



SKAHA MATTERS

"Bringing Community Matters To You"

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April
2015

Your FREE Monthly
Community Newsletter

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skahamatters@telus.net

250.490.6951



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Quick Facts: 3300 copies are printed and distributed each 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. 35 locations also carry copies.



Scan QR Code to the left with your smart phone and read any issue of Skaha Matters.



New Seniors Transit Fare

The Regional District of Okanagan-Similkameen will be introducing a Seniors' Fare for the Okanagan-Similkameen transit system beginning May 1st! This includes Route 10 (Naramata) and Routes 20 and 21 (Okanagan Falls). The new rates will be: \$1.25 for 1 Zone and \$1.75 for 2 Zones. Not only will this provide a discount for seniors, but it will also bring the fares into closer alignment with the City of Penticton fares, with the intent of making the two systems more integrated from the rider's perspective. For more information, visit www.bctransit.com or call 250-492-5602 for general transit inquiries.



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APRIL 2015 COMMUNITY CALENDAR

View Online at www.SkahaMatters.com ~ **Event Reminders on Facebook Page!**

Call 250.490.6951 or skahamatters@telus.net

* Event info is included in this issue.



**Get Your Event
on the Community Calendar!**

Free Listing for Local Non-profit Groups.

Advertise Your Business Event Too!

Church Services* Kaleden & OK Falls Community Churches 10am OK Falls United Church & Anglican Church 9:30am Catholic Mass 11:30am	May 2015 Special Events May 1 ~ New Seniors Transit Fare in Effect May 2 ~ Kaleden Fire Department's Yard Sale May 3 ~ Wild Goose Vineyards "Patsy Cline Wine & Dine" May 9 ~ Penticton Quilters Guild Quilt Show May 10 ~ Mother's Day! May 12 ~ Kaleden Church hosts "We Were Children"		Family Storytime * OK Falls Library Wed 1:30pm Kaleden Women's Weekly Drop-in * Kaleden Church Wednesdays 1-4pm	SO Genealogy Event * Penticton Library 7pm Church Services *	GOOD FRIDAY Church Services* OK Falls Legion #227* Meat Draws Fri/Sat 5pm LA Dinner on Apr 3 & 17	Kaleden Egg Hunt* 4 Pioneer Park 1pm OK Falls SeniorCentre* Pancake Breakfast 8-10am Liquidity Adult Hunt * Kaleden Church * "The Table" *
5 EASTER SUNDAY Church Services * OK Falls Lions Club Easter Egg Hunt * Lions Park 1pm	6 OK Falls Senior Centre* General Meeting 1pm	7 Active Kids * Kaleden Tuesdays 3-4:15pm OK Falls Senior Centre* Tuesday Bingo 1pm 1st 3 Tuesdays each month Tuesdays Pool 6pm Toastmasters Tues 7pm *	8 OK Falls Legion #227* Drop-in Darts Wed 7pm Triple The Fun * OK Falls Parks & Rec Pick your racquet Wednesdays 7-9 pm	9 Teen Night at Kenyon Thursdays 6:30-8pm with OK Falls P&R *	10 OK Falls Senior Centre* Music & Coffee Wed/Fri 9-10:30am OK Falls Senior Centre* Rock & Roll Music Fridays 1-4pm	11 Kids Soccer * OK Falls Legion #227* 1st Responders Dinner Twin Lakes Golf * Opening Special Apr 11-12 Art in the Park * Water Workshop *
12 OK Falls Senior Centre* Jam Session 1pm Kaleden Tennis Registration * Pioneer Park 10-Noon	13 Women's Institute * Meeting 1pm OK Falls Irrigation District * Water Main Flushing	14 Ready, Set, Learn 11-12 pm Kaleden School Living the Dream #3 * OK Falls School 7pm Skaha Beach Market * Grand Opening Event	15 Parkland Acquisition Advance VOTE *	16 OK Falls Senior Centre* Thursdays Scrabble 10am, Thursdays Bridge 1pm & Thursdays Crib 7pm	17 Living the Dream * Special Children's Presentation - 6pm OK Falls Elementary School	18 OK Falls Senior Centre* Drop-in Bingo 1pm OK Falls Legion #227* Drop-in Darts Saturdays 1pm
19 OK Falls Legion #227* Pancake Breakfast 8-11am Fun Time with Hotdogs, Horse Racing & More! Sundays 1pm	20 Kaleden Community Choir Practice 7pm at Church * Pitch In Week * Kaleden Apr 19-25	21 Kaleden Church * Preschool Storytime * Kaleden Library Tues 10am OK Mini School * Open House 6-7pm OK Falls Legion #227* General Meeting 7pm	22 OK Falls Senior Centre* Carpet Bowling Wed 1pm Inner Bliss Belly Dancing * Wednesdays 7:15pm	23 Blood Donor Clinic * Penticton Senior Centre Apr 22, 23, 24 1:30-5:30pm	24 Age Friendly Mobility & Transportation Fair 1-5pm OK Falls Seniors Centre	25 LA Breakfast & Yard Sale from 8am * Skaha Lake Girl Guides Bottle Drive * Parkland Acquisition General VOTE *
26 St. Barbara's Church 1st 3 Sundays at 9:30 4th Sunday at 1pm	27 Kaleden Irrigation District AGM * Kaleden Hall 7:30pm	28 LEGO Night * OK Falls Library 6-7pm Living the Dream #4 * OK Falls School 7pm OK Falls Irrigation District AGM * OK Falls Seniors Centre 7pm	29 Pharmasave's Customer Appreciation Day *	30 Delivery of April Skaha Matters by Canada Post	May 2015 Special Events Continued May 16 ~ Meyer Family Vineyards "Wine & Swine" May 30 ~ Okanagan Falls Bandshell Official Opening May 31 ~ Purina Lions Club Dog Walk for Guide Dogs OK Falls Hotel's Family Bike Rally Date TBA	



