suggested that instead of installation right on the beach, installation be on a lesser used part of Kenyon Park. The presentation left questions about cost, design, maintenance, and management. The commission asked for this information before further consideration of this project.

The commission is awaiting further information from RDOS staff from the pilot off-leash park project in Naramata before any recommendation, plus information regarding costs, installation and maintenance of Mobi Mats (beach accessibility devices).

Keogan Park was discussed, and the commission favours locating all net sports (tennis, pickle ball, basketball) in the park as per the Parks Master Plan. There was discussion about approaching ALC with a new proposal.

A letter to the Premiere requesting that Okanagan Falls waterfront parks remain within the boundary and in control of the new municipality was discussed and a motion passed to send it. It was also distributed to the community to sign.



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



South Skaha Housing Society Update

By Michael Livingstone, SSSH Chair

Summer has finally arrived in the South Okanagan, and with it comes another burst of progress on the Phase 2 building. Anyone passing by the site can see how quickly things are moving now that the warm weather is here.

The exterior is taking shape more every week. The windows are scheduled to be installed soon, and the outdoor siding will follow shortly after, giving the building its first real sense of character and curb appeal. From the ground, we can't quite see the roof, but based on the pace of work, I'm confident it's either finished or very close to completion.

With the structure now fully defined, each new milestone brings us closer to welcoming future residents into much-needed homes in our community. It's exciting to watch Phase 2 rise during these bright summer days, and we appreciate everyone who continues to follow the project with interest and support.

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Okanagan Falls Business & Community Association Update

By Marshall MacKinnon

Okanagan Falls Business and Community Association (OFBCA) held a successful AGM on June 10, and is looking forward to some community events this year. The new board of directors is as follows: Peter Beauchamp, Jim D'Andrea, Riley Kascak, Amy Bydal, Trina Dunsmore, Ethan Ribalkin, and Dwayne Eisenhower.

If you have any questions, suggestions, or would like to volunteer or become a member, please email okanaganfallscommunity@gmail.com. We'd love to hear from you. Individual membership is \$10/year and business membership is \$20/year. Keep up to date, share promotional space on social media, and have a say in how businesses in the community move forward.

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

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5121 9th Avenue, Okanagan Falls Any inquiries, email kjcoffeebar@gmail.com 778.515.6502

Music & Market In The Park

By Bob Shanks, Event Coordinator

Canada Day on Wednesday, July 1 will feature the energetic **Blueshounds** (sponsored by Belich's AG Foods) back by popular demand. The Blueshounds bring their style of Rocking Boogie Blues to the stage, performing from 5:30-7:30 pm. There will be market vendors starting at 3 pm. The Ween Wag will be on site for the event.

Sunday, July 12 will feature a new performer to Music in the Park directly from Okanagan Falls, **Lee Anthony**. As this goes to press, I am still trying to find a sponsor for this event. Lee will be singing top 40 hits from the 1950's -2020's. Rock, Folk, Soul, Reggae, Hip Hop, Old Country, New Country based on the age demographic of the audience. Our market vendors will again be starting at 3 pm. The Ween Wag will again be on site.

Sunday, July 26 has the ever popular **Rebel Luv** (sponsored by FortisBC), who will sing Classic Rock, 60's, 70's, 80's, Pop, Blues, New and Old Country. The Ween Wag will have food to purchase and the market vendors will start at 3 pm.

Sunday, August 9 will have **Uncorked** (sponsored by Greyback Construction) filling the stage with rock and pop classics, spanning genres like Classic Rock, Folk Rock, Blues, and Adult Contemporary. The vendors will be selling their wares from 3-7:30 pm. The Ween Wag will be present as well.

Sunday, August 23, our 5th performance, will feature **TR2** (sponsored by Okanagan Falls Pharmasave). TR2 will be singing Classic Rock and Rock 'n Roll. The vendors will be there from 3-7:30 pm. The Ween Wag will be selling food.

All events are held in **Centennial Park** in Okanagan Falls. All performers will be **on stage from 5:30-7:30 pm**. For those not familiar with its location, it can be found in the 1100 block, between Highway 97 and Willow St or between the Legion and the Fire Hall. All the events are **FREE OF CHARGE**, thanks to the corporate sponsors who pay for the bands, and the RDOS for granting us the use of the park. Our other expenses are covered by the vendor fees and passing the basket. A reminder that no alcohol is allowed in the park.

Inquiries can be sent to musicintheparkokfalls@gmail.com.

Okanagan Falls Volunteer Fire Department

By Cheryl Snyder



The Okanagan Falls Volunteer Fire Department has a practice night every Wednesday evening in Okanagan Falls. We run through various scenarios, check all our gear and firefighting equipment, ensuring we stay up to speed on everything we need to know and use when we are called out.

One of the questions we are often asked is, "What happens when your pagers go off?" Tune in next month when we share a mock training exercise in Okanagan Falls.



"Okanagan Falls volunteer firefighters creating rainbows wherever they go."
Photo by Firefighter Justin White

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The Fourth Of July

By Tom Landecker

The fourth of July is a holiday in the United States, celebrating the declaration of independence in 1776, 250 years ago. It was also an interesting day in the year 1054, 772 years ago.

In that year, the emperor of China was Renzong. Like emperors before him, and after him, he employed astronomers all over China to watch the skies. Emperor Renzong believed that his fate, and the fate of his empire, could be read in the skies. Comets and other astronomical events were seen as portents: astronomy played an important role in affairs of the state.

On the fourth of July in 1054, Chinese astronomers recorded the appearance of a new point of light in the sky. This 'Guest Star', as they called it, became so bright that it could be seen in the daytime for six months. It faded gradually, but could still be seen at night for two years, and then disappeared. What happened on July 4th 1054? A star exploded. The Chinese records of the position of the Guest Star are so precise that it is easy for us to find that spot today, and we see the remnants of the star speeding outwards at thousands of kilometres every second.

Inside our Sun, atoms of Hydrogen are fused into atoms of Helium. A lot of energy is released, and becomes the light and the warmth that make the Okanagan summer so pleasant. Stars are machines, with fusion in their cores releasing an outward flow of energy, and gravity pushing inwards, feeding new fuel into the central engines. The inward push of gravity and the outward flow of energy are in

perfect balance. The Oxygen we breathe and the Carbon that is the basis of life, and the whole panoply of substances in the world around us, has been made in stars.

Why do stars explode? When a star begins to make atoms of Iron in its core, the fusion process no longer generates energy, it consumes energy. The balance of inward and outward forces disappears, and the star collapses. Its central core becomes a neutron star, small and very dense. The outer envelope of the star explodes outwards, and that is what we see today when we look at the remnants of the Guest Star of 1054.

These events are supernova explosions. Among the hundreds of billions of stars in the Milky Way, these explosions happen about once in every fifty years. They are important, because they deliver the elements made in the interiors of stars all over the Milky Way. The Carbon that our bodies are made of, the Oxygen we breathe, and the Silicon in the sand on the beach all came here in this way. They were not made in the Sun, they were made in an earlier generation of stars, distributed in supernova explosions billions of years ago. We are children of the stars.

Interesting websites:

- <https://science.nasa.gov/mission/hubble/science/explore-the-night-sky/hubble-messier-catalog/messier-1/>
- <https://spaceplace.nasa.gov/supernova/en/>
- <https://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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Helping Prevent Disease With Lab Testing

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



Certain laboratory tests, when analyzed together, reliably predict a person's chance of developing a chronic illness. One of the basic tenants of Naturopathic Medicine is the practice of *prevention*. As the old saying goes, "an ounce of prevention is worth a pound of cure". This has never been truer than it is today with the plethora of chemically laden foods, medicines, household cleaners, toxic building materials, personal care products, pesticides and herbicides that

each of us is faced with in our modern world. Although we have more chronic disease than ever before, the silver lining is that with conscious awareness and careful choices, we all have the power to greatly increase our chances of living long, healthy, productive lives. We know that overall 92% of lifetime health is a result of choice (environmentally caused) and only about 8% is genetically predetermined. This means, for the most part, we have the power to attain and maintain good health for all of the decades of our lives.

