



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 18 : Issue 5

May 2026

Your FREE Monthly
Community News!



Photo by MorrisseyPhotos@shaw.ca

Full Service Family-Run Grocery Store
Open 8 am - 7 pm Daily!



**Customer
Appreciation Day!**
Friday, May 15

You're invited to join us in celebrating our ...

4th Anniversary in Okanagan Falls!

For more details, see page 2.

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Must present this coupon at time of purchase!


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Celebrating Mother's Day

By Myleen Mallach, Owner/Publisher of Skaha Matters

Mother's Day is a special occasion dedicated to honouring the love, care, and sacrifices of mothers and mother figures. It is a time to pause and express gratitude for the countless ways mothers shape our lives. From early childhood guidance to lifelong emotional support, their influence is both profound and enduring.

Celebrating Mother's Day doesn't require grand gestures; often, the most meaningful expressions are simple and heartfelt. A handwritten note, a shared meal, or spending quality time together can make a lasting impression. For some, it may be a day of reflection, remembering cherished moments or honouring a mother who is no longer present.

Mother's Day also extends beyond biological mothers. It includes grandmothers, stepmothers, guardians, and anyone who has provided nurturing and care. Recognizing these relationships broadens the meaning of the day and highlights the many forms love can take.

Ultimately, Mother's Day is about appreciation. It reminds us to acknowledge the often unseen efforts that go into caring for others. Whether through words, actions, or quiet gratitude, celebrating this day helps strengthen bonds and ensures that mothers feel valued and remembered.

Happy Mother's Day on Sunday, May 10th!

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**Customer
Appreciation Day!**
Friday, May 15

4th Anniversary in Okanagan Falls!

- Collect Double the Belich Bucks
- Helping Hand selling BBQ Hot Dogs
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Check out our
**Mother's Day Flowers
& Garden Plants!**



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RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Boating Rules and Regulations

I was driving along Highway 97 the other day and I noticed some boats in the water already. I can only imagine how excited you are if you are a boat owner to get out on the open water.

Did you know that operators of pleasure craft are governed by the Canada Shipping Act, The Small Vessel Regulations, Competency of Operators of Pleasure Craft Regulations, Collision Regulations, Vessel Operation Restriction Regulations and Vessel Pollution and Dangerous Chemical Regulations? It is the vessel operator's responsibility to obey these rules and regulations, or they may be issued a notice, voluntary fine or court appearance. Also, another reminder is that operating a motor vehicle (which is a boat) while impaired carries the same penalties for if you were operating a vehicle impaired under the Criminal Code of Canada.

Wishing everyone another season of Safe Boating! For more information, please contact Transport Canada (www.tc.gc.ca) or Penticton RCMP at 250-492-4300.

**Up To Date
Weekly
eCalendar!**
Sign Up Online

Quick Facts: Skaha Matters is published every month. All residents and businesses in Kaleden, Heritage Hills, Okanagan Falls, Skaha Estates, St. Andrews, and Twin Lakes receive an issue via Canada Post on the last business day of each month. Limited locations also carry copies. For full advertising details, please visit SkahaMatters.com.

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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

Festival season has begun! With it comes the need for volunteers to assist at the various venues. From ticket taking to grounds clean-up, there is a job for you. Whether you prefer a behind the scenes position or favour a more out front one, there are opportunities galore. Contacting the South Okanagan Similkameen Community Connections Volunteer Centre will help you find the right volunteer opportunity.

With the high price of gasoline, perhaps you are considering spending your summer closer to home. What better way to fill the summer hours than volunteering. Whether you choose to give a few hours at one of the festivals helping backstage or prefer to donate time by coaching a youth sports team, you are guaranteed to have a rewarding time.

Volunteers of all ages are needed. Young people often have the energy and enthusiasm that enables them to fulfill tasks requiring endurance and strength. Young adults may bring organizational experience and are great at directing traffic, assisting performers, or handling cash. More mature adults sometimes are wonderful ticket takers, cooks, and first aid assistants. There is generally a role for everyone!

If you feel enticed to volunteer this spring and summer, call the Volunteer Centre at 1-888-576-5661 and Subrina Monteith, our Executive Director would be pleased to help you. Look us up at www.volunteercentre.info or email to info@volunteercentre.info. You'll be glad that you decided to volunteer in festival season 2026! Let's commit to a spring and summer of involvement as volunteers.



Clarity And Community Voice For Okanagan Falls

By Donegal Wilson, MLA for Boundary-Similkameen

In recent weeks, I have continued to hear from many residents in Okanagan Falls who are looking for clear answers about the future of their community. After making the decision to incorporate, people expected a transparent and predictable process. Right now, that clarity is still missing.

That is why I recently sent a formal letter to the Minister, pressing for a detailed timeline and greater transparency around the next steps, including the development of the Letters Patent. This document will ultimately shape how the new municipality operates, yet many residents still do not know what it will include or when key decisions will be made.

Okanagan Falls is on track to become the first new municipality in British Columbia in many years, and the first under the Declaration Act framework. That makes it even more important that the process is open, thorough, and accountable to the people who live here.

One of the most important pieces moving forward will be the upcoming community and online consultations. These sessions are an opportunity for residents to engage directly, ask questions, and provide input before anything is finalized. It is essential that these consultations are meaningful and that the feedback gathered is genuinely reflected in the final outcome.

I strongly encourage everyone in Okanagan Falls to take part when these opportunities are announced. This is your community, and your voice matters in shaping how it will be governed for generations to come.

At the same time, I continue to advocate for our broader region on key issues that affect daily life. From ongoing concerns around water security and drought conditions, to the need for coordinated flood mitigation planning across the Similkameen, it is clear that strong local representation and clear communication from government are more important than ever.

These issues are all connected. Whether it is how we manage growth, protect our resources, or plan for the future, local voices must be at the centre of decision making.

I will continue to push for transparency, clear timelines, and a process that respects the decision residents have already made. Okanagan Falls deserves nothing less.

BLASTED CHURCH

Block Party

Join us for a Day of Divine Summer Revelry

Thursday, July 2, 2026 | Noon – 7pm

Free entry – family friendly

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ALL DAY HAPPY HOUR



378 Parsons Road, Okanagan Falls | 250 497 1125 | Blastedchurch.com



Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

The RDOS has partnered with Voyent Alert! to provide routine and emergency notifications via email, text, or by telephone. To register or update your account, visit Voyent-alert.com.

The most important step is once you've registered, click **My Locations** to add specific addresses that are relevant to you, such as home, work or school. To choose which notifications you'd like to receive, such as water and wastewater advisories, general notifications, and safety and preparedness advisories, select **My Topics**.

All Voyent Alert! users will automatically receive relevant **emergency or critical notifications**, such as evacuation alerts or orders. For further information or to request assistance with your account, please call RDOS Communications at 250-490-4148 or email communications@rdos.bc.ca.

Alternative Housing ~ Recently, conversations around alternative housing options including Tiny Homes have occurred due to a recent application in Area "I". Tiny Homes are not built to BC building code, but are built to an RV standard which does not meet health and safety standards. Approving a Tiny Home is accepting the liability and risk while setting precedent for all properties to have RVs on site as forms of housing for year around living. Watch for further conversations around RVs and Tiny Homes.

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

Subrina Monteith, Director of RDOS Area "I"

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



Kaleden FireSmart Tip

By Linda Dahl

There is a heartfelt appreciation for everyone who committed to participating in the Chipping Event held on May 2. The amount of debris that is removed from the community is amazing and benefits us all. We need to continue to be FireSmart as the warmer weather approaches. Concentrate on the 1.5 m around your home. Make sure it is completely free of anything flammable, which includes plant product, as well as home decor and fencing.

If you have any questions about needing a home assessment or borrowing tools or large bags to help with home projects, please reach out to us by email to firesmart@kaledenfire.ca.

LNID Annual General Meeting 2026

Lower Nipit (Twin Lake) Improvement District (LNID)

Saturday, May 16, 2026

9 am ~ Presentation on LNID Future Plans

10 am ~ Q&A session & Registration for AGM | 10:30 am ~ AGM

Kaleden Community Hall ~ 320 Lakehill Road

Agenda includes: Trustee's Report, Financial Report, Water Report, current issues, discussion on vision for the LNID going forward, and election of a new board member. All members of the LNID are invited to participate.

Kaleden Volunteer Fire Department

By Jean Dube



The Kaleden Volunteer Fire Department is again hosting its **Annual Yard Sale on Saturday, May 9 from 8 am - 12 pm** at 303 Lakehill Road in Kaleden.

This event is supported by the generosity of community members who donate their reusable items for the sale. It is recycling at its finest. And everyone walks away with great deals. The proceeds from the yard sale assist in the purchase of items such as first responder equipment, auto extrication tools, emergency signs, gloves and more, helping to keep our firefighters safe and in turn helping to provide aid to our community members when called upon. A portion of the proceeds assist local charities such as Penticton Safety Village, Kaleden Community HUB food bank, Kaleden Seniors Committee, and the Kaleden Bursary Fund.