Tom Siddon
Director of
RDOS Area 'D'



FROM THE DIRECTOR

"April hath put a Spirit of Youth in Everything" - Wm Shakespeare

When I was in my early teens, springtime always brought a sense of excitement and adventure. I guess that's why our parents called it "spring fever". As residents of Area 'D', we too will be faced with a number of choices and new opportunities during the spring days that lie ahead:

Affirmation Vote on Parkland Purchases

As described elsewhere in this issue of Skaha Matters, an affirmation vote (referendum) will be held on Saturday, April 25th to determine if residents living in the Okanagan Falls Parks and Recreation

Service Area are willing to approve the borrowing of \$950,000 for the purchase of two parcels of parkland; one is the former Lamb family lakefront property at the foot of Willow Street in Okanagan Falls; the other is to acquire sufficient acreage to create a long-sought neighbourhood park in the Heritage Hills/Vintage Views subdivision. If approved, the purchase of these combined parcels would be amortized over a period of 20 years, with an annual levy of 9.4 cents per \$1,000 of residential property value (about \$32 a year for an average residential home in the parks service area)

Personally, I am very supportive of these two projects should they be approved by the electorate. This may be our only opportunity to purchase the last remaining parcel of lakefront property in Okanagan Falls. This would provide an attractive venue for a variety of lakefront recreation and fitness activities, and offers the prospect of completing the "Heritage Walk" from Lions Park and the KVR Trail, across the Skaha beach foreshore to the North end of Main Street.

The neighbourhood park in Heritage Hills will facilitate much needed play areas for children and adults, and an inviting lay-out of walking trails for residents to enjoy. The new Heritage Hills Park will be developed and administered by the Okanagan Falls Parks and Recreation Commission, working in cooperation with the Heritage Hills/Lakeshore Highlands Residents Association.