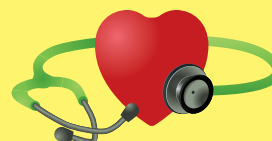
One of the ways to achieve this goal of optimal health is to know your individual physical strengths and weaknesses. Knowledge provides the foundation for action, and there are plenty of ways to overcome weaknesses and bolster health if you know which weakness you have. Based on population studies, 10 biomarkers have been shown to reliably predict 10-year survival (and not just surviving, but thriving). These are tests that are not always conducted, but may be ordered by more holistically minded physicians. Following is a list of these tests and the rationale for their utility:

1. Hs-CRP: High sensitivity CRP is a marker of inflammation. It is secreted by the liver in response to inflammation and is a prime indicator of atherogenicity (arterial damage that leads to cardiovascular disease). Chronic inflammation is a key underlying cause of most chronic disease.

2. Homocysteine: This is a molecule that is also released by the liver and damages the arterial endothelium, or inner wall lining, causing inflammation. It is produced when a process called methylation is inhibited or slowed down. Certain individuals carry genetic variations that cause slow methylation. This can be tested for by looking at their genetic profile, or SNPs (single nucleotide polymorphisms). Also, certain chemicals and toxins can slow down methylation. Methylation is a critical component of detoxification and cellular health. The process of methylation can be supported by good nutrition and especially by optimizing the active forms of certain B-Vitamins, in particular, B-12, B-6, and Folate.

3. Hs-LRA (lymphocyte response assay): This is a blood test for reactivity of the immune system to particular substances such as foods, environmental chemicals, molds, environmental allergens, or medications. It tests a subset of white blood cells called lymphocytes to determine if they are over-responding to substances and causing ongoing inflammation in the body. In essence, this tests the competency and effectiveness of the immune system to protect us from invading substances. When overwhelmed and dysregulated, we are not properly protected and in fact, can be unnecessarily inflamed due to the immune system over-reacting to foreign invaders.

4. First Morning Urine pH: Body pH is best measured with a first morning urine sample. This can be done easily with urine pH strips.



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Dr. Tamara Browne, Naturopathic Physician

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pH is a measure of body acidity or alkalinity. Our body biochemistry works best in a neutral or slightly alkaline environment. Too much acidity indicates underlying pathology and inflammation.

5. Vitamin D3: Vitamin D deficiency has been linked to a myriad of health problems which occur more routinely in the winter due to lack of direct sun exposure. For instance, viral and bacterial infections including the Flu occur more in the winter. It has been discovered that Vitamin D turns on genes that boost production of antimicrobial peptides called cathelicidins which destroy viruses, bacteria, and other germs. It has also been found that the immune systems' killer cells, known as T-cells, rely on Vitamin D to become active. T-cells are vital for the immune system to identify and destroy foreign pathogenic microbes. Low Vitamin D levels are also associated with an increased risk of cancer, seasonal affective disorder (SAD), osteoporosis, rickets, multiple sclerosis, high blood pressure, metabolic syndrome, diabetes, and obesity. In elderly people this deficiency is linked with weakness, Alzheimer's disease, macular degeneration, and a 2.5 times overall increased risk of death.

6. Omega-3 Index: Omega-3 fatty acid tissue levels are highly correlated with brain, heart, immune, and cellular health. Modern diets tend to have a very high omega-6 to omega-3 ratio. This is a pro-inflammatory pattern. Increasing the omega-3s EPA and DHA, and decreasing omega-6 industrial seed oils, is highly anti-inflammatory and improves health and longevity. Omega-3 fatty acids are highest in marine foods such as wild fish and sea vegetables.

7. Urine 8-OHdG: This is a measure of oxidative stress levels in the nucleus of cells which is where the DNA is stored. Increased levels cause damage to DNA which in turn can lead to various illnesses. (8-OHdG) in urine provides a quantitative assessment of ongoing oxidative damage or stress in the body. Taking steps to reduce oxidative stress is valuable in optimizing health and longevity. This

non-invasive test requires a single first morning urine collection.

8. HgA1C: Hemoglobin A1C is a measurement of average blood sugar over a 3-month period. Elevated blood sugar leads to weight gain, diabetes, insulin resistance, metabolic syndrome, inflammation, heart disease, brain disease, kidney disease, and neurological problems.

9. Ferritin: This is a test for iron storage levels in the blood and tissues. Excess ferritin is pro-inflammatory, but fortunately can be easily brought back to normal with regular blood donations. Certain individuals tend to have high iron stores due to genetic predispositions or dietary excessive iron intake. Research tells us that regular blood donation reduces the risk of heart disease.

10. BMP/CBC: These are a battery of tests screening for organ dysfunction and blood cell issues. Commonly performed and referred to as *Basic Metabolic Profile* and *Complete Blood Count* these are often completed during routine annual physicals and in response to illness to help determine the source of disease and to help monitor progression of disease. Of special note, recent research indicates that one of the most important lab values included in a BMP is GGT: GGT (gamma-glutamyl transferase) is a liver enzyme that, when elevated, indicates toxicity and inflammation is present in the body. Further, high levels of GGT correlate with low levels of Glutathione, which is the body's most effective anti-oxidant and detoxifying agent. It can indicate that detoxification pathways are overwhelmed. And more importantly, elevated GGT has been correlated with an increased risk of all chronic degenerative diseases of aging and is the most closely correlated lab test for early death. Elevated GGT is linked to increased risk of a multitude of diseases and conditions, including cardiovascular disease, diabetes, metabolic syndrome (MetS), and all - cause mortality. In fact, serum GGT is a superior marker for future disease risk, when compared against multiple other known mortality risk factors.

Of the multitude of preventive measures we can practice to enhance our health span and help prevent disease, annual lab testing is amongst the most important. It provides a peek into the inner working of our biochemistry and metabolism, which acts as a guidepost for prioritizing specific lifestyle factors that are most important for our individual needs. It is part of your unique fingerprint, providing useful information for health care and lifestyle choices that fit your unique needs.

This article is for informational purposes only and should not be considered medical advice.

CHERYL SNYDER

- Registered Therapeutic Counselor
- Registered Grief Counselor
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Ask Cheryl

By Cheryl L. Snyder, RTC, MRT, CBT

The Power of Words

Sometimes this column begins with a question. Other times, it begins with a lesson so profound that it deserves to be shared.

With permission, I would like to share a reflection from a client who discovered how the words we use can shape the way we see ourselves and our lives.

One of the most powerful tools we have is language. The words we choose do more than communicate our thoughts - they influence how we experience our reality.

A client recently shared this insight:

"My wellness coach, Cheryl Snyder, has taught me the importance of how we use words in our everyday speech. I no longer identify illness as mine: 'my cancer', 'my arthritis', and so on. It changes how I think about things. The illness may be in my body, but it is not who I am. I don't own it.

Perhaps one of the more profound changes is in how I identify my feelings. Did you know that 'bad' is not actually a feeling? When I say I feel bad about something, that's not really what I'm feeling. I may be feeling sad, disappointed, frightened, hurt, overwhelmed, or many other emotions that are interrupting my preferred way of being.

Feeling 'bad' for someone or something is often more complex than I realized. Sometimes it means I am judging a situation as needing to change. Sometimes it means I feel powerless, because I can't change it. And sometimes it means I am judging myself harshly for not being able to fix it.