Donations items can be dropped off at the back of the firehall located at 303 Lakehill Road in Kaleden or alternatively for those unable to deliver themselves, we will have a scheduled Pick-Up Night on Thursday, May 7 from 7-9 pm. Firefighters will be on hand with trucks to pick up large items in the **KALEDEN and WHITE LAKE ROAD area only**. For large item pick-up, please call the Firehall at **250.497.8231**, or email kaledenfire@rdos.bc.ca leave your name, phone number, address and details of the items to be picked up. Please only donate items in good working condition, packed in boxes. Unacceptable items include television sets, old electronics, mattresses, clothing, children's car seats, cribs, and hazardous materials. The department avoids wastage by donating the unsold items to non-profit organizations. **Please note - donations will be accepted up until Thursday, May 7 only, allowing us time to sort and organize for Saturday, May 9.**

It takes many hands to accomplish an event like this and without the support of our community members and their donations it would not be possible. The KVFD is grateful to the firefighters, families, friends and all the wonderful volunteers who put in the time for this fundraiser to happen. It takes a community.

Smokies will be on sale courtesy of the Kaleden Bursary Fund. Come on out and find your treasures and help support the Kaleden Volunteer Fire Department. Cash tender only.

Every bottle begins
with this view.

May Events:

May 9 - Celebrate Spring | 11am-5pm

May 16 - Spring Release Open House | 2-3pm

May 24 - Movie in the Vineyard | 7-9pm

Details at blackmarketwine.ca



198 Spruce Avenue, Kaleden

250.460.7878

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

Attend the KID AGM on May 25 ~ (See details to right). Come and hear about water treatment upgrade plans, new Toll charges and more. Two Trustee positions also need "refreshing" this year. Both incumbents are standing for re-election, but if interested in serving, submit a Nomination Form by May 21.

The Bill Tolls for Thee ~ Which you should see in early May. Note that the KID Board reviewed Toll categories and charges, and compared rates with other local water suppliers. An updated and simplified Toll Schedule is now in place. Residential Tolls rise 4.5% over 2026, while special-purpose Tolls have been grouped into four categories ranging from 'Modest' to 'Considerable' water use. Overall, Toll charges increased by 12%, but there are significant increases and decreases depending on the type of activity; visit the KID website to see where your business falls.

Your Input, Please! ~ Enclosed with your Toll Bill you will find a survey asking your preference as to how to pay for the planned water treatment plant upgrade. In short, would you prefer to do a one-time payment up front, or spread your payments over 10 years? See the survey for details.

Irrigation Up and Running ~ As are the **Stage One Water Conservation Measures** and compliance checks by KID staff. The Measures remain the same as in 2025, but a copy will be in with your Toll Bill (or check the KID website).

Drought Concerns Rising ~ April's Okanagan Basin Water Board and BC Snow Survey forecasts made for very "dry" reading. Despite overall BC snowpack being near normal (92%) on April 1st, the Okanagan had a record low snowpack (58%), with melting nearly two months ahead of normal. Total annual precipitation was low throughout the valley and at a record low for Penticton. Undoubtedly, more to follow on drought response ...

Moving Forward to Meet the DWO ~ In April's Skaha Matters, I outlined why KID needs to upgrade to a dual-disinfection water treatment plant, but can do so without filtration (a high-ticket item) and still meet BC's Drinking Water Objective (DWO). TRUE Engineering recently provided KID with a Class 'C' (90% accuracy) cost estimate. That estimate was used to calculate the amount (less accumulated funds) that KID will need to borrow for construction, as well as to develop the above-mentioned survey on preferences as to payment options. More information will be shared at the AGM, in this column and on the KID website, before holding a referendum this fall to approve the necessary loan.

What if the Referendum Fails? Uncertainty will certainly reign!

- KID may be able to obtain an extension for completion from the Province, and continue to collect Levy fees until construction costs are covered (at least 20 years!).
- The Province may dissolve KID and transfer all assets and liabilities to RDOS to provide the services (be prepared for large tax/toll increases!)

Delaying construction may be beneficial in that technological advances could improve effectiveness and reduce costs of treatment, but likely will be swamped by inflation.



Kaleden
Irrigation District

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



New To Kaleden?

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

KALEDEN IRRIGATION DISTRICT

NOTICE OF ANNUAL GENERAL MEETING

Monday, May 25, 2026 at 7:30 pm

at the Kaleden Community Hall

AGENDA:

- Minutes of the Annual General Meeting held May 26, 2025
- Trustees Report & Operations Report
- Financial Statements for the year ending Dec 31, 2025
- Remuneration of Trustees for 2026
- Introduction of Candidates for Trustee
- Setting of Election Date (if required)
- New Business

Nomination papers are available online at kaledenirrigation.org or at the District Office, located at 119 Ponderosa Avenue, Kaleden (open 9 am - 1pm Mondays and Thursdays), and must be filed at the District Office by **Noon, Thursday, May 21, 2026.**

Lynn Shead, Office Administrator

Phone: 250-497-5407 Email: kaledenirrigation@gmail.com

Kaleden Community Association Update

By Margaret O'Brien

On April 4th, the KCA hosted our First Annual Easter Egg Hunt in Pioneer Park. Approximately 100 children came out to colour at the picnic table, chalk draw on the side walk, and of course, hunt for those very important Easter Eggs. Congratulations to Ethan M. for winning the Jelly Bean Contest. His guess was only four away from the actual amount. KCA would like to thank our four young volunteers who helped set up and hide the eggs, the weather for cooperating, and all the families who came out to participate in a fun activity which appears to have been enjoyed by all.



If you are passing the Library, check out the lovely new red Adirondack chairs that have been assembled and placed under the trees in the small green space next the stairs. I can think of nothing more pleasant than settling into one of those comfy chairs on a warm summer day, a slight breeze blowing with my latest Library book. Enjoy!

Finally, KCA will be helping out the Hotel Committee by selling Raffle tickets for either a lovely Nel Witteman print of the Kaleden Hotel or a beautiful handmade quilt sewn and donated by our own Glenda Gretzan. Tickets will be on sale at future Kaleden events and at the rest of this year's KSC Lunch and Learns. Tickets will also be available at the Library, from any KCA member, as well as from members of the Hotel Committee. The draws will take place at Kaleden Community Day on July 11th.



Ask about our Kaleden
Grant Funding Program

All new website for all things Kaleden!

www.KaledenCommunity.com

Courtesy of the Kaleden Community Association



Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

Coffee With A Cop ~ May 12 8-9:30 am at Rise & Shine Coffee House! Residents or business operators are invited to discuss concerns with crime or public safety and security – or to just have a coffee with Staff Sergeant Bob Vatamaniuk of the RCMP.

How Long Does It Take To Move A Trailer? ~ Good question! And longer than it should, if you're thinking about the 2 trailers - one badly burned, the

other less so - that took up residence in Okanagan Falls on Main St. Arriving approximately February 20, they were removed April 19. And I was reminded of them every day by residents, people passing through, and my own drive-bys.

Setting aside how they got here, an unexpected fire created a situation where no one wanted them, no one would work with them, and no one would remove them. Multiple provincial departments were involved as they were on provincial property, plus the RCMP, towing companies and more. As with forestry encampments, there is no provincial organization or process that addresses abandoned vehicles. The RDOS had no legal involvement and if it wasn't for the continued complaints from residents it might have gone longer. Eventually and with considerable time, RDOS staff received 'permission' to dispose of abandoned vehicles, then to move them (uninsured), and then to waive the significant dump fees involved for disposing of them at the landfill. Through RDOS, we are seeking a more effective provincial process for removal of abandoned vehicles.

Complete The Province's Survey On Incorporation ~ Use the tools given and written input of this nature is 'on the record'. This is about you telling the province your thoughts - concerns or compliments - regarding a potential change to name and boundary, and about governance and the OIB's role. It's an opportunity to share your thoughts on other aspects of the incorporation as well. You can access the survey at engage.gov.bc.ca.

On other engagement activities, there was a reasonable turnout at the 'drop-in / kiosk styled' Open House hosted by the province on April 23. More than 200 people attended, walking through 10 or more stations each manned by a provincial representative. As the event occurred just after deadline, it's not reported here.



Incorporation Update ~ Applications are now being accepted for the position of Interim Corporate Officer at the new municipality. The Interim Corporate Officer will be the new municipality's first employee, and this posting is an essential step in the province's plan, that is to have the new municipality's first election on October 17, 2026 with other municipalities, and to have draft bylaws provided for the first meeting of mayor and council.

Living In RVs & Tiny Homes ~ This important issue was raised again by the recent Temporary Use Permit (TUP) application brought to the April meeting of the RDOS Board - and it remains as complicated as ever. This particular application was deferred

to late August, and the board directed staff to bring back recommendations as to if alternate housing options including RVs and tiny homes could be considered and if so how and where.