Further details about the Affirmation question, the polling location, voting hours and advance voting options may be found in the legal notice published on pages 6 and 7 of this publication. If you have further inquiries, please call the RDOS Chief Elections Officer at (250) 492-0237.

Kaleden Community Association and Kal-Rec News ~ The Kaleden Recreation Commission and Community Association held their Annual General Meeting(s) on March 17th. It is with regret that resignations were received from two dedicated members of the Executive; the Chair Brian Baldwin and Secretary Tracy Maloney. Both these members have chosen to step down for the time being, but promise to continue their active support for the work of the Commission. My personal thanks and best wishes to Brian and Tracy, as they enjoy some well-deserved "time off".

The newly elected Chair of Kal-Rec is Doug King, now retired to Kaleden and the son of Kaleden pioneers Ron and Helen King. He will be joined by Neal Dockendorf as Vice-Chair. Neal has many years of experience as the Recreation Manager for the City of Burnaby. Welcome to the helm gentlemen! One new member has also joined the Commission: Gail Jeffrey is a Chartered Accountant and long-time summer resident at Ponderosa Point. Welcome to the team, Gail! There is still room for one more member should anyone be interested.

Priorities for Kal-Rec and the Kaleden Community Association are the completion of updates to the Community Hall, and the commissioning of an engineering assessment of the old Kaleden Hotel. The latter project and its terms of reference are being guided by members of the Kaleden Hotel Advisory Committee. This is an important initiative.

It would be a real shame if this historically significant legacy of early Kaleden days was lost to a windstorm or other structural failure.

Residents of Kaleden will also notice that construction work on the Lakehill pedestrian walkway is proceeding apace. Hopefully, this project will be completed in time for an official opening before the beginning of summer.

Okanagan Falls Parks & Recreation ~ Aside from advocating for the parkland acquisition, the Okanagan Falls Parks and Rec Commission has been kept busy with other matters. In early March, a stolen car crashed into Kenyon Park, through the children's water spray park and landed in the playground where it was set afire. Commission Member Mike Pearce and our capable maintenance man Luis were early on the scene, and have been working to repair most of the damages before Kenyon Park is ready to reopen for summer. I have been assured that insurance will cover all damages to the park and playground equipment. Thanks to those who helped clean up the mess, and no thanks to the out-of-control driver.

Due to an unexpected resignation of the Recreation Supervisor in Kaleden, Janet Black and Nancy Wigley have been helping out with summer programs and hall bookings for Kal-Rec on an interim basis. Thanks to both Janet and Nancy for pitching in to help a neighbour in need, while at the same time devoting many hours to organizing the always popular summer recreation programs in Okanagan Falls.

Incidentally, full-time employees of the Parks and Recreation Commission have recently opted to join the local bargaining unit of the BCGEU. This is the Union which represents most non-management employees of RDOS. This change may have some implications for wages and benefits of the affected workers.

Good News! ~ Thanks to the efforts of Janet Black a New Horizons Grant of \$17,500 has been awarded for the construction of a wheelchair accessible ramp into the Okanagan Falls Recreation Centre at the Northwest corner of the school gym. Kudos to you Janet, for pursuing this grant under the federally-funded New Horizons program.

Area D-1 OCP Review ~ The Area D-1 OCP Review is now well underway, with the Citizen's Advisory Committee meeting with the project consultants on a regular basis. About 100 residents attended a public workshop in the Kaleden school on March 26th. The majority present expressed a strong desire to maintain the natural environmental assets of the area, to protect the integrity and sustainability of the water supply, and to carefully manage any future plans for development.

Governance Study a 'GO' for Okanagan Falls ~ Subject to confirmation by the incoming RDOS Board, the Minister of Community Development, the Hon. Coralee Oakes, recently gave her approval to fund a study of possible governance options for Okanagan Falls. At the March 5th RDOS Board meeting, Directors gave their unanimous consent for such a study, which will involve extensive community consultation. If there is sufficient community support, the study would be followed by a detailed cost analysis and then a public Referendum on the question of incorporating an appropriate form of local government for Okanagan Falls.