Recognizing this has helped me develop a kinder relationship with myself."

What a beautiful realization.

When we pause and become curious about our words, we often discover what is really happening beneath the surface. Instead of saying, "I feel bad", we can ask ourselves: Am I sad? Am I afraid? Am I disappointed? Am I grieving? Am I feeling guilty? The more accurately we identify our feelings, the more compassion we can offer ourselves. Words matter. They can keep us stuck, or they can open the door to understanding.

This month, I invite you to listen closely to your inner dialogue. Notice how often you use the word "bad". Then, gently ask yourself: "What am I really feeling?" You may discover a deeper truth waiting to be heard.

Until next month, be gentle with yourself and remember that awareness is often the first step toward healing. We cannot change anything we are not aware of.

CatMatch

Meet April



April came to us pregnant and was the gentlest and most loving Mom! Her kittens have found their forever homes and now Mama April is looking for hers. Gentle pets bring on the purring with this little lady. She is vocal and expresses herself through her meows. April is still a

bit shy and may take some time to adjust to a new home. But she is worth the time and effort! Contact Alleycats and fill out an application for April, if this sounds like the kitty for you! alleycatsalliance@gmail.com.



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Kaleden Branch: 101 Linden Avenue - 250-497-8066
New email: kdstaff@orl.bc.ca
Tuesday 1-5 pm / Thursday 1-8 pm / Friday 12-4 pm

Children's Programs:

The Fossil Guy Presents Under the Sea: A fossil display of epic proportions! Monday, July 13 at 11 am in the Community Hall. Explore the wonders of ancient oceans with Bob O'Donnell, The Fossil Guy. The under-the-sea fossil exhibit features real marine fossils, from trilobites and ammonites to giant prehistoric sea life. This interactive presentation reveals the story of life beneath the waves. Receive a free fossilized shark's tooth! Registration is appreciated, but not required.

"Salmon Stories" on Tuesday, July 28 at 10:30 am in the Community Hall. Don't miss Kiki the Eco Elf and her glorious salmon stage! Step inside the salmon's belly to learn its life cycle, hear multicultural stories, and sing along to ocean songs. A magical, interactive show for the whole family. Register to reserve your spot, as space is limited.

All Ages:

Kaleden Community Day ~ Come find us down at the park for Kaleden Community Day Community Expo from 9 am - 2 pm for some fun! There will be so much to do and so much to see!

Colouring Contest ~ Stop by the library to pick up your Under the Sea themed colouring sheet for our Colouring Contest! This runs throughout the month of July. All contest submissions must be returned by Friday, July 31 to be eligible for a chance to win a prize.

Support Your Library: Used Books for Sale! We have just added a fresh selection of titles to our "For Sale" shelves. All proceeds directly fund our community programs. Do you have books in good condition? We would love to take them off your hands! Browse the collection today or chat with a librarian to learn more.

Submitted by Rachael Dowden, Kaleden Community Librarian



All new website for all things Kaleden!
www.KaledenCommunity.com
Courtesy of the Kaleden Community Association

OHS Hosting Special Event In July

By Karen Collins, OHS Penticton Branch President



The Okanagan Historical Society Penticton Branch is proud to host **Kelsey M. Lonie** as she reads, discusses and signs her new book **"A Vacation for Victory"**, an illustrated history of the Women's Land Army in Canada. During the First and Second World Wars, as men served overseas, members of the Women's Land Army planted, picked and packed essential crops to sustain the nation.

Kelsey will be giving her presentation on **Tuesday, July 7 at 7pm** in the Lecture Theatre Ashnola building at Okanagan College (Penticton Campus). Tickets are \$10 cash only at the door or pre-purchase cash only at the Dragon's Den. Copies of "A Vacation for Victory" will be available for sale directly from the author following the presentation for \$40 by cash, card or e-transfer.

WW II's Prairie Farmerettes in BC was reviewed in LEGION, Canada's Military History magazine on February 25, 2026 by Alex Bowers.

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

What do ponds, bubbles, storytelling, and fossils all have in common? Dive in and find out! This year's Summer Reading Club theme is "Under the Sea". Join us for these exciting events!

July 7 at 1-2 pm - It's A Small World ~ Okanagan Science Centre: It's a Small World in our Waterways. Bring the family to this FREE, hands-on event! Explore biodiversity by examining real pond water and discover tiny life - protists, plants, animals, and bacteria. Fun, interactive, and perfect for curious minds of all ages! Microscopes and equipment are limited. Registration is required for ages 5-12. Sponsored by the Okanagan Falls Friends of the Library.

July 14 at 1-2 pm - Bubble Wonders; Anything Is Possible! ~ Geoff Akins, aka The Bubble Man, is coming to the Okanagan Falls Library to amaze you with his incredible bubble skills. Bubble Wonders will amaze you with incredible bubble skills, stunning creations, magic, and storytelling in a fun, family friendly show everyone will enjoy. Have you ever seen anyone in a bubble? Sponsored by the Okanagan Falls Friends of the Library.

July 21 at 1-2 pm - The Fossil Guy Presents Under The Sea ~ A fossil display of epic proportions! Receive a free fossilized shark's tooth! Explore the wonders of ancient oceans with Bob O'Donnell, The Fossil Guy. The under-the-sea fossil exhibit features real marine fossils, from trilobites and ammonites to giant prehistoric sea life. This interactive presentation reveals the story of life beneath the waves.

July 28 at 1-3 pm - Under The Sea: Beach Party ~ Join us for a Summer Reading Club beach party celebration, featuring special guest Kiki the Eco Elf! Dive into summer fun with the Okanagan Falls Library and RDOS Rec at Kenyon Park! Enjoy an engaging seaside-themed celebration featuring Kiki the Eco Elf. Explore multicultural stories told from inside a giant salmon's belly, join in active outdoor games, and cool down with creative arts and crafts.

Be sure to stop by the library to collect a special reward as you move along your reading tracker - and don't miss out on our fun in-branch activities!

Book Club will continue with the next meeting taking place on **Wednesday, June 17 at 1-2 pm**. New members always welcome! Our **puzzle exchange** and **seed library** are, as always, available to all members of the public. Feel free to stop by, take what you need, and share what you can!

Submitted by Artesa Wiker, Okanagan Falls Community Librarian

Okanagan Falls Connects

By Bob Daly

Mark **Sunday, September 13** on your calendars for Okanagan Falls second annual **"Okanagan Falls Connects - a Gathering and Celebration of Community Volunteers"**.

Okanagan Falls is a community built through the efforts of Volunteers, and the continued work of all Okanagan Falls Community Groups, Volunteers and Service Organizations will play a major role in helping build a strong and unified community as Okanagan Falls begins the transition to self-governance.

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

The **Okanagan Falls Connects** event will occur in Kenyon Park on Sunday, September 13 from 11:30 am - 2:00 pm. There will be introductions, greetings, interactions among the public and community volunteers, as well as food for all. Stay tuned for much more information over the next several months.

Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



As our bodies age, muscles and connective tissues naturally lose their elasticity, leading to increased stiffness and a reduced range of motion. Regular chair massage serves as a highly effective, non-invasive way to counteract this. By utilizing targeted kneading, rolling, and compression, these specialized sessions gently break up tissue adhesions and ease muscle tension surrounding the joints.

When tight muscles are allowed to relax, the physical resistance that restricts natural movement diminishes, enabling a wider and more comfortable range of daily motion. Beyond simply loosening muscles, these seated massage sessions stimulate crucial blood flow throughout the body. Enhanced circulation delivers vital oxygen and nutrients directly to tissue, further reducing inflammation and the physical discomforts often associated with conditions like osteoarthritis. This continuous delivery of nutrients and warmth helps lubricate the joints, making everyday activities like reaching, walking, and dressing noticeably easier.