Many people live year-round in RVs throughout the RDOS and across the province, and for many reasons. You'll see them in many RV Campgrounds, often fully skirted to improve living conditions, and in orchards. However, provincial regulations prohibit year-round living in RVs - it's actually not legal. And the regulations do not provide any definition or standard for tiny homes, so generally they have to be treated as RVs. As well, there are concerns regarding electrical safety, potable water and sewage. That said, many of us are aware of situations where people are living in an RV or tiny home. It could be helpful to the overall housing situation - and personal safety - if conditions were approved under which alternate housing forms such as these can be safely considered.

I'd like to hear what people think about the possibility of finding a legal, safe and acceptable way of living in RVs and/or tiny homes, whether in specific zones or under specific conditions. From my perspective, there's a considerable number of people doing this already and it could be helpful to establish some ground rules that improve safety.

Interesting Fact ~ Looking at properties along the west side of the Okanagan River and south west corner of Skaha Lake, some but not all are in Electoral Area "D". In 2018, the much larger Electoral Area of the day was split very roughly west and east of Skaha Lake and Okanagan River, into Area "I" dubbed 'Skaha West/Kaleden/Twin Lakes/Apex' and Area "D" as 'Skaha East & Okanagan Falls'. But the names are not completely accurate. The boundary



established at that time left some of these homes in Area "D", with others being put in Area "I". From the bridge north to Waterman's Hill, the homes on the right are in Area "D". And from the bridge south on Green Lake Road to where Shuttleworth Creek enters the river, homes on both sides are in Area "D". Everything on the west side is outside of the proposed boundary for the new municipality.

Other anomalies: The community of homes on the east side of Vaseux Lake are in Area "D", while the community on the south end of the lake is in Area "C" (Rural Oliver). And the community of Upper Carmi including the Penticton Race Track and many more homes up the mountain are also in Area "D" although they are all accessed through Penticton.

Proposed Gravel Mine ~ Gravel is an essential ingredient for housing and road projects, and a proposed gravel mine approximately 2km east of the northern tip of Vaseux Lake has moved forward to the province's next level of consideration. A management plan summarizing risks and mitigation measures can be found at comments.nrs.gov.bc.ca using Crown Land File #3413865 - note file# in public ad is incorrect. The same site sets out a process for comments and you can copy our MLA Donegal Wilson (Donegal.wilson@mla.leg.bc.ca). Keep comments accurate - it's off FSR201 not McLean Creek Road, as many people said earlier - and consider requesting a public consultation to build understanding of how risks and concerns are being managed.

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

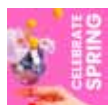
Matt Taylor, Director for RDOS Area "D"

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



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Okanagan Falls Volunteer Fire Department

By Cheryl Snyder



The Okanagan Falls Volunteer Fire Department is pleased to announce the appointment of Randy Stoltz as our Interim Fire Chief, effective April 1, 2026.

Randy brings 14 years of dedicated service, starting January 9, 2012 to the Department and has been an integral member of our officers team for many years. Randy was promoted to Lieutenant in 2015 and later Captain and Training Officer in 2019, where Randy supported operational readiness and firefighter training. Randy served in the Captainship for the last 5 years until 6 months ago when he was promoted to Deputy Fire Chief.



Randy's experience, commitment, and leadership have made a lasting impact on our members and our community.

The interim designation for this role reflects the ongoing considerations surrounding the incorporation of Okanagan Falls. During this important period, Randy will provide leadership, stability, and continued operational excellence for our department. Randy quotes, "I'm honoured to be selected to lead the dedicated members of the Okanagan Falls Volunteer Fire Department. We hold ourselves to high standards. My focus is to continue delivering strong emergency service for Okanagan Falls and surrounding area, while keeping our members safe and well trained, so everyone returns home each night."

We would also like to extend our sincere thanks to Chief Tony lanella for his leadership and support over the past 6 months as our department transitioned its leadership team.

Please join us in congratulating Chief Randy Stoltz on this well deserved appointment.

On another note ... Everyone is invited to our **Pancake Breakfast on Saturday, May 30 from 9:30-11:30 am** at the firehall. Hosted by FireSmart and supported by OKFVFD. Fun to be had by all.



Okanagan Falls Business & Community Association Update

By Marshall MacKinnon

Okanagan Falls Business and Community Association (OFBCA) is hosting our AGM on Wednesday, June 10 at 6:30 pm in the Okanagan Falls Recreation Centre's Multipurpose Room. We are looking for Board Members and Volunteers.

The OFBCA is continuing to work behind the scenes on some special community events for 2026. Stay tuned for updates. 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.

Remember to follow the OFBCA's new Facebook page! Keep up to date with seasonal events, promotions, what's happening with local businesses, and everything else Okanagan Falls. You can find us by searching for "Okanagan Falls Business Community Association" on Facebook.

Integrating PEMF Into An Existing Wellness Toolbox

By Danielle Cournoyer, Functional Movement Therapist

Local wellness practitioner Danielle is expanding her services to include PEMF Therapy, a gentle, non-invasive modality that supports the body at a cellular level. PEMF, which stands for Pulsed Electromagnetic Fields, uses targeted magnetic pulses to encourage circulation, support tissue repair, reduce inflammation, and improve overall cellular function. For individuals looking to support recovery, mobility, and long-term wellness, it offers another valuable option.

One of the key benefits of PEMF is its ability to support the body through what many describe as machine-induced cellular exercise. In practical terms, it helps stimulate the body's natural repair processes, while promoting increased oxygen delivery to the muscles and tissues. This can contribute to a greater sense of ease, improved recovery, and better support for the body as it responds to stress and strain.

Danielle will be offering PEMF both as a standalone service and as part of integrated sessions with her existing modalities, which include PDTR, Block Therapy, ELDOA, and Cranial Sacral Therapy. Her approach is rooted in the belief that the body works as a connected system, and that lasting change is often created by addressing both structural and neurological patterns together.

In integrated sessions, PEMF may help prepare the body to receive hands-on treatment and support the body in holding onto those changes afterward. It can work alongside other forms of bodywork to reinforce movement, reduce tension, and support the body's natural ability to reorganize and restore balance.

Block Therapy and ELDOA focus on creating space, improving posture, and supporting mobility. PDTR helps identify and correct compensation patterns that may be contributing to pain or dysfunction, while craniosacral work offers a gentle way to help calm the nervous system. PEMF adds another layer of support by working with the body's cellular processes and recovery response. Danielle notes that PEMF is a process-oriented modality that requires an investment of time to achieve the best results. Like many forms of therapeutic care, the benefits tend to build through a series of sessions rather than a single appointment.

Danielle is also looking forward to expanding PEMF services to include dogs and horses in the near future, supporting wellness for both people and their pets.

More information about PEMF and Danielle's services is available on her website at bamboobody.net.

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.



BAMBOO BODY
Fitness & Flexibility

Danielle Cournoyer
Functional Movement Therapist

250-486-2225
grape@shaw.ca
bamboobody.net

103 Lombardy Pl Kaleden

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THE FALLS
BARBER + SHAVE SHOP

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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.

Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



May is Multiple Sclerosis month! Check out mscanada.ca website. Living with multiple sclerosis (MS) often feels like managing an unpredictable storm of symptoms, where muscle tightness, chronic pain, and profound fatigue can disrupt daily life. While conventional medicine focuses on modifying the disease course, many patients are turning to complementary therapies to manage their day-to-day well-being. An increasingly popular and non-invasive tool for symptom management is regular chair massage. Unlike traditional table massage, chair massage is convenient and accessible, targeting the back, neck, shoulders, and arms while the client remains seated and fully clothed.

One of the most significant benefits of regular chair massage for MS is the reduction of muscle spasticity, a common symptom where muscles contract involuntarily, causing stiffness and discomfort. The focused kneading and compression techniques used during a chair massage help to relax these tight muscles and improve overall flexibility. By regularly easing this tension, individuals often experience enhanced mobility, making it easier to perform everyday tasks.

Furthermore, chair massage is an effective tool for combating fatigue and improving circulation. Over 80% of people with MS experience debilitating fatigue. While it may seem counterintuitive, the physical stimulation of a massage can boost energy levels by increasing blood flow and improving circulation throughout the body. Enhanced circulation aids in reducing swelling and brings oxygen-rich blood to tissues, which can leave an individual feeling more energized and less physically sluggish.

Beyond the physical benefits, regular massage is essential for managing the mental and emotional toll of a chronic disease. Fatigue and stress are major factors in MS, frequently compounding other symptoms and triggering flare-ups. The calming, therapeutic nature of a chair massage helps reduce anxiety and promotes a deep sense of relaxation, lowering stress levels. This, in turn, can help lower cortisol levels and release endorphins, which act as natural pain relievers and mood boosters.