Age Friendly Mobility and Transportation Fair ~ Phase two of the Age Friendly project is moving along in Okanagan Falls. The recent "Bus Buddy" project was a great success! Janet Black has now organized a workshop on "Mobility and Transportation" issues for older adults. This program will be held at the Okanagan Falls Seniors Centre on Friday, April 24th, from 1 to 5 pm. If you want to learn more about mobility and stability issues, this workshop is for you!

Well, don't be made a Fool of on April 1st!

And, a Happy Easter to all,

Tom Siddon, RDOS Director Area 'D' // tsiddon@rdos.bc.ca
250-809-2548 // Penticton Office - 250-490-4215 // www.rdos.bc.ca



Linda Larson, MLA ~ Boundary-Similkameen
 6369 Main Street, Box 998, Oliver, BC V0H 1T0
 Tel: 250.498.5122 Toll-free: 1.855.498.5122
 "Your Voice in Victoria!" Linda.Larson.MLA@leg.bc.ca

Monthly Update From MLA Larson

By Linda Larson, MLA for Boundary-Similkameen

With spring comes road construction and I'm pleased to see the walkway on Lakehill Road in Kaleden underway. While many great people in the community have supported the project, I want to personally thank volunteer Kim Dennis for all her help and collaboration in getting this project to the top of the list for the Ministry of Transportation, and thanks also to the Regional District of Okanagan Similkameen and rural director Tom Siddon.

This budget is again a balanced one and again not particularly exciting, so I will only mention the continuing support for agriculture. There is another \$2 million to support Buy Local programs and \$1 million to support the BC School Fruit and Vegetable Nutrition Program, which benefits close to half a million school children including First Nations Schools. I know many of our local organic farmers supply produce for these programs.

The Canada Winter Games have concluded in Prince George and while we didn't have any local young people in Prince George, we did have a Special Olympics Team from the Boundary that won a Gold medal in Floor Hockey at the BC Special Olympics in Kamloops. Congratulations to the seven team members from Grand Forks and their coach for bringing home a medal.

The Small Business BC Awards were held recently in Vancouver and several local businesses were nominated. Congratulations to Karoleena Homes in Okanagan Falls, Jane Long, who was nominated in three categories, and Firehall Brewery which finished in the top five for the Premier's Award. Small business is alive and well in the South Okanagan/Boundary/Similkameen.

A Community to Community Forum was held in Keremeos which brought together the entire board of the regional district and First Nations communities. I was able to attend for part of the day and noted the spirit of co-operation shown by all the participants. There is a desire to become better at talking - government to government - on issues of mutual importance and working more collaboratively in the future.

Tourism got a boost with the announcement of the next steps in moving forward with Area 27. This is just another example of the partnerships possible with First Nations that benefit all who live in the South Okanagan. Thanks to the OIB and Chief Clarence Louie for creating another great opportunity to attract an untraditional tourist attraction to our area.

While wine tourists traditionally think of the Okanagan for excellence in wines, the Keremeos/Cawston area continues to hit the world scene with its wonderful wines. Most recently, Clos de Soleil was recognized for its 2013 Capella by having it served at Canada House in London. Congratulations!

In closing, I want to recognize the Open Door Agency in Oliver and the work it does connecting people with all kinds of challenges to meaningful employment. I recently attended Untapped 2015 in Vancouver put on by Open Door BC where individuals and large and small businesses were recognized for their hiring and helping practices. There were 32 nominees this year and the numbers continue to grow. March 11th also marked the 5th Anniversary of Canada's ratification of the United Nations Convention on the Rights of Persons with Disabilities. Canada was one of the first countries to sign the convention and BC has launched Accessibility 2024 to make this province the most accessible in the country.