Maintaining this consistent suppleness and joint mobility is a critical component of healthy aging. Because chair massages do not require getting up and down from a traditional massage table, they are highly accessible and practical for older adults managing balance or mobility issues. Regular use promotes better posture and enhances the body's natural sense of position, which supports improved balance and a steadier gait. Over time, this natural improvement in flexibility prevents the muscles from guarding inflamed joints, ultimately lowering the risk of accidental falls and preserving long-term independence. Embracing routine massage therapy transforms sedentary time into active physical maintenance.



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Highlights From Kaleden Elementary School

By Principal Jessa Arcuri

As we reach the end of another remarkable school year, I want to take a moment to celebrate everything our students, staff, and families have accomplished together. This year has been filled with growth - academic, social, and personal - and I am incredibly proud of the resilience, curiosity, and kindness I've seen in our school community.

Our students have taken on challenges, discovered new strengths, and supported one another in ways that truly reflect the spirit of our school. Our teachers and staff have poured their hearts into creating engaging, welcoming learning environments, and our families have been steady partners every step of the way.

I want to extend a deeply felt thank you to our exceptional staff. Their dedication goes far beyond lesson plans and classroom walls. Every day, they show up with patience, creativity, and a genuine commitment to helping students thrive. They've guided learning, nurtured confidence, supported challenges, and celebrated victories - big and small.

We also want to give a big shout-out to our volunteers. Whether you helped in classrooms, supported one-to-one reading, came along on field trips, pitched in at events, or just showed up when we needed an extra hand, you made such a difference this year. We're grateful for the time and energy you shared with our school.

As we head into summer, I hope each of you finds time to rest, explore, and enjoy the activities that bring you joy - whether that's reading in the sunshine, traveling, spending time with friends and family, or diving into new adventures. Summer is a wonderful opportunity to recharge and return in the fall with fresh energy and excitement.

Thank you for an outstanding year. I'm grateful for this community and all we've achieved together. Wishing everyone a safe, fun, and memorable summer ahead.





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School Trustee Report For SD67

By Karen Botsford, School Trustee

School Learning Plans (SLP) ~ On May 25, trustees and administrators met to review the annual school learning plans. Every year it is a requirement that the board approve them and then the plans are posted on the district website. The evening format was a round table process, and I attended West Bench, Kaleden, Naramata, Wiltse, Trout Creek Elementary's and Pen High's presentations. Student Success and Relationships and Belonging were two themes that were common throughout the district and relate directly to the District Strategic Plan. Take a moment to look at your school plan. You can find them on the District Website under Board of Education/School Plans.

Graduation Ceremonies - Indigenous, Penticton Secondary, Princess Margaret and Summerland ~ Attending graduation ceremonies is a privilege and I attended all four ceremonies. I am always amazed at how emotional I feel watching the students during the processional, dressed in their caps and gowns, with a myriad of emotions on their faces. Each grad class had representatives speak on behalf of the grads. Valedictorians and the Siya speakers offered reflections, advice and gratitude, spiced with some escapades. This year, the Penticton Scholarship and Bursary Foundation provided \$485,000 to students to support post-secondary education costs. A huge thank you to the Foundation, run by a volunteer board, for supporting our students! Congratulations to all the Grads! Now for the next adventure.

Penticton Secondary - Newsies Musical June 4 ~ Trustee Van Alphen and I attended Newsies on June 4. What an amazing production! I would like to highlight the incredible music that came from the pit and the choreography. I understand that some of the Broadway choreography was used, and that was challenging, but so well executed. I was astonished at some of the moves, including the tap numbers. The costumes and set were perfect and the singing and acting were top notch. Kudos to the cast, crew, and band for their hard work resulting in a fantastic production. Thank you to staff and parents for their unwavering support for the cast.

This September will be the culmination of the reconfiguration of the district to K-7 and 8-12 in Penticton. It is an exciting time for students and educators. Schools are preparing resources and spaces for September. There are always challenges when change happens; however, there are many exciting opportunities as well. I am grateful to the staff and families for supporting the board's decision to move forward with the Long-Range Facilities Plan.

As the board's term comes to an end, and when I look back, so much has been accomplished: improvements in governance, student achievement, financial stability, and community engagement.

I hope you take a moment this summer to celebrate this beautiful country we live in and our local home the Okanagan! May all families have time to rest, rejuvenate, restore, play and take advantage of all the wonders that summer offers. Stay safe and be well.

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

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

As another successful school year comes to a close, we would like to extend our heartfelt thanks to the many community members, families, volunteers, and partners who have supported our students and staff throughout the year. Your generosity, encouragement, and commitment help make our school a wonderful place to learn and grow. We are truly grateful for all that you do.

Summer is an important time for students to continue building their literacy skills, and we are excited to once again offer our **Summer Reading Program from June 27 to July 17**. We encourage all students to enjoy the many benefits that reading can bring during the summer months.

We are also thrilled to announce that we will be offering Hockey Academy for students again next school year. This exciting opportunity will allow students to develop their skills, build confidence, and participate in a sport that is such an important part of our community.

We recognize that registration costs can be a barrier for some families. Anyone interested in supporting students through a Hockey Academy Scholarship Fund is encouraged to contact the school office. Donations of any amount are greatly appreciated and will help ensure that all students have the opportunity to participate. We are also accepting donations of gently used child-sized hockey equipment that can be provided to students in need.

For families needing to register students or complete school business, please note that the **school office will remain open until July 3**. The office will **reopen on August 24** in preparation for the new school year.

On behalf of our entire school community, we wish everyone a happy, safe, and healthy summer. Thank you again for your continued support. We look forward to welcoming students and families back for another exciting school year this fall!



School Trustee Report For SD53

By Sholeh Pickell, School Trustee

We made it! It's officially summer. This year Okanagan Similkameen School District 53 has a fun partnership occurring on select Thursday afternoons through July and August. The **District Traveling Library** has partnered with the **RDOS Physical Activity Trailer** to bring joyful activities and connection to the kids and families of Okanagan Falls. If you are looking for fun summer activities to keep your kids engaged with friends and build on their learning during summer break, then this will be the perfect fit. The following dates are confirmed **July 9, 16, 23 and August 13 and 20 from 12-2 pm**. The fun will take place at **Okanagan Falls Elementary School**. There will be free books, snacks and activities for all families. Mark your calendars and be sure to pop by this summer. For more information, please contact Sholeh Pickell, School Trustee for SD53, by emailing to spickell@sd53.bc.ca.



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"The Long Weekend"

By Cheryl Gill, Many Hats Theatre Company Publicist

The Long Weekend is about the truth, lies, and animosity found in the friendship between two couples during a weekend visit and a subsequent weekend two years later.

Successful lawyer Max and his wife Wynn are about to show off their beautiful new summer home to their best friends, Roger and Abby. But it doesn't take long to uncover the true feelings behind this long friendship. What's meant to be a relaxing holiday weekend turns into a battle of wits as their pasts catch up with them, the gloves come off and old scores get settled in comedic fashion. Pompous Max dislikes Roger's laid-back life as wannabe writer, while Roger in turn feels threatened by Max's financial success. Wynn and Abby, though claiming to be longtime friends, each secretly dread the other's criticism of their lifestyle and tastes. **The Long Weekend** delivers non-stop mischievous fun and scrumptious plot twists!

The Long Weekend runs from July 10 - August 2 on the Cannery Stage at 1475 Fairview Road in Penticton. For further information or assistance with ticket purchases, please call 250-462-6428.