Finally, chair massage offers a level of accessibility that traditional methods may lack. It is a practical form of self-care for those with mobility issues or wheelchair users, as it removes the physical

requirement of transferring onto a high massage table. A session lasting only 15-30 minutes is often sufficient to reap significant benefits without overwhelming the body's sensory system.

Creative Wellness Solutions provides a convenient massage with innumerable benefits on a comfortable massage chair. You do not need to climb onto a table or remove clothing and no oils are used. You can choose from a head and face, upper body, or legs and feet massage, or any combination.

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



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Come Try Square Dancing!

By Okanagan Square & Round Dance Association

Modern recreational square dancing is making a comeback! And the Okanagan Square and Round Dance Association is bringing it to Okanagan Falls.

Drop-in at 1 pm on Saturday, May 2 for a "Come Try It" introduction that will take place at the Okanagan Falls Seniors Center, located at 1128 Willow Street. All ages are welcome including singles and children aged 8 and up. A donation at the door would be welcome.

The fun dancing will run for approximately 2 hours. Attire is casual and since moving to the beat of square dance music is just a shuffle step, newcomers do best in flat soft-soled shoes. Coffee, water and snacks will be available. Please avoid scents such as perfumes and cologne.

Square dancing is fun for all ages, families and singles. It provides comfortable exercise, mental stimulation and new friends. We are hoping that everyone will have so much fun on May 2nd that in the fall we can form a regular square dance club meeting weekly.

For more information, please contact Marian at 250-498-9369 or marianfnelmes@gmail.com.



Come Try Square Dancing!

Saturday, May 2 at 1 pm

Okanagan Falls Seniors Center - 1128 Willow St



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Ask Cheryl

By Cheryl L. Snyder, RTC, MRT, CBT

Anonymous Asks:

Hey Cheryl, I've been working with a counsellor for many years, but recently I heard you speak about using the body as a barometer to understand emotions - noticing what emotion is showing up and where. The information I've been given before hasn't really landed, even over a long time. But the way you explained it, made so much sense. I've struggled with anxiety and sadness since I was young - likely since grade school - and I'm realizing how much I've been carrying. Thank you for adding this to my toolbox. Can you share more on these Universal Principles you've been teaching me? I really wish these were taught in school. ~ Anonymous

Cheryl Answers:

Thank you for your honesty. This is something many people experience. We often spend years trying to "think" our way through emotions, but true understanding begins when we start to feel what's happening in the body. The body is incredibly intelligent. It gives us real-time feedback. When we use it as a barometer, we shift from overthinking into awareness.

Every emotion has: a physical sensation; a purpose; and, a way through, so as not to get "stuck" or suppress the emotion were checking in with. For example, fear may show up as tightness, coldness, shaky and/or clammy, or a racing heart. Its purpose is protection, preparing us for fight, flight, freeze or fawn. However, fear is not about the present moment. Fear almost always comes from a place of the past, our EGO's thinking for us instead of 'feeling' you might say. Sometimes what we feel is connected to past experiences stored in the nervous system. It feels real now, but it may not be happening now.

This is where we recognize fear as False Evidence Appearing Real (F.E.A.R.). The goal is not to push emotions away, but to meet them with awareness and acceptance. Your body doesn't lie to you, but our minds will wander. This wandering of the mind in times of troubles may cause "dis-ease" within the body. When this feeling arises, gently ask yourself: "Will this harm me?" If the answer is 'no', allow yourself to stay with it and let it move through you, breathing and perhaps asking for support if "it" causes mischievousness within. If 'yes', create safety and grounding. Healing happens when we stop suppressing emotions and start listening to them.

In my practice, I work with the five main emotions - **Fear, Guilt, Anger, Sadness, and Love/Joy**. Each has meaning, purpose, and a pathway to resolution. My goal is to help people understand what they're feeling, why it's there, and how to move through it, so they can return to balance, clarity, and self-trust. This is the way to EMOTIONAL SOBRIETY.

Be gentle with yourself. Your body is not working against you, it is speaking to you. And when you learn to listen, that's where healing begins.

Thank you again for the emails, texts, calls and notes of gratitude. I wish you all a very happy beautiful month of May.

UPCOMING EVENTS

Mother's Day Brunch

May 10th

Celebrate Mom with Brunch & Mimosas, reservations required.

Celebrate Spring with a Sip

May 9th & 10th

\$10 Rosé & Cocktail flights in wineshop.

Friday Night Dinner Series

Month of May

\$30 Per person including a glass of wine, reservations required.



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The Many Health Benefits Of Omega-3 Fish/Algae Oils: A Brief Review Of The Science



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

Marine oils contains high levels of the health promoting essential Omega-3 fats EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) which have proven beneficial effects for the heart, brain, gums, hearing, eye sight, and bones, as well as for overall health

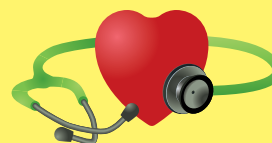
and levels of inflammation in the body. Importantly, evidence indicates that fish oil is a contributor to the prevention of heart disease by its anti-inflammatory, anti-arrhythmic, anti-thrombotic, and lipid lowering actions. This means that it improves blood flow, reduces risk of clotting and arterial narrowing from plaque build-up, and can help normalize the rate and rhythm of the heart beat preventing potentially fatal arrhythmias. Thus, it is a contributing factor in preventing heart attacks and strokes. Most sudden cardiac arrest is due to heart arrhythmia and studies show that an adequate amount of Omega-3s can reduce the risk significantly. Essentially, the hearts of people with adequate Omega-3 levels beat more efficiently than others with lower levels of Omega-3's.

Research also has shown that fish oil aids in the prevention of certain cancers, as well as benefitting brain dysfunctions such as depression, bipolar disorder, ADHD and senile dementia. For instance, in regards to cancer prevention, a six-year study of healthy, post-menopausal women aged 50-76 showed that there was a 32% reduction in ductal breast cancer amongst those taking high quality fish oil. Further, Omega-3 fatty acids from marine sources have a wide range of neurochemical activities that benefit brain health. These effects range from neurogenesis (creating new brain cells), to anti-inflammatory actions, and positive modulation of neurotransmitters such as noradrenalin, serotonin, and dopamine. Only ocean sources of Omega-3 fats contain the bioactive DHA and EPA fatty acids that benefit brain health and reduce inflammation. Research now shows that our brains are shrinking over time due DHA deficiency, so this may be a bigger public health issue than is currently understood.

Fish oil is a powerful and safe anti-inflammatory agent, and therefore, very helpful as a component of an anti-inflammatory diet and lifestyle in the treatment of inflammatory conditions such as arthritis, fibromyalgia, bursitis, and tendinitis.

Further, regular fish oil users have been found to have healthier and stronger bones, less hearing loss, and healthier gums and eyes than their counterparts who were deficient in these powerful Omega-3 fats. Also, the EPA and DHA in good quality fish oil supplements has been shown to improve exercise tolerance and speed recovery after a workout. In a particular study of Inuit infants, researchers identified that higher concentrations of DHA in the umbilical cord is associated with better visual, cognitive, and motor coordination. And as many know, taking adequate levels of quality fish oils is beneficial for dry eyes. We now know that it has even further reaching effects on eye health from lowering intraocular pressure in glaucoma to aiding in prevention of macular degeneration.

It is important to ensure the quality and quantity of the fish oil you are taking. Some fish oil is contaminated, altered, or contains sub-optimal levels of EPA and DHA. A clean sourced, contaminate-free, natural triglyceride oil is ideal and the combined dose of EPA



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and DHA should equal 2-4 grams per day for most people. A good oil does not taste foul or fishy. Keeping it cool, dark, and in an airtight container is important to the freshness and good taste.

Eating clean sourced wild cold-water fish 3 times per week is likely equivalent to taking this dose of fish oil. However, fish can be contaminated and so caution is advised. The best fish are small and from northern waters. Good examples are salmon, halibut, albacore tuna, bass, sardines, and mackerel.

Always seek the advice of a qualified practitioner to ensure optimal dosing and safety for your own unique needs. This article is for informational purposes only and should not be considered medical advice.



Need Medical Equipment?

The HUB would like to remind local residents that medical equipment is available to borrow. There are crutches, walkers, hospital beds, raised toilet seats and other helpful items one might need. If you are looking for this type of equipment for the long or short term, please call the HUB at 250-460-3387.

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

Tuesday 1-5 pm / Thursday 1-8 pm / Friday 12-4 pm

Have you seen our lawn lately? Thanks to the KCA, we have a comfortable new pop of colour outside! It's officially "reading-in-the-sun" season, and we couldn't be more thankful for the KCA's ongoing support in making our library a beautiful space for everyone.



Children's Programs:

Preschool Storytime on Tuesdays from 10-10:45 am until June 2nd. This is a great family activity to share in the mornings with your little ones. We explore rhythm, counting, colours and more!