We have a long way to go, but we have many wonderful organizations who every day make the lives of people with disabilities better and businesses that recognize the value of these individuals as employees. Thank you.



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APRIL HOURS & EVENTS

Easter Weekend

Tasting Room Hours: Friday to Monday 11am - 6pm
 Bistro Hours: Thursday to Monday 12pm - 8pm

Come enjoy an adult Easter Egg Hunt in the vineyard!

Saturday April 4th, 12pm - 3pm
 Search for eggs filled with chocolate, candy, tasting vouchers
 & other merchandise gifts.

April 9th - 30th

Tasting Room Hours: Friday to Sunday 11am - 6pm
 Bistro Hours: Thursday to Monday 12pm - 8pm
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**Okanagan Falls
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Initiative is funded by the
BC Age Friendly Program

**Our Age Friendly Plan
Presents Our
Second Program ...**



Mobility & Transportation Fair for Older Adults

Friday, April 24th ~ 1:00 - 5:00 pm

Okanagan Falls Senior's Centre at 1128 Willow St

Presentations & Exhibitors

- **Tai-Chi with Richard Lautsh** ~ This gentle form of exercise could be the perfect activity for the rest of your life. An introductory mini-class starting at 2:00 pm.
- **Falls Prevention** ~ with Charlie Parcher of Summerland Medicine Centre.
- **Importance of Strength / Balance Training** ~ Simple exercises you can do at home.
- **Assisted Mobility** ~ Scooters, walkers and other devices.
- **Urban Pole Walking** ~ Adding value and confidence to your daily walks.
- **Better at Home Program** ~ Resources and Volunteer Recruitment.
- **Government Paperwork 101** ~ Where to ask for help if you need it.
- **BC Transit Training** ~ Handy Dart and Local Bus Route Information.
- **New Horizons for Seniors Grant Opportunity** ~ Let's hear your ideas for 2016.
- **Pharmasave** ~ Falls Prevention Home Visit Service.

Additional Exhibitors Welcome ~ Please call Janet Black at 250-497-8188

All Welcome ~ Snacks and Beverages Included



John Powell

Area 'D' Economic Development Office

with John Powell

Following the dissolution of Okanagan Falls' own Chamber of Commerce several years ago, there has been a widely held perception locally that Okanagan Falls no longer has a Chamber of Commerce. This is most certainly not the case, as Okanagan Falls is a part of the South Okanagan Chamber of Commerce (SOCC) alongside Oliver and Osoyoos.

As a new member of the Chamber's Board of Directors, I am committed to representing the South Okanagan sub region and ensuring that our Area 'D' business community is well represented. It should also be noted that our new Chamber President, Brian Highley is also an Okanagan Falls resident and a committed advocate for our area, as well as our region. As a Chamber that represents all of the communities in the southern end of the South Okanagan, we have a stronger voice to lobby all levels of government in order to promote continued growth and sustain prosperity in the communities we serve.

Through active leadership, the South Okanagan Chamber of Commerce will provide: Member networking opportunities; Membership discount programs; Member education and training through workshops; Community promotion through events; and Platforms for business alliance.

This year, I have already secured several Chamber events in Okanagan Falls. We will be hosting three 'network night' events at local businesses. We will be firming-up which businesses will be hosting these events soon. These events will take place on Wednesday, June 17th, Wednesday October 21st, and Wednesday December 16th. You're welcome to attend whether you're a member of the Chamber or not. Please mark your calendars and keep an eye on upcoming editions of Skaha Matters for further details.

Together with the Chamber, I will be hosting three 12 at 12 business lunches with various local business sectors in the coming months. There will be twelve people invited at noon for each event. The first of these meetings will be with the agricultural and tourism sectors in April. This initial meeting will be followed by the retail and town centre business community in May and the manufacturing sector later in the year. This will be an opportunity for local businesses to meet to discuss their successes, concerns and (hopefully) find solutions to issues. With similar events taking place in Oliver and Osoyoos, we anticipate that common themes and concerns will emerge in all communities, which will allow us to respond appropriately and collectively to tackle these issues.