Many Hats
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presents

THE LONG WEEKEND

by
Norm
Foster

Contains
adult themes
and language



July 10 - Aug 2, 2026
Fri. & Sat. 7:30 pm Sunday 2:00 pm The Cannery Stage

www.manyhatstheatre.com 250-462-6428



Secondary Suites

By Sergej Sinicin of neuHouzz Real Estate Group



In-Law Suites: The South Okanagan's Secret Weapon For Family & Financial Freedom ~

Forget everything Hollywood taught you about living with your in-laws. Real life isn't "Meet the Parents" or "Everybody Loves Raymond". Today's in-law suites are about creating flexibility, building wealth, and giving families more options in an increasingly challenging housing market. If homes were Swiss Army knives, an in-law suite would be the tool everyone wishes they had.

So, What Exactly Is An In-Law Suite? ~ A secondary suite is a self-contained living space within or attached to a primary residence - its own entrance, kitchen, bathroom, and sleeping space. They come in all shapes and sizes: basement suites, apartments above garages, carriage homes, or detached garden suites. Imagine having Grandma close enough for Sunday dinner, but with her own front door. Or giving your adult son or daughter a place to save for their first home without taking over your living room. That's the beauty of a well-designed secondary suite.

Why Everyone Is Talking About Secondary Suites ~ Across British Columbia, secondary suites have become one of the hottest topics in housing. With affordability challenges affecting buyers, renters, and homeowners alike, the provincial government has introduced measures designed to encourage more housing options. Municipalities throughout BC, including communities across the South Okanagan, have been updating zoning regulations and policies to support this shift. The result? More homeowners are asking a simple question: *"Could my property be working harder for me?"*

The Two Big Reasons People Love Them: Family & Finances

~ Families are changing. More South Okanagan households are embracing multigenerational living, and secondary suites provide the perfect middle ground between togetherness and independence. Aging parents maintain their privacy and dignity. Adult children facing sky-high housing costs can stay local and save money. It keeps everyone connected without feeling like everyone is living on top of each other.

Now for the part that really gets people's attention. A legal secondary suite can generate consistent monthly rental income, helping offset your mortgage, property taxes, and rising household expenses. For investors, it creates an additional revenue stream from day one. And when it's time to sell, homes with legal suites attract a larger pool of buyers who see options, income potential, and future value. In today's market, versatility sells.

Legal vs. "Let's Hope Nobody Asks" ~ Not all secondary suites are created equal. A legal suite has been built to current building codes with proper permits. An unauthorized suite may look identical at first glance, but the risks are very different - think safety standards, insurance coverage, and resale complications. If you're purchasing a home with a suite, always request documentation confirming its legal status. Discovering a suite is unauthorized doesn't automatically kill the deal, but it should trigger conversations

with your lawyer and local municipality before moving forward. A little homework today can prevent a lot of headaches tomorrow.

The Tax Conversation Nobody Likes Having (But Everyone Should) ~ Yes, Rental Income is Fantastic. No, the government does not forget about it. When you rent out part of your home, the CRA may consider that portion income-producing, which can affect your principal residence exemption when you sell. In plain English, the portion used to generate rental income may not be fully sheltered from capital gains tax. This doesn't mean secondary suites aren't worth it; far from it. It simply means a 30-minute conversation with a qualified accountant today could save thousands of dollars later.

Is An In-Law Suite Right For You? ~ In a market where homeowners are constantly looking for ways to do more with their property, an in-law suite isn't just extra square footage. It's an extra opportunity.

If you're wondering whether your home could support a suite, or whether one should be on your wish list, the neuHouzz Team would love to help. The best real estate decisions aren't just about where you live today. They're about creating options for tomorrow.

Happy Home Selling from the neuHouzz Team.



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Big Dance Convention In Penticton

By Rosalyn Garnett, President of the
Okanagan Square & Round Dance Association

Over 570 dancers from across Canada and around the world have pre-registered for the 24th Biennial Square, Round and Clog Dance Convention at the Penticton Trade & Convention Centre. Stop by anytime between 10 am - 10 pm from July 16-18 to see the different dance styles. Locals can try one or more of the dance forms between 1:30-4:30 pm on July 18. Prior from 12:30-1:30 pm, check out the "Aqua Ducks" square dancers IN Okanagan Lake by the Sicamous, where square dancers will enjoy some revised fun dance calls. More info at Festival2026.squaredance.bc.ca.

Lessons in square, round and clog dancing will be available in the Okanagan this fall. More info at region3.squaredance.bc.ca, email dancinglikethestars@gmail.com, or call 1-800-335-9433.

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250-488-9313

Vi Creasey
vcreasey@shaw.ca
BC Business Licence #48999

Diane Chatfield
dchatfield@tpi.ca

Experience What Ireland Has To Offer

By Vi Creasey

In May, I had the wonderful experience of visiting Ireland for a few weeks. It was amazing and I'm looking forward to my next visit.

Ireland is a place where stories cling to the landscape as tightly as the mist on its rolling green hills. For travelers, the island offers a rare blend of ancient history, lyrical culture, and rugged natural beauty - an experience that feels both timeless and refreshingly alive.

Dublin, Ireland's spirited capital, is often the first stop. Its Georgian streets and lively pubs set the tone for a country that celebrates conversation as an art form. Wander through Trinity College to see the illuminated *Book of Kells*, then follow the River Liffey toward Temple Bar, where music spills into cobblestone lanes. Yet Dublin's charm lies equally in its quieter corners - independent bookstores, cozy cafés, and leafy parks where locals linger over long chats.

Beyond the city, Ireland reveals its wilder heart. The west coast, carved by Atlantic winds, is home to some of the island's most dramatic scenery. The Cliffs of Moher rise sharply from the sea, offering sweeping views that shift with every passing cloud. Farther south, the Ring of Kerry winds through emerald mountains, lakes, and tiny villages that seem untouched by time.

For those seeking cultural immersion, Galway is a vibrant hub of traditional music and bohemian energy. Its festivals, street performers, and colourful shopfronts make it a joy to explore. Meanwhile, Northern Ireland's Giant's Causeway - an otherworldly formation of hexagonal basalt columns - adds a geological wonder to the journey.

What truly sets Ireland apart, however, is its people. Warm, witty, and endlessly welcoming, they bring the country's landscapes and legends to life. Whether you're sharing a pint in a rural pub or listening to a local recount folklore passed down through generations, you'll feel the island's magic in every encounter.

Ireland isn't just a destination ... it's a feeling. And once you've experienced it, you'll find it lingers long after you've returned home. Reliable Travel is contemplating taking a group to Ireland. If you think that Ireland is a destination for you, please give us a call.

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Setting the standard for sustainable winegrowing in Okanagan Falls, Stag's Hollow has been creating small-batch wines from unique varieties for over 30 years.

Book your next visit using code **SM2026** for a complimentary tasting for four on our patio overlooking the historic hollow.

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

buyBC

Bird Watching In Kaleden

By Wendy Stewart, South Okanagan Naturalists' Club

On May 28, the South Okanagan Naturalists' Club returned to a route we haven't explored in many years. 16 naturalists gathered in Pioneer Park in Kaleden to explore the KVR Trail to the south. Our hopes were high for good sightings.

We were just leaving the parking lot when a lovely clump of pinky red flowers caught our attention. A few steps to the right of the main path, we spotted a large cactus plant awash in a symphony of blooms. Amidst the prickly environment of the plant, these gorgeous blooms offer their wares to bees, butterflies and other bugs before they quickly close and retreat. What a display! This large clump was one of the several, albeit smaller displays of cactus flowers, we spotted on our stroll.