Stay and Play with our toys and books that are always on hand in the branch. From puzzles, and colouring pages, to LEGO and board books, we have a variety of engaging materials to enjoy while you visit.

LEGO Master Builders: Build, Create, and Explore After School! Every Friday at the Kaleden Library from 2-4 pm, LEGO master Builders is a drop-in program where you can complete a LEGO challenge or just hang out and build. Each week brings you closer to a fun LEGO prize as a reward for your dedication and creativity. What will you build today?

All Ages:

Crafty Saturday is May 9, 2026 from 9:00 am - 12:30 pm. We're open on a special Saturday during the KVFD Annual Yard Sale for drop-in crafts, games, and LEGO for all ages.

Support Your Library: Used Books for Sale! We've just added a fresh selection of titles to our "For Sale" shelves. All proceeds directly fund our community programs. Have books in good condition? We'd 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

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

Mothers Day Craft: Scented Bath Salts ~ Saturday, May 9 from 10:30 am - 1:30 pm. Celebrate Mother's Day with a special crafting session at the Okanagan Falls Library. Enjoy time together while making scented bath salts, cards or bookmarks ... perfect handmade gifts with love.

Book Club ~ If you love getting lost in thrilling plots and gushing over unexpected twists, this is the club for you! Join a warm circle of fellow readers for our monthly gathering, where stories spark conversation and pages turn into new friendships. Meetings are on the 3rd Wednesday of each month from 1-2 pm.

Community Craft Corner ~ Wednesdays from 12-3:45 pm. Find your focus, find your people. Bring your current project - whether it's knitting, sketching, journaling, or building miniatures - and enjoy the gentle, creative energy of a shared space. Conversation flows as easily as the thread and yarn, in our welcoming and relaxed environment.

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

Seed and Puzzle Exchange ~ Have extra seeds from your garden? Puzzles you've already completed? Bring them here! **Take what inspires you, leave what you don't need.** It's a simple way to diversify your garden, discover a new challenge, and connect with fellow enthusiasts.

Way to go, Toni! ~ This Super Reader has completed the *100 Books to Read Before Kindergarten* challenge ... fantastic work!

Submitted by Artesa Wiker, Okanagan Falls Community Librarian



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Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

Our school community is bursting with energy as students continue to engage in a wide variety of enriching experiences alongside their learning in the classroom. This past month, we were thrilled to offer urban hip hop dance sessions with Jake, music lessons with Yanti, and in-line skating lessons with Alien In-line Skating. Our intermediate students also had the opportunity to take part in a meaningful pow wow, attend important fire safety presentations through the FireSmart program, and as school we recognized World Autism Day together. To round things out, our Easter egg hunt and omelet day brought plenty of smiles and a strong sense of community spirit.

Looking ahead, we are excited for another full and vibrant month. Students can look forward to participating in Jump Rope for Heart, showcasing their talents in our upcoming talent show, and some will be experiencing a French cultural presentation. We are also pleased to be offering ballet lessons, attending an Art Starts presentation, and hosting our Welcome to Kindergarten event. We will also end the month with a fun-filled school dance.

Our staff is incredibly proud to provide such a wide range of opportunities, while continuing to support exceptional academic learning. We are deeply grateful to our community partners who help make all of this possible, including PAC, the Lions Club, Clay with the FireSmart program, Jake, Yanti, and many others. Your ongoing support truly enriches the experiences we are able to offer our students.



Okanagan Falls PAC Update

By Kari Hill, PAC Chair

Spring is in full bloom, and it's shaping up to be an exciting month for our PAC and school community!

S.O.A.R. Into Spring Market ~ Join us on **Sunday, May 3rd** from 10 am - 3 pm at Okanagan Falls Elementary School for our S.O.A.R. Into Spring Market. This vibrant community event will feature local vendors, raffles, a food truck, and plenty of springtime fun with RDOS. We look forward to seeing you there!

Meat Draw at the Legion ~ Our next PAC Meat Draw will be held on **Friday, May 8th** at the Okanagan Falls Legion. Come out, support the school, and enjoy an evening of community spirit - you might even head home with dinner!

A Heartfelt Thank You to Our Community ~ As the school year comes to a close in June, we are also wrapping up our fundraising efforts. It has been an incredibly successful year, made possible by the overwhelming support of our community. So many businesses and individuals have generously donated to PAC, and we are truly grateful. Without your kindness and dedication, our fundraising would not be nearly as successful. Thank you for supporting our students and school. We would also like to extend a special thank-you to the Okanagan Falls Lions Club for all that you do for our students and our community. Your organization is making meaningful difference.

Wishing everyone a wonderful May!

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School Trustee Report For SD53

By Sholeh Pickell, School Trustee

I had the opportunity to attend the district hosted Powwow at SOSS in April. It struck me as a profound event where our First Nations communities gathered to celebrate themselves and their traditions with the elders sharing with the young. But most of all, it felt as a celebration of survival. The drumming, the regalia, the dancing, and the singing all thrummed in a clear message of "we are still here!" I was pleased to be a part of such a positive event.

Kindergarten teachers have completed EDI surveys (Early Development Instrument) for 123 of our kindergarten students. We expect to receive the results in late May or early June. This information will help us identify areas where we can better support children and families in our communities. This is an important step with any early intervention needed and will give better chances for student successes.

I want to wish all the teachers and students all the best in this last push of the school year. June is nearly upon us!

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



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Highlights From Kaleden Elementary School

By Principal Jessa Arcuri

Spring has sprung, and students have been enjoying getting outside to learn and watch things grow. The AeroGardens, purchased with the support of the SD67 Feeding Futures Grant, have successfully produced herbs and vegetables. Students have loved watching the plants germinate and grow into food that was later used at our Whole School Lunch. A special thank you to Lindsey Tice for helping prepare and serve dishes made with food grown by our students.

Through these experiences, students also deepened their understanding of how to care for our Earth. In celebration of Earth Day, classes participated in a Kaleden community clean-up, learning firsthand about environmental stewardship, shared responsibility, and the impact small actions can have on keeping our community healthy and beautiful. This meaningful activity helped students connect their learning about food growth, sustainability, and caring for the land to real-world action beyond the classroom.

We also came together to celebrate the incredible talents of our KES students through a school Talent Show. This joyful event gave students the opportunity to showcase their creativity, confidence, and unique abilities. From music and dance to martial arts performances, the Talent Show highlighted the many ways our students shine and strengthened our sense of pride and belonging within the KES community.

We would also like to extend our thanks to the Vancouver Warriors Lacrosse team for visiting KES and teaching our students about the history of lacrosse and its deep connections to Indigenous culture. Through this experience, students learned about the cultural significance of the game, its origins, and its importance to Indigenous communities, helping to build understanding and respect for Indigenous perspectives and learning.



**Regional District of Okanagan-Similkameen
Recreation**

Youth Week

Tuesday, May 5

Introduction to First Aid (12+) 3:00 - 4:30 pm
Basic introduction to first aid. CPR dummies included.
Keremeos - Similkameen Recreation Centre
Free, registration required

FireSmart (12+) 4:00 - 5:30 pm
From Spark to Smart: Living Safely with Wildfire
Okanagan Falls Recreation Centre
Free, registration required, snacks provided

Wednesday, May 6

Learn the Basics. Build Strength the Right Way (12+) 4:00 - 4:45 pm
Learn how to lift safely and have fun.
Okanagan Falls Recreation Centre
Free, registration required

Thursday, May 7

Extreme Dodgeball (12+) 4:00 - 5:00 pm
A heart-pounding, action-packed twist on dodgeball.
Okanagan Falls Recreation Centre
Free, registration required

Friday, May 8

Movement & Martial Arts (10+) 4:00 - 5:00 pm
Learn Southeast Asian martial arts in a fun, safe environment with a certified instructor. Expect movement, mind-bending forms, and partner drills—no experience needed.
Keremeos - Similkameen Recreation Centre
Free, registration required

Visit rec.rdos.bc.ca for more information

Kaleden Bursary

By Mike Gane

The Kaleden Bursary Committee is offering several bursaries to Kaleden area students that live within the V0H 1K0 postal code. They must be graduating from Grade 12 this academic year (2026) and pursuing further education.

Application for Kaleden bursaries can be made by submitting a letter or email and providing the following information:

- Plans for further education (university, college, or technical school) and type of education being pursued.
- Did you attend Kaleden Elementary School?
- Which high school are you graduating from?
- How long have you lived in the Kaleden area (including Twin Lakes, White Lake Road and St. Andrews-by-the-Lake). Mailing address must include V0H 1K0.
- Any Kaleden community involvement?
- Hobbies, interests and volunteer/work experience.
- Include your name, mailing address, Social Insurance Number, cell phone number, and email address.
- If you are a successful applicant, you will have two years to claim the bursary from the date awarded.
- If awarded, a thank you note or letter must be sent to the sponsor of your bursary. The bursary funds will not be released until the thank you note/letter is received by the sponsor.