On May 1st, the South Okanagan Chamber of Commerce's head office will be moving from its current location at the Visitor Centre in Oliver to a more prominent Main Street location in Oliver. Our new location will be both more prominent and accessible to our members. Details will follow in due course.

As your local Okanagan Falls Chamber Representatives, I encourage you to discuss the benefits of membership with either myself or Brian Highley. There has never been a better time to become a member. Alternatively, visit the South Okanagan Chamber of Commerce website at www.sochamber.ca.

The Regional District of Okanagan Similkameen (RDOS) are continuing the Electoral Area 'D-1' **review and update** process for the Kaleden - Apex Official Community Plan (OCP). This plan covers all of Area "D" to the West of Skaha Lake. We encourage you to review the Area "D-1" OCP website <http://www.d-1update.ca/>.

The nature of my job requires me to regularly travel to meet with clients and attend meetings throughout the working week. This unfortunately means that I have to lock the office during the work day. I apologies for the inconvenience this may cause you. To improve my service to you, I would like to encourage anyone that wants to meet with me, to please call or email me (see below) in advance to arrange an appointment.

If you want to discuss items raised in this article further, find out more about the role of the economic development office, talk about the work I'm currently doing, get assistance with RDOS-related matters or other related questions, please contact John Powell, Area 'D' Economic Development Coordinator at 778.515.5520 or jpowell@rdos.bc.ca

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Regional District of Okanagan-Similkameen

NOTICE OF ASSENT VOTING OKANAGAN FALLS RECREATION SERVICE AREA PARKLAND ACQUISITION

PUBLIC NOTICE is given to the electors within the Okanagan Falls Recreation Service Area in Electoral Area "D" of the Regional District of Okanagan-Similkameen as defined on the map following, that an Assent Vote will be held on the following question:

"Are you in favour of the Regional District of Okanagan-Similkameen adopting Okanagan Falls & District Parkland Acquisition Loan Authorization Bylaw No. 2685, 2015 to provide for the authorization to borrow nine hundred and fifty thousand dollars (\$950,000) to purchase parkland within the Okanagan Falls Recreation Service Area?"

General Voting will be held on:

SATURDAY, APRIL 25, 2015, 8:00 am to 8:00 pm

Okanagan Falls Elementary School Library
1141 Cedar Street, Okanagan Falls, BC V0H 1R0

Advance Voting opportunities will be held on:

WEDNESDAY, APRIL 15, 2015, 8:00 am to 8:00 pm

Regional District of Okanagan-Similkameen
101 Martin Street, Penticton, BC V2A 5J9

Elector Registration - There is no need to pre-register to vote as the registration of all electors for voting will take place at the time of voting. You will be required to make a declaration that you meet the following requirements:

- 18 years of age or older
- Canadian citizen
- resident of BC for at least 6 months immediately preceding voting day
- resident of OR registered owner of real property in the Okanagan Falls Recreation Service area for at least 30 days immediately preceding voting day
- not otherwise disqualified by law from voting.

Resident electors are required to produce **2 pieces of identification** (at least one with a signature). Picture identification is not necessary. The identification must prove both residency and identity.

Non-resident property electors must produce 2 pieces of identification (at least one with a signature) to prove identity, proof that they are entitled to register in relation to the property, and, if applicable, written consent from the other property owners.