As we approached the lake, we were greeted by the calls of a Killdeer - the worrying call and busy action these birds display when people are nearby. It looked like adults were perhaps with young on the grass, hence the back-and-forth and protective behaviour. Not far away, a couple of Spotted Sandpipers were exploring the muddy lakeshore and the adjacent boat ramp, busily flying back and forth. On the other side of the boat ramp, it was easy to miss the female Mallard taking cover next to a large clump of tall grass while nine ducklings rested on the ground, fussing with their feathers and delighting the birders. Lots of aaahs for that sweet scene.

The action picked up as we strolled up the hill through the residential area, seeing and hearing Robins, swallows darting overhead, House Sparrows and House Finch, warblers and the first of our Bullock's Orioles. The orioles are absolutely stunning. Their flame-orange plumage stands out so dramatically, especially when they sit atop a leafy-green tree in the sunshine. No need to ask a fellow birder, where is it? It's also like the American Goldfinch sitting on a fence wire eating the seeds of a spent Arrowleaf Balsamroot bloom. The brilliantly bright yellow bird sticks out from the surrounding vegetation like a neon light. You can't miss it!

On we strolled, as the morning temperature quickly climbed. The Eastern Kingbirds are back and frolicking back and forth, while on the lake, a pair of Great Blue Herons were spotted majestically flying north together. While small birds were busy flying here and there, a Red-tailed Hawk transiting the scene stirred up some attention and prompted a pair of orioles to give chase.

A variety of swallows were busy buzzing a silt cliff along the path, but it took awhile to finally see any action around the large holes. Northern Rough-winged Swallows finally entered and seem to be making their homes there.

A Belted Kingfisher's call was heard in the distance as we ambled along. The bird finally flew across the path and was later spotted flying over the lake, between the trees dotting the trail and then back to a bush near the lakeshore, where it continued to announce its presence with its creaky-door rattle.

So nice to see the Cedar Waxwings and to hear a Song Sparrow serenade us. Likewise, Northern Yellow Warblers and their short, chirpy call. These are the most delightful little birds with such a sweet look. But they are also very fast and busily flit from branch to branch, so it's hard to truly have a good look at them let alone snap a nice picture.

As several of us ambled back together, Allan Garland kindly stopped to point out delightful seasonal plants emerging along the way. The Hairy Golden Aster and its lovely yellow flowers add a nice touch of colour to the sides of the trail. Likewise, the delicate red trumpets of the Scarlet Gilia will be out in a couple of weeks Allan estimates, another wonderful pop of colour in the trail-side



Cabana Music Series

Hear some of BC's best musicians in comfort while enjoying light bites and a glass of wine. Rain or shine, it's always a good time in our Cabana.

July 5 th - Nevaeh Dyson	Aug 9 th - Yanti
July 12 th - Kristi Neumann	Aug 16 th - Lachlan Gan
July 19 th - Mandy Cole	Aug 23 rd - Lewis Cardinal
July 26 th - Lewis Cardinal	Aug 30 th - Nevaeh Dyson
Aug 1 st - Brent Tyler	Sept 5 th - Yanti
Aug 2 nd - Olivia Goncalves	Sept 6 th - Mandy Cole

Music starts at 12pm.

*Cabana seating is limited and available on a first-come basis.
Lots of space on the lawn - bring your own picnic blanket or chairs!*

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grasses and greenery. And how about the delicate softness of the new shoots of Pasture Sage. Beautiful. Thank you Allan!

These plants are an important reminder of the joy we find when look down as well as up when we're out in nature.

Thanks to Alex for keeping the lists today and for everyone who came out to enjoy our Thursday walk.

Here are the birds we really enjoyed on May 28, 2026:

Kaleden - Pioneer Park - 0.409 kilometer(s) 19 species: Mallard - 10 (9 immature); Killdeer - 3; Spotted Sandpiper - 1; Northern Flicker (Red-shafted) - 1; Tree Swallow - 3; Violet-green Swallow - 6; Northern Rough-winged Swallow - 7; Barn Swallow - 1; Pygmy Nuthatch - 1; European Starling - 2; American Robin - 4; House Sparrow - 12; House Finch - 4; American Goldfinch - 3; Bullock's Oriole - 2; Brown-headed Cowbird - 3; Brewer's Blackbird - 5; Northern Yellow Warbler - 2; and Yellow-rumped Warbler (Audubon's) - 1.

Kaleden - KVR Trail South - 0.596 kilometer(s) 34 species: Ring-necked Duck - 1; Common Merganser - 1; California Quail - 5;

Mourning Dove - 1; White-throated Swift - 1; Spotted Sandpiper - 1; Great Blue Heron - 2 (flying over the lake); Turkey Vulture - 2; Osprey - 1; Red-tailed Hawk - 1; Belted Kingfisher - 1; Northern Flicker (Red-shafted) - 2; Merlin - 1; Western Wood-Pewee - 2; Say's Phoebe - 1; Eastern Kingbird - 3; Steller's Jay - 1; Black-billed Magpie - 1; American Crow - 1; Northern Rough-winged Swallow - 12 (4 were at nest sites in a silt bluff); Pygmy Nuthatch - 3; Northern House Wren - 1; American Robin - 5; Cedar Waxwing - 5; House Sparrow - 7; House Finch - 4; Cassin's Finch - 1; American Goldfinch - 8; Song Sparrow - 2; Bullock's Oriole - 4 (2 were chasing a RTHA); Brown-headed Cowbird - 2; Brewer's Blackbird - 3; Northern Yellow Warbler - 7; and Yellow-rumped Warbler (Audubon's) - 1.

Kaleden Seniors Committee Update

By Margaret O'Brien

Well, that's a wrap! The KSC finished off our 2025-2026 season with two successful outdoor events in June.

We wish to thank all who attended Picnic in the Park and brought delicious salads or desserts to share, as well as Mother Nature for providing such a beautiful evening for the event. A special thank you to our wonderful chef Challen Wilkinson from Crave Creative Kitchen. Challen has been catering this event for many years and as always, this year's main course of pulled pork was amazing.

The next Wednesday we were again in a beautiful setting, as Marjorie Field-Robinson kindly volunteered to host a Garden Party and Tour at her home. The weather again cooperated and we got to stroll around the lovely grounds, sit in the shade and partake in good conversation and refreshments. Thank you Marjorie for sharing your home and to all who attended.

The Committee wishes to express our gratitude to everyone who attended our events during the year and hope to see you all in the fall when everything resumes. Have a happy summer Kaleden!



Need A Ride?

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

Kaleden Museum & Archives

By Mike Gane

A picture of some Kaleden residents around 1919.



The registration information for this car with plate #4061 is a 1912 McLaughlin Buick. This photo would be circa 1919, as that is when it was sold to its fourth owners, the Battye family of Kaleden. Clem Battye (age 19) is on the left front fender with Jud Findlay on the right front fender.

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



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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

The other day at the Penticton Community Centre swimming pool, several of us were talking about how we felt about retirement. A newly retired member of the "retirees club" stated emphatically that she was not enjoying it. She missed her former workplace and its staff and clients. She has not found meaningful volunteer "work" or other activities to fill in her time. She told us she is bored. Another woman who retired at 57 years of age suggested that retirement is the best thing she could have done. She has engaged in a wide variety of volunteer pursuits and gives much time to causes she believes in. She is a strong spokesperson for volunteerism. A third person to speak up has been retired for nearly seven years and spoke about the variety of things she has learned at the various volunteer programs and activities with which she is engaged. Her world has expanded thanks to volunteering. And finally, a fourth person who is not retired, chimed in and reminded us that she is looking forward to the time when she will be able to give more to groups and causes she believes in. She hopes she will have a better home and community life balance.