Applications must be received by July 1, 2026 and should be submitted to: Kaleden Bursary Committee, c/o Mike Gane, Box 183, Kaleden, BC V0H 1K0. Email: kaledenbursary@gmail.com.

If any members of the community would like to sponsor a bursary or donate to the Kaleden Bursary Fund to assist students with their post-secondary education, please contact Mike Gane.

Kaleden Elementary PAC Update

By Trenna Fisher, PAC Chair

We would like to extend our heartfelt thanks to the many sponsors and volunteers who made our inaugural Rib Fest Dinner such a wonderful success. Your generosity, time, and support helped create a memorable evening for our entire school community. Events like these are only possible because of the incredible people who step up and give back - we are truly grateful.

As we welcome the spring season, we look forward to many more fun and engaging activities ahead. Thank you for being such an important part of our school community!

School Trustee Report For SD67

By Karen Botsford, School Trustee

British Columbia School Trustees' Association (BCSTA) AGM

April 9-11 ~ Trustees from across BC attended the AGM. The keynote speaker on the opening night was Clara Hughes, former multi medalist in Summer (cycling) and Winter (speedskating) Olympic Games. Clara was the founding spokesperson for Bell Let's Talk, a campaign designed to end the stigma attached to mental illness. She was instrumental in jumpstarting the conversation on mental health in Canada. She spoke about her struggles with mental health, including when she was competing. The wrap around support she received over the years enabled her to compete and succeed. She stressed the impact schools can have on students with mental health issues and the importance of supporting students both in school and the community. Being open to listening to each other, especially when it is difficult to know how to respond, is a powerful tool. Her story is remarkable and if you have the opportunity to hear it, know that it is inspirational and her ability to overcome all the obstacles was extraordinary.

Minister Bear, Minister of Education and Childcare, addressed the delegation indicating that she understood the pressures districts were under during this budget cycle. She noted that student enrollment is down overall in BC (53 districts are projecting a decrease). While the provincial government stated that education is a priority in BC's budget, districts have been left with addressing continuing cost pressures. The British Columbia Association of School Business Officers (Secretary-Treasurers and Finance Directors) have done an analysis of provincial funding to cost pressures in BC School Districts that outlines the growing financial pressures, due to the cost of delivering K-12 programs rising faster than provincial funding. Trustees in BC continue to advocate for more funding as budget cuts continue to be a challenge for most districts. With this budget cycle, our district is fortunate that with the implementation of the Long-Range Facilities Plan we are addressing less of a short-fall than most districts.

Reegger Johnson, bass guitarist, from Princess Margaret School was invited by the BCSTA to perform and played for the delegation twice. A Grade 10 student, he is remarkably talented and a dynamic musician. It was a highlight to have him represent Okanagan Skaha. Thank you Reegger for attending, and for your dedication to music. It is a privilege to have students attend and showcase their learning and it grounds trustees in the work we do to support students.

There were plenary sessions offered including mental health, governance, communication, policy review, school safety and emergency management, and data driven results. Trustees debated 32 motions at the business meeting on Saturday. The approved motions guide the advocacy work for the coming year.

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



MAY 4TH
First Monday of the month
10:00 AM - 12:00 PM
At the Kaleden Community Hall
320 Lakehill Road

WHAT TO EXPECT:

- Acoustic Jam Session
- Bring Songs to Share
- Sing & Play in a Group
- Learn & Grow Together
- Work Toward Performing!

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Goose & Gosling Luncheon

Mothers Day - Sunday May 9 | 11 am - 4 pm
Bring mom out for a glass of wine and a beautiful luncheon prepared by Sonora Room restaurant.

The Hairfarmers – BBQ & Live Music Après-Ski Dance Party!

Saturday May 30 | 5:30 -10:30 pm | \$99
Join us for an unforgettable night of retro party vibes, an incredible BBQ, and non-stop dancing.

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Cosmic Rays

By Tom Landecker

Cosmic rays - science fiction? No, cosmic rays really exist, and fact is stranger than fiction. They are atoms, stripped of their electrons, speeding around interstellar space at nearly the speed of light, 300,000 kilometres per second. They are mostly Hydrogen atoms, with Helium a distant second, and other elements a tiny fraction. One in a hundred is an electron. How did they get there? What do they do?

In the early 1900s, scientists noted unexpected changes in instrument readings. They thought the effect came from the Earth. Then, in 1912, Victor Hess, a young Austrian, piloted a hot-air balloon to an altitude beyond 5000 metres. Up there, the intensity of the radiation was twice the intensity at the surface of the Earth, suggesting that the radiation came from outside the Earth. Taking a hot-air balloon to that height was a risky business, but photographs show the unflappable Hess in his balloon, dressed in suit, vest, and starched collar. Hess, and others, thought the effect came from some kind of electromagnetic radiation, so they were called "rays". Even after they were shown to be particles, the name "cosmic rays" stuck.

Where do cosmic rays come from? A few come from the Sun, but most are generated when massive stars explode. A blast wave spreads out into the surrounding space, moving at about 10,000 kilometres per second. The blast accelerates particles, just as Novak Djokovic's tennis racquet accelerates a tennis ball. Particles with even higher energy come from outside the Milky Way, perhaps from the black holes in the centres of galaxies.

Should we be worried about cosmic rays? We are mostly protected from cosmic rays by our atmosphere and by the Earth's

magnetism. Cosmic rays do add to the natural level of ionizing (that is, dangerous) radiation. Most of it comes from radioactivity in rocks and from our food. About one eighth of our exposure comes from cosmic rays. Airline pilots and astronauts face higher exposure. Travelling to Mars will be a risky business.

Cosmic rays are one of the drivers of biological evolution: they can alter the DNA of living organisms. Was there a time in the history of the Earth when we were bombarded by a stronger flux of cosmic rays from a nearby exploding star? That's an open question.

Think again about Novak Djokovic. The most energetic cosmic ray particles have as much energy as the tennis ball speeding at 200 kilometres per hour from one of his serves. Yes, the atmosphere protects us from that particle, but it can't protect the satellite in orbit hundreds of kilometres above the Earth's surface. Cosmic rays can cause fatal errors in computers on satellites, and can also cause errors in the computer on your desk. As electronic chips in computers get tinier, the risk is going up all the time. If my spelling goes wrong, I'll blame a cosmic ray.

Interesting websites:

- news.uchicago.edu/explainer/what-are-cosmic-rays
- timeline.web.cern.ch/victor-hess-discovers-cosmic-rays-0
- www.sci.news/astronomy/cosmic-rays-origin-life-handedness-08455.html
- chime-experiment.ca

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



www.manyhatstheatre.com



The Homeowner Protection Act In British Columbia

By Sergej Sinicin of neuHouzz Real Estate Group



If you are looking at a newer home in British Columbia, the **Homeowner Protection Act** is worth knowing about. It's one of those rules most people don't think about until it matters, but when it does matter, it can make a big difference.

The Act was introduced by the Province in 1998 to give buyers more protection when purchasing new construction. The idea is simple: when someone buys a new home, they shouldn't have to worry about unexpected repair bills right after moving in. For most families, a home is the biggest purchase they'll ever make, so the government put rules in place to make sure new homes are built properly and backed by warranty coverage.

Under the Act, most new homes built for sale in BC must be constructed by a licensed builder, registered with **BC Housing**, and covered by home warranty insurance, which is underwritten by **authorized insurers** such as Travelers Insurance, National Home Warranty (Aviva), WBI Home Warranty, and Pacific Home Warranty. In most cases, this means the familiar 2-5-10 warranty applies: two years on labour and materials, five years on the building envelope, and ten years on the structure (BC Housing Regulatory Bulletin). The key part for buyers is that the warranty stays with the home, not the owner, so any remaining coverage transfers to the next buyer.

Here's an interesting twist: the Act doesn't only apply to brand-new homes. In BC, if a home is substantially renovated, 75% or more of it rebuilt, excluding the foundation it will be considered new construction. That means licensing, registration, and warranty rules may still apply, even if the house was originally built decades ago. If you're selling a new home, there are a few key points to keep in mind. Whether the home has ever been occupied and from which date **Occupancy** takes place - when the seller builder moved in or when the tenancy started. Next, if the new build has the title holder and the builder as different entities, there's more work to do to make sure the home can even be listed and everything is in order with BC Housing. A **prudent agent** will understand this and know the steps needed to protect both the seller and the buyer. Trust me, not every new build is a good home to buy. I had clients in the past write to me "Thank you!" letters for talking them into walking away from a new-build home. We were all glad we did in the end, knowing what kind of bag of worms it was.