Mail Ballot Voting - Electors may vote by mail if they:

- have a physical disability, illness or injury that affects their ability to vote at another voting opportunity;
- expect to be absent from the Regional District on general voting day and at the times of all advance voting opportunities;

REQUESTING A MAIL BALLOT PACKAGE:

Before 4:30 pm on April 14, 2015 you must submit the Application to Vote By Mail form found on the Regional District website of the Regional District of Okanagan-Similkameen office, by mail to 101 Martin Street, Penticton BC V2A 5J9, fax (250) 492-0063 or email ggramm@rdos.bc.ca. Information requested includes:

1. Full name;
2. Residential address;
3. Address of the property in relation to which you are voting (for non-resident property electors);
4. Method of delivery of your mail ballot package:
 - (a) pick up at the Regional District office;
 - (b) regular letter mail through Canada Post to residential address; OR
 - (c) regular letter mail through Canada Post to an alternate address provided when requesting the mail ballot package; and

Mail ballot packages will be sent out within one working day of receipt

of a complete application. To be counted, your mail ballot must be received by the Chief Election Officer or their designate **no later than 4:30 pm on April 24, 2015 at the Regional District Office 101 Martin Street, Penticton or by 8 pm on voting day only, Saturday, April 25, 2015 at the polling station at which you are voting.**

SYNOPSIS OF PROPOSED BYLAW:

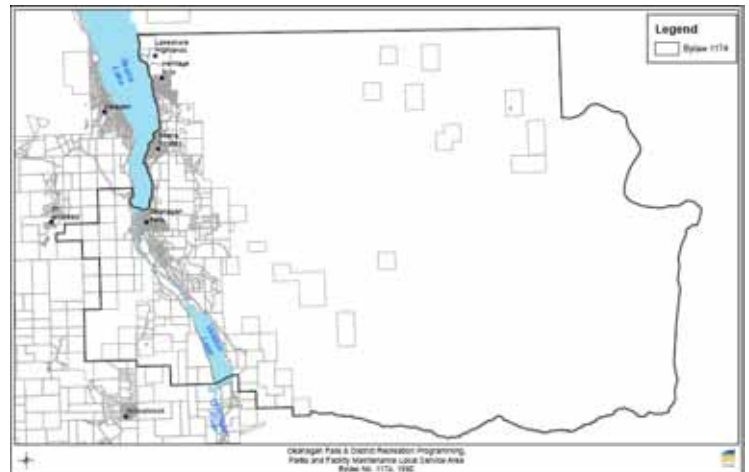
The purpose of Bylaw No. 2685, 2015 is to authorize the long-term borrowing of a sum not to exceed \$950,000 for the purchase of **parkland to serve the Okanagan Falls Recreation Service Area**. The estimated annual debt payment on \$950,000 over 20 years is \$71,593.

The maximum tax rate is set by bylaw and is subject to elector assent. TAKE NOTICE that the above is a synopsis of the proposed bylaws and that this synopsis is not intended to be and is not to be understood as an interpretation of the bylaws. The full bylaw may be inspected at the Regional District office, 101 Martin Street, Penticton, BC during regular office hours, 8:30 am to 4:30 pm, Monday to Friday.. Additionally the bylaw is available on the Regional District website at www.rdos.bc.ca.

For further information on the bylaws or the voting process, please call either at (250) 492-0237:

Christy Malden, Chief Election Officer
Gillian Cramm, Deputy Chief Election Officer

Chief Election Officer



KALEDEN IRRIGATION DISTRICT

NOTICE OF ANNUAL GENERAL MEETING

MONDAY, APRIL 27, 2015 at 7:30 pm

in the Kaleden Community Hall

AGENDA:

- Minutes of the Annual General Meeting held April 28, 2014
- Trustees Report
- Superintendents Report
- Financial Statements for the year ending December 31, 2014
- Remuneration of Trustees for 2014
- Introduction of Candidates for Trustee
- Setting of Election Date
- New Business

Nomination papers are available at the District office, located at 119 Ponderosa Ave. in Kaleden, weekday mornings and must be filed at the District office by **Noon, Thursday, April 23, 2015.**

Cheryl E. Halla, Office Administrator ~ Phone 250-497-5407

PLEASE NOTE: THERE IS NO SPRINKLING / IRRIGATING PERMITTED UNTIL APRIL 15TH.

Regional District of Okanagan-Similkameen

**NOTICE OF APPLICATIONS FOR SCRUTINEERS
OKANAGAN FALLS & DISTRICT PARKLAND
ACQUISITION LOAN AUTHORIZATION ASSENT VOTE**

On Saturday, April 25, 2015, qualified electors within the proposed Okanagan Falls Recreation Service Area will be voting on the following question:

"Are you in favour of the Regional District of Okanagan-Similkameen adopting Okanagan Falls & District Parkland Acquisition Loan Authorization Bylaw No. 2685, 2015 to provide for the authorization to borrow nine hundred and fifty thousand dollars (\$950,000) to purchase parkland within the Okanagan Falls recreation service area?"

Scrutineers for and against the question must be appointed if applications are received from persons who wish to volunteer for the positions. Only persons entitled to vote as electors on the question shown above are entitled to act as scrutineers. One scrutineer for and one scrutineer against the question will be appointed for each voting place if sufficient applications are received.

Applications to act as a scrutineer will be received by the Chief Election Officer at the office of the:

Regional District of Okanagan-Similkameen
101 Martin Street, Penticton BC

during the period:

**8:30 am, Thursday April 2, 2015 to
4:30 pm, Monday April 13, 2015**

Applications will only be received during regular office hours, 8:30 am to 4:30 pm, Monday to Friday during this period. Application forms are available at the Regional District office in Penticton.

Interested persons can obtain information on the requirements and procedures for making an application by contacting the following persons at the Regional District office (phone: 250-492-0237):

Christy Malden, Chief Election Officer
Gillian Cramm, Deputy Chief Election Officer

Chief Election Officer



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If there is someone or something you would like to see honoured for healthy choices, contact Janet or Nancy at info@okfalls.net or 250-497-8188.



April Hours:
7-8 Monday-Friday
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Saturday ~ All Day Eggs Benny

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Okanagan Falls Irrigation District News

with Bob Daly, OFID Chair

Water Main Flushing ~ This is to advise you that the District will be flushing water mains commencing **April 13, 2015**. During this period, you may experience some discolouration or sediment in the water. If so, run your cold water tap until the water is clear. To avoid any inconvenience, please check the water prior to doing laundry.

Annual General Meeting ~ The Annual General Meeting of the Taxpayers of the Okanagan Falls Irrigation District will be held **April 28, 2015 at 7:00pm at the Okanagan Falls Seniors Centre**. The meeting will include the Auditor's Report, Report from the Chair, as well as new business, including Trustee Remuneration.

Well #6 (New Well in Upper Zone) ~ Construction of Well #6 is underway, and will be in operation by the beginning of summer. The well will not only supplement existing wells, but will include emergency power to enable operation in the event of a major power failure. The well site is located on the East side of Maple St, slightly South of UEE.

Band Shell ~ When you drive by Centennial Park, you will notice that the Band Shell is nearly completed. Stay tuned for news regarding the official opening on Saturday, May 30th.

Other OFID Projects ~ The Board has adopted a Mission Statement and Operating Principles for the District. This will be presented at the Annual General Meeting.

Okanagan Falls Irrigation District Website ~ As part of the District's work to improve communication, Administrator Judy Morris has developed a website to provide ratepayers with up-to-date information. Visit www.okanaganfallsirrigationdistrict.ca today!



Kaleden Volunteer Fire Department

KVFD April Safety Tip

Spring Clean-up Outside The House

- Make sure your address numbers are up & visible from the street
- Maintain a clear 'fire zone' of 10 feet around structures
- Check outdoor electrical outlets for animal nests
- Keep 100 feet of garden hose with attached nozzle ready for use
- Remove leaves & trash from carports & garages
- Clean up & properly store paints, pool & yard chemicals
- Check fuel containers for leaks & ensure they are properly stored

Kaleden Volunteer Fire Department

Annual Yard