This conversation has me reflecting on the various people I know who have found retirement a difficult transition and how volunteering has helped make that shift a little easier. Many of us bring a wide range of transferable skills to a potential site for volunteering. Listening skills, computer abilities, stamina, and reasoning are just a few of the attributes that may be yours. Some people seek volunteer positions that are uniquely different from their previous employment. What an opportunity to stretch and tune up one's lesser used muscles.

Volunteering is a great way to share time, expand horizons, and meet some great people. If this appeals to you, why not contact the South Okanagan Similkameen Community Connections Volunteer Centre at 1-888-576-5661 and Subrina Monteith, our Executive Director would be pleased to help you. Look us up on our webpage at www.volunteercentre.info or email at info@volunteercentre.info. The Volunteer Centre is a great resource for finding the right volunteer opportunity! Check us out today!

Have a wonderful summer and happy volunteering!

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www.desertsuncounselling.ca

Okanagan Falls Seniors Activity Society

By Heather Jackson

We are located at 1128 Willow Street in Okanagan Falls. The local bus stop is right across the street from our front doors.

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

Activities in July 2026:

Canasta ~ Mondays at 10 am

Evening Pool ~ Mondays at 6 pm

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

Evening Pool ~ Tuesdays at 5:30 pm

Mexican Train Dominos ~ Wednesdays at 1 pm

Afternoon Pool ~ Thursdays at 1 pm

Bridge ~ Thursdays at 1 pm

Cribbage ~ Thursdays at 7 pm

Line Dancing ~ Fridays at 1 pm

Pancake Breakfast ~ Wednesday, July 1 from 8-11 am

Annual BBQ ~ Saturday, July 4 (In place of June's monthly potluck. Happy Hour at 4:30pm. Dinner at 5:30 pm. Bring your own plates & cutlery, salad or dessert.)

General Meeting ~ Monday, July 6 at 1 pm

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

CLOSED in August for Bingo and Potluck

Country Music Jamboree ~ concluded until September 27

Crafts & Coffee ~ concluded until September

Scrabble ~ On hold for now - looking for players

Carpet Bowling ~ On hold

Theatre Group ~ On hold for now - looking for participants

Lending Library & Puzzles ~ For members when hall is in use

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.



Okanagan Falls Lions Update

By Bob Wilson, Past President

The heat is back and summer is here, with tourists on the roads, festivals and fairs and fun. Importantly, watch for excited youngsters around the parks and crosswalks and older folk also, as they sometimes do not see you.

Over the school year, our School Breakfast program served 3418 students with 187 volunteer contributions with 439 hours spent. A sincere thank you to Belich's AG Food for their ongoing support, which helped ensure the program's success. A huge thank you to all the local residents who donated their Belich Bucks towards helping local children start their day with a nutritious meal. This program supports Lions International's Global Cause of Hunger by helping reduce food insecurity and ensuring students are ready to learn each day. Thank you everyone for your ongoing support.

July 1st will be the first of 5 Music in the Park events at Centennial Park Bandshell this summer. The Lions Club will be cooking hotdogs and brats at Kenyon Park from 11-1 on Canada Day. The Legion Car Show is happening in the afternoon - look for info around town and on social media for all events.

Eyewear collection is on going and we're getting ready to send another shipment. Thanks to all who donated in and around town. That's it for now. See you around town. Stay healthy and safe.

Blood, it's in you to give! The next Blood Donor Clinics will be held July 27-30 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 resuming in September. Come and join us and see what we are all about. If you have any questions, please call 778-439-2275. Visit www.e-clubhouse.org/sites/okfalls/ or www.facebook.com/okanaganfallslionsclub.

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OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

Our 2026 summer season is in full swing and the grounds look amazing as the plants and flowers come alive!

We had the kindergarten class come through for a tour and the kids loved taking part in learning how to make butter - they enjoyed tasting the end result as well! It was great to have them! If you are interested in a group tour, please contact our Curator at okfallscurator@gmail.com. It's all by donation and we suggest at least \$5 per person. Remember, this museum is run solely by volunteers.

We are currently looking at grants to complete some projects around the property. If you have experience in writing grants and would like to donate some time, please get in touch with us. We are in desperate need of a proper archive space to properly care for historic items and documents. This would be a huge undertaking, but also a great accomplishment as the Museum evolves. The museum is a community asset when it comes to preserving the history of Okanagan Falls and we do not take this lightly!

Ways to support the museum include becoming a member (\$20), buying a pioneer pathway brick (\$150 - \$300), shopping at the thrift shop, become a volunteer, or just a cash donation - everything helps!

As always, we thank our wonderful community for their support!



Events Summer at the Goose!

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Thank Goose, it's Friday!

Happy Hour every Friday | 3- 4:30pm on the Patio

- Specials on flights, glasses of wine & charcuterie
- Live music with Steve Jones

Summer Garden Party at Linden Gardens

- 12 wineries of the Heart of Wine Country
- Wine, food, music and nature

July 17 | 6 - 9:30 pm

Call **250-497-8919** or check out
our event schedule online.



wildgoosewinery.ca

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Branch 227
Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

If you have never been a Legion Member, now is a great time to join. **This is 100 Years for Legions!** You will receive both 2026 and 2027 for the price of one year! And your name will be put in the **draw for a Ford Truck!**

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

Every Wednesday A Spectacular Car Show ~ The show starts at 2 pm. Burgers, fries, onions rings, smokies, plus a 60/40 draw.

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

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

No Pancake Breakfast for July and August. Returns in September.

July 17 is the official "100th Anniversary Date"! Join us for a Bonus Meat Draw, Silent Auction, and surprise activities.

July 18 is "Music Bingo with Russ" with \$10 Chinese Dinner.

Check out our new local veterans Memorial Adirondack Chair, thanks to builder Dean Rowland. See the new Cross Walk too.

Bottle Returns ~ Drop off cans and bottles by the garage door at the back of the Legion parking lot. Thank you!

Volunteers ~ Are always welcome. Come on down to the branch.

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!



Elks Lodge Oliver #267

By Dee-anne Stone, Secretary

We are a volunteer organization of men and women serving our community. All welcome!

Open: Tuesday to Sunday, 1 pm to closing.

Come watch the FIFA games on our big screen and enjoy the best beer prices in town!

TAPS: Every Wednesday and Thursday 9 am - 1 pm. A program for seniors offered free of charge featuring activities such as chair yoga, music bingo, karaoke, arts and crafts, and computer literacy lessons. A home-cooked lunch for \$7 and free round-trip transportation is provided.

Meat Draw ~ Every Sunday at 3 pm. No Minors. Meat provided by Belich's AG Foods. Contact us if you would like to host a draw. It's a great fundraising opportunity.

Breakfast ~ Will resume in September.

Darts ~ Drop-in darts - toeline Sundays at 2 pm and Wednesdays at 5:30 pm. Come early to sign up.

Mahjong ~ Wednesdays at 1 pm.

General Meeting ~ Tuesday, September 8 at 7 pm. Second Tuesday of every month, but not held in July and August.

Hall Rental ~ Large hall and kitchen for rent. Email for inquiries.

Contact ~ 250-498-3808

oliverelkslodge267@gmail.com

Location ~ 477 Bank Avenue, Oliver

Facebook ~ Oliver Elks Lodge #267

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ Held at Linden Gardens in July.
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/Teen Church at 11 am
With Pastor Jon Manlove - Everyone is welcome!
Worship services recorded at OKFCC.net.
Ladies Bible Study ~ Tuesdays at 10 am
1356 McLean Creek Rd, Okanagan Falls | 250-497-5131

Okanagan Falls United Church

Sunday Service at 9 am ~ Speakers: July 5 - Rev. Kathy Hogman; July 12 - Rev. Paul James; July 19 - Judi Ritcey; and July 26 - Carol Jones-Middleton. Coffee fellowship following the services.
More information available at okfallsunited.ca.
1108 Willow St, Okanagan Falls | 250-497-1171 or 250-460-2560

Our Lady of Lourdes Catholic Service

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

St. Barbara's Anglican Church

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

John Waldemar Bork

May 2, 1934 - May 25, 2026

John Waldemar Bork known as Jack was born May 2, 1934 and passed peacefully May 25th, 2026 at the age of 92 from a battle with lung and bone cancer.