Newer homes, or homes that have had major renovations, deserve a closer look. Taking the time to check build dates, builder licensing, warranty coverage, and occupancy status at the start makes the process smoother, keeps everyone protected, and helps the sale move forward without surprises. I can tell with confidence that, with an understanding of the construction process and having built myself in the past, those skills help consumers and our clients be better protected. With a little preparation, buying or selling a newer home in BC can be as stress-free as it should be.

If you have other questions or suggestions about what our next article should be, please reach out. If a complementary Home Equity and Home Evaluation would be great information for you to have to plan your next step, let's chat or book a consultation. Until next month - be well, healthy and strong.



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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.

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.

May 19-23, Tuesday-Saturday ~ Elks National Dart Tournament. Everyone welcome to come and watch. Monday evening is a drop-in fun dart tournament 7:30-10 pm, everyone welcome.

Meat Draw ~ Every Sunday at 3 pm. No Minors. Meat provided by Belich's AG Foods. May 3 hosted by the SOSS Ultimate Sports.

Breakfast ~ 2nd and 4th Sundays from 8:30-11 am. Bacon, eggs, sausage, home fries, pancakes, toast, coffee and juice all for \$10.

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, May 12 at 7 pm. Second Tuesday of every month.

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

Contact ~ 250-498-3808 or oliverelkslodge267@gmail.com
477 Bank Avenue, Oliver | Facebook: Oliver Elks Lodge #267

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Kaleden Seniors Committee Update

By Karla Avendaño, KSC Coordinator

Last month, we had the wonderful opportunity to learn all about closet organization, how to prepare and pack for moving, and tips to organize your house more efficiently from professional organizer Maria Gagnon. A heartfelt thank you to Maria and Marie from Voila! for the amazing presentation. And thank you to everyone that came that day.



Save the date for Friday, May 8th at 12 noon for a Gardening Talk with Kathryn McCourt from Summerland Ornamental Gardens. Bring all your gardening questions!

Would you like to receive emails from us? Email kaledenseniors@gmail.com to receive updates.



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Kaleden Museum & Archives

By Mike Gane

The Duck That Drove From Seattle To Kaleden

I have been asked to author a short article on how a WW2 DUKW arrived in Kaleden. For those of you who do not know, a DUKW (D (1942), U (Utility), K (All-wheel drive), W (Dual rear axles)) is an American WW2 landing craft. Also affectionately called a Duck. My father, Ted Gane, was an RCAF aero engine mechanic during WW2 and upon discharge began looking for work. Why did he not carry on as an aero engine mechanic? There were 20,000+ other aero engine mechanics also looking for work upon discharge.

He found work in Seattle at Sweden Freezer as a refrigeration mechanic. When my older sisters hit the American education system, my parents upon investigating said education system, decided it was time to move back to Canada.

Moving costs were prohibitive, so father bought a war surplus DUKW from a salvage yard in Seattle. All the family possessions were loaded onto the DUKW and the trip to Kaleden began. It was a slow trip as top speed was a leisurely 45 MPH (about 70 KPH). Father stopped in Cloverdale for lunch after a tense exchange with the Canadian Border officials who wanted the DUKW unloaded to inspect the cargo (Father talked them out of having to unload). As father entered the diner, everyone was leaving. After settling into a window seat in the diner, he could see why everyone was leaving - it seemed the whole town had gathered around the DUKW and were inspecting it as it was not something one would see every day!



Ready to leave Seattle. My sister standing with Father in the driver's seat.

Fred King always maintained that we made the grandest entry into Kaleden! The family had rented the Allington house on what is now Ponderosa Point, as our first house in this lovely community. Soon after the Allington's offered the property to my parents for \$25,000. In today's world, which is an incredible bargain, but in 1961, it was unaffordable. My parents purchased property and built their dream home for \$6,000. Even \$6,000 in those days was a tough slog with a VLA (Veterans Land Act) mortgage and 4 kids, let alone a \$25,000 mortgage!

Now the DUKW was redundant as we were here to stay, and Kaleden had voted to undertake the ARDA redevelopment of our water system, a floating work platform was required. The DUKW fit that bill. Father sold it to a company in Penticton, who refurbished it and it was then used to place the new lake intake and intake line.



New intake on its way to the bottom.



New intake pipe being float/towed into place.

The DUKW was used extensively through the Okanagan installing intakes and the last we heard of it, it was up in the Cariboo country. Wonder where it is now?

As a "boat" top speed was 6 MPH - a little slow for water skiing! To the joy of us kids, father purchased an above ground pool with the money from selling the DUKW. We enjoyed that pool and my children enjoyed that pool, along with many neighbourhood kids!

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

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.okfallseniorscenter.ca. Follow us on Facebook at "Okanagan Falls Seniors Center".

Activities in May 2026:

Canasta ~ Mondays at 10 am

Evening Pool ~ Mondays at 6 pm

Tuesday Bingo ~ Tuesdays - May 5, 12 & 19 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 ~ Saturday, May 2 from 8-10 am

Intro to Square Dancing ~ Saturday, May 2 from 1-3:30 pm

General Meeting ~ Monday, May 4 at 1 pm

Drop-in Bingo ~ Saturday, May 16 from 1-4 pm

Pot Luck Dinner ~ Saturday, May 24 at 5 pm

Private Rental ~ Sunday, May 24 from 2-4 pm

Crafts & Coffee ~ concluded until September

Country Music Jamboree ~ concluded until September 27

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.

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

You will notice some changes around Heritage Place that we are pretty proud of. We have a newly refurbished Kenny McLean room that includes a wall of accomplishments along with a television showing shots of Kenny in action. We also have a new installation on the rear deck of the Bassett House which includes new storyboards. By the time of publication, the tractor may be painted along with the harrows in front the yard.

Don't forget to attend our **Community Day on Sunday, May 9 from 12-3 pm**. We have lots to do! The museum will be open. We will have a BBQ, so come have lunch with us. We will also have lawn games and a special Mother's Day craft for the kids! Bring some cash, as this is all by donation. The thrift shop will also be open. If you can't make this date, we open the next Saturday for the season.

As always, we would like to thank all of our wonderful volunteers, which includes our board. We would be lost without them!



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Okanagan Falls Lions Update

By Bob Wilson, Past President

Hello again everyone, hoping you are all keeping well and safe now that the summer is approaching and the activities begin for another year.

We had a very successful Easter Egg Hunt on Easter Sunday with a large number of children and parents attending. The Okanagan Falls Fire Department was also there with sirens, trucks and a couple of costumed members interacting with the kids. Thanks for your participation, as everyone enjoyed your appearance. I can't leave out our own Easter Bunny, who shows up for the event. Thanks Hoppy ... see you next year!



This year preceding the hunt, an Easter Colouring Contest was held and judged. Congratulations to the winners! The school breakfast prior to Easter was modified somewhat with the volunteers putting on an Omelette meal, which was enjoyed by all. Thanks to Lions Mike, Kyle, Colleen, Kris, Paul and all who helped. It was a good time for everyone.

Next up is Music in the Park on Canada Day, July 1st, preceded by a annual BBQ at Kenyon Park. See you all there!

Used eyewear collection continues with over 1200 pair shipped last month. A big thank you to the community and area, who support our activities. We couldn't do it without you. That's about it for now. See you around town ... "til next time".

Blood, it's in you to give! The next Blood Donor Clinics will be held May 4, 5 & 6 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 starting in January upstairs in the Okanagan Falls Legion. Come and join us and see what we are all about. If you have any questions, please call 778-439-2275. Visit www.e-clubhouse.org/sites/okfalls/ or www.facebook.com/okanaganfallsionsclub.

South Skaha Housing Society Update

By Michael Livingstone, SSHS Chair

April has been an exciting and encouraging month for the South Skaha Housing Society as Phase 2 continues to move forward with strong momentum. Things are looking very positive with real visible progress on site.

The third residential floor is now nearing completion, which is a major milestone that brings the project clearly into view. With this nearly finished, focus is shifting to the roof installation. Once complete, the transformation will be dramatic, and the structure will truly feel like a finished building. Work will then move toward the **lockup stage**, including exterior finishing, windows, and doors. This will fully enclose the building and allow interior work to progress more rapidly. The pace and quality of work have been very encouraging with noticeable progress each week. As we move ahead, efforts will focus on completing the exterior and advancing interior development, while maintaining strong momentum.

April highlights just how far Phase 2 has come. With the building quickly taking shape, the path to lockup is well underway, and the future continues to look bright.

CatMatch



Kittens, Kittens, Kittens!

We never know when we will get a call about a feral mom that is going to have kittens, has had kittens, or kittens that have been abandoned. Kittens are the most vulnerable and likely to die even after being rescued. But, we have more successes than failures. Raising kittens

is costly and time-consuming. Please consider supporting AlleyCATS and help us raise the next generation of family members with fur! www.alleycatsalliance.org.