John was born and raised in Oliver, BC to Francis and John Bork Sr. who were pioneers in the development of the Oliver Orchard community. John was predeceased by his mother Francis in 2007, father John Sr. in 1965, his brothers Conrad 1992, Walter 2011, Gustav 2000, Sisters Gertrude 1934, Irmgaard 1984, Elsa 2023, and Margaret 2000. John is survived by his loving wife Elizabeth of 72 years, brother David and sister Irene, son Maurice, daughter Sandra, grandsons, Trevor (Kelsey) and Michael, and great grandchildren, Eli, Westin, Ryerson and Lauren.

John was a diesel mechanic and heavy equipment operator for various construction companies and mines all over BC. He joined Transport Canada in 1970 retiring over 30 years later from the Penticton Airport. He was a woodsman, hunter, fisherman, horseman, loved bluegrass and country music, dancing, rodeos, playing crib and a cold beer on a hot day.

He was a long-standing member of the Royal Canadian Legion, and volunteered at too many organizations to list, but his greatest personal commitment was as a Member of the Masonic Lodge for 65 years. He was a man of integrity, honour and respect and we are better people for having known him.

We encourage donations to Moog and Friends Hospice, Parkinsons and Cancer organizations of your choice. There was a Memorial Luncheon held on May 31 at the Keremeos Seniors Centre.

Condolences can be sent to Sandra Woods at 512- 10th Avenue, Keremeos, BC V0X 1N3



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Recovery For Everyone

By Van Hill

What? A Recovery Meeting ~ This is a secular meeting based on smartrecovery.org and AA agnostic. Smart has many tools that are based in CBT (Cognitive Behavioral Therapy) and techniques which can help individuals recognize some of the thinking/feeling traps that may have unreasonable levels of control over their behaviors. We also utilize the book "The Proactive 12 Steps" for recovery discussion.

When & Where? ~ Wednesday evenings at 7 pm at 216 Hastings Avenue, Penticton (Heritage Train Station). Doorbell at front.

Need More Information? ~ This is a peer led support group for addiction recovery. Our starting point is abstinence. We feel that abstinence, based on what is known, provides the BEST odds of long term success. Call Van Hill at 250.300.5222 for more info.



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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 "Friends of Okanagan Falls Parks", who have been demonstrating their love of community by silently and diligently at work clearing brush from around the Kenny McLean statue and Centennial Park sign, and giving a face lift to the Bandshell. Thank you for your time and energies.

~ From Sheila D. of Okanagan Falls



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

We meet on the 3rd Thursday of the month at 4:30 pm at the Okanagan Falls Community Church from September - May.

To apply, or for more information, please call **778-559-2412** and leave a message. Your call will be returned.

South Okanagan Similkameen Brain Injury Society Marks 35 Years

Submitted Press Release

The South Okanagan Similkameen Brain Injury Society (SOSBIS) is celebrating 35 years of supporting individuals living with brain injuries and strokes, marking the milestone with a fundraising campaign and a series of community-focused events. Funds raised through these efforts will go toward therapeutic programming, essential client resources, and services that are often underfunded, but play a critical role in improving quality of life for those affected.

As part of its anniversary celebrations, SOSBIS has already hosted a number of awareness initiatives. These include a Stroke Awareness Event at Cherry Lane Shopping Centre and a Brain Injury Awareness Month proclamation at Penticton City Hall, a feature on CFUZ's *Local Matters* radio program with Executive Director Linda Sankey, and educational presentations at both the Penticton Seniors Centre and Sprott Shaw College. Together, these efforts have helped increase understanding and engagement across a wide range of community members.

The organization is continuing its outreach with several upcoming events. A **Summer BBQ fundraiser at Township 7 Winery on July 26 from 12-3 pm** will feature live music by Lain Clark and the Tickleberry's Ice Cream Cart, offering a relaxed and family-friendly way to support the cause. Additionally, SOSBIS has welcomed two students for the summer who will be attending various community events across the South Okanagan, including local farmers markets - so residents are encouraged to keep an eye out for the SOSBIS table. Later in the year, the **Grande Parade on September 19** will bring the community together for a 2.5 to 5-kilometre walk designed especially for seniors, promoting activity, inclusion, and awareness. SOSBIS encourages residents to follow its social media channels for updates, as additional events are currently in development.

As the organization looks ahead, it emphasizes that donations, sponsorships, and community participation are vital to maintaining and expanding its programs. Those interested in getting involved - whether by attending events, volunteering, or contributing - are encouraged to reach out to SOSBIS directly to learn more about how they can support its work. With 35 years of impact behind it, SOSBIS continues to rely on strong community support to help improve the lives of individuals living with brain injuries and strokes throughout the South Okanagan Similkameen.

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Lesley H. Luff

Robin M. Earle

Making Your Final Arrangements

By Lesley H. Luff, Okanagan Falls & Osoyoos

Congratulations to those who made their final pre-arrangements in May and June. You will never have to worry about this again, and your family will thank you for not placing that burden upon them.

We are so blessed to be living in the South Okanagan, where we have the beautiful lakes, impressive mountains, bountiful orchards, numerous vineyards and a climate that is second to none. No wonder so many visitors choose this area in which to spend their holidays. However, with the influx of so many tourists comes the possibility of a tragedy happening. Each year one or more families must return home without a beloved family member. Please!:

- Boaters - DO NOT drink and operate that craft! Make sure that your license is up to date and there are flotation devices on board for each passenger. Same rules apply for jet skis.
- Paddleboarders - wear flotation devices and be aware of others.
- Hikers - let someone know your destination and time of return.
- SCOOTERS - operated by children - this is a new challenge for motorists. Kids at high speed on scooters are not only a danger to themselves, but a nightmare for drivers. Several personal near misses has prompted me to ask all parents to pay close attention to what their children are up to on those "personal transporters". Make sure they are aware of the rules of the road and that they wear the appropriate protective gear.

Stay safe, play safe and enjoy your summer!

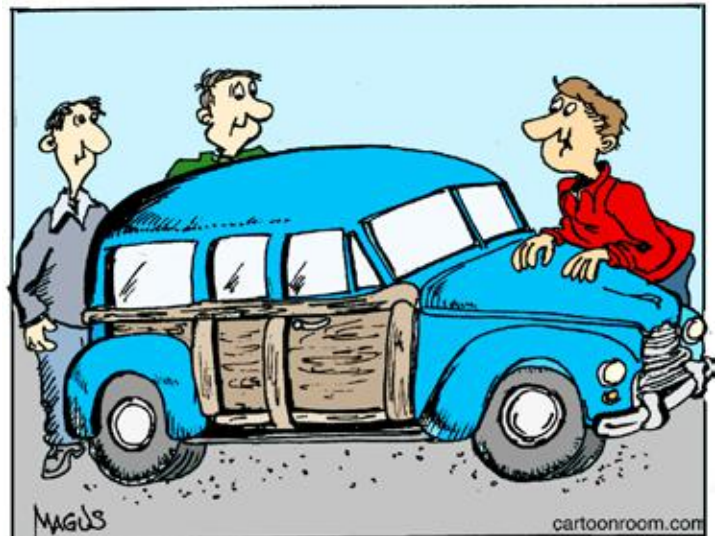
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