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Music & Market In The Park

By Bob Shanks, Event Coordinator

Plans are coming together. Our first performance will be on Canada Day, July 1 with sponsorship from Belich's AG Foods. The band "Blueshounds" will be performing from 5:30-7:30 pm. The market will open at 3:00 pm.

The full lineup for the 2026 season of Music & Market in the Park is below. All events are held on a Sunday in Centennial Park in Okanagan Falls, except for Canada Day which falls on a Wednesday this year. The market will open at 3:00 pm and the band will play from 5:30-7:30 pm.

- July 1 (Canada Day) - Blueshounds
- July 12 - Lee Anthony
- July 26 - Bench Boys
- August 9 - Uncorked
- August 23 - TR2

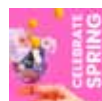
Inquiries can be forwarded to musicintheparkokfalls@gmail.com. Please help us to make this the best year ever!



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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. You will receive both 2026 and 2027 for the price of one year! Come to the branch to sign up.

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

Meat Draws - Fridays at 5 pm & Saturdays at 3 pm ~ Thanks to Belich's AG Foods for supplying our meat. All profits from the meat draw are donated to charity.

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

Music Bingo with Russ on Saturday, May 2 ~ Starts after the meat draw. Food will be available. Come for the meat draw and stay for the fun.

Pancake Breakfast will be 1 week early on Mother's Day on Sunday, May 10 from 8-10 am ~ Adults \$10, Kids under 12 years \$5, and under 3 years are free.

General Meeting on Tuesday, May 19 at 7 pm ~ Always the 3rd Tuesday of the month.

Volunteers ~ Come on down to the branch and let us know.

Bottle Returns ~ Drop off cans and bottles by the garage door at the Legion. THANK YOU!

For Updates ~ Call the branch at 250-497-8338, check the board outside, or check our Facebook page at "Royal Cdn Legion - Branch 227 Okanagan Falls BC" or our Instagram at "Veterans227".

WE ARE A LITTLE LEGION WITH A BIG HEART!

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ in-person and online

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: May 3 - Rev. Paul James, Holy Communion; May 10 - Sarah Tupholme; May 17 - Sarah Tupholme; May 24 - Rev. Laura Turnbull, AGM; May 31 - Rev. Dr. Donald Schmidt. 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

Okanagan Falls Helping Hand Update

By Patty Neuner

It's springtime in the Okanagan and we are hosting our **AGM on May 21, 2026 at 4:30 pm** at the Okanagan Falls Community Church. Then, we take a break from meetings until September.

We are always looking for volunteers and if you are interested in getting involved with our next Christmas hamper season, we encourage you to attend a meeting. We are so appreciative of the wonderful and generous people in our community that make it possible to help those in Okanagan Falls that may need a helping hand. For more information, please call 778.559.2412 and leave a message.



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.



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Maria Martha Kaden

February 7, 1931 - March 27, 2026



It is with great sadness that we bid farewell to our mother who departed on March 27, 2026 at the age of 95 with family by her side at Westview Place in Penticton after a short stay. She is survived by her children: Monica Marsel, Frank (Sandy) Kaden, Gudrun (Mark) Padgett, and Rita (Floyd) McRae. Grandchildren:

Robert Marsel, Todd (Candace) Marsel, Corey (Amanda) Kaden, Monique Page, Brandon (Jamie) Padgett, Travis (Tanis) Padgett, Kayla (Troy) Peterson. 11 Great Grandchildren, 2 Great Great Grandchildren, as well as a large extended family in Germany. Predecease by: Husband Werner; Daughter Marlies Ouellette; Son in law Bert Marsel; Grandchildren Shane Ouellette and Craig Marsel; and Great Grand Child Izaak Marsel.

Maria was born in Sehmen, Germany and was the youngest of 17 children. Werner and Maria were married in the late 1940's, and in the early 1950's, they accepted a sponsorship to immigrate from Germany to Canada with children Monica and Frank. It was a voyage across the Atlantic arriving in Montreal, and then by train they continued their journey to make a new home on a farm in Pibroch, Alberta. A climate change became necessary, so they moved to Kaleden, then in a few years they moved to Okanagan Falls, where mom called it home for more than 7 decades.

Mom's working years included cooking at the OK Falls Hotel Restaurant, Kaleden Packing House and the Oliver Packing House until she retired. For many years, she was a member of the Okanagan Falls Fire Department's Ladies Auxiliary.

We will remember mom for her passion for sewing, knitting and crafty projects. She also took great pride in her garden, both vegetables and flowers, along with her collection of yard art which was second to none. She loved watching hockey, curling and some game shows, and as an arm chair coach that she was, there was not a game she would have lost!

Over the years, Maria shared many stories of growing up in Germany, the hardships of the war, and the new life in Canada. Some of the stories were very sad, a lot were happy and funny, and far too many to list.

Mom's 95 years presented many physical challenges, but she faced everyday head on. The family realizes there is nothing we can do to change life, but we will cherish the memories of all the good times and love. We will miss mom everyday.

A private family internment will be held at the Okanagan Falls Cemetery on Saturday, May 9th at 1 pm. The family would like a visit to share your memories of Maria later that same day starting at 2:30 pm at the Okanagan Falls Seniors Centre.

Donald Arthur Thomas Tasker

March 31, 1935 - January 1, 2026



On January 1, 2026, Donald Arthur Thomas Tasker of Penticton passed away peacefully with his son at his side at Westview Place in Penticton at 90 years of age.

A graveside service will be held for Don at 11:30 am on Saturday, May 23, 2026, at the Okanagan Falls Cemetery, followed by a Celebration of Life at 1:00 pm at the Okanagan Falls Senior Centre.

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



Flowers Or Fish Heads?



Send yours to skahamatters@telus.net

Your full name and location area is required on any submission.

(Please Note: Some discretion on content inclusion may be involved.)

Flowers to Area "I" Director Monteith and the RDOS for keeping the Kaleden racket courts open and free to use for drop in play!

~ From Eryn W. of Kaleden

Flowers to all of the care people, nurses and Interior Health for the time they gave us during 6 weeks. Ed is fine now. We appreciate all the help we received. ~ From Ed & Mary F. of Okanagan Falls

Flowers to Greyback's generous contribution of time and materials which made our recent improvement project possible, significantly increasing the safety of our entryway. Thank you VERY much!

~ From the Okanagan Falls Seniors Center

Top Trips For Canadians In 2026

By Diane Chatfield

Travel in 2026 is all about meaningful experiences, better value, and exploring beyond the usual hot spots. Canadian travellers are choosing destinations that combine adventure, culture, and relaxation, while also looking for alternatives to crowded or expensive locations.

Warm weather escapes remain a top choice, with places like Mexico, Dominican Republic, and Jamaica leading the way thanks to their affordability, all-inclusive resorts, and easy access from Canada.

Europe is also seeing a surge in interest, especially destinations like Portugal and its Azores region, where travellers can enjoy dramatic landscapes, hot springs, and fewer crowds than traditional hot spots.

Closer to home, Canadians are rediscovering their own backyard. Trips within Canada - from coastal towns to wilderness adventures - are growing in popularity, driven by a desire for nature, authenticity, and slower travel experiences.

Another major trend is experience-based travel. From wellness-focused "glowcations" to cultural and heritage journeys in places like Italy or Ireland, Canadians are choosing trips that feel personal and memorable rather than just relaxing.

In 2026, the best trips aren't just about where you go - they're about how you travel. Whether it's a tropical escape, a European adventure, or a Canadian road trip, the focus is on creating experiences that are meaningful, affordable and uniquely your own.

ReliableTravel.ca
250-488-9313

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vicreasey@shaw.ca

Diane Chatfield
dchatfield@tpi.ca

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Okanagan Quilters

By Barb Shanks

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

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110-1960 Barnes St, Penticton, BC V2A 4C3

If Cremation Is Your Choice

By Lesley H. Luff, Okanagan Falls & Osoyoos

Spring is in full swing ... the blossoms are out in colourful profusion. New life is abundant!

No time like the present to take care of your "final arrangements". If you do not take care of this yourself, then the task falls to a family member or a friend. I assure you that neither wants to take charge of that responsibility. Making your final arrangements is quite a simple process. One call or email to Lesley and everything can be accomplished within 48 hours.

This is the most thoughtful gift that you can leave your loved ones. What are you waiting for? You have Insurance for your vehicle, and hopefully Insurance on your home or property, so why not Insurance to cover your demise?

Polite request to all local businesses and fruit vendors! Take a walk around your property and assess it from the eyes of a potential customer. Is everything spic and span? Everything tidied up? How do you look from the roadway? Replace any old and tattered Canadian flags with new ones. Image is Everything! Soon our area will be welcoming our annual tourists, and appearance can mean the difference between those tourists driving in or driving right on by! Our Canadian flag should always be flown with the pride and dignity that it deserves.

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(By appointment only please)

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Of course the windows don't open. Otherwise, people would throw stuff out of the aircraft.



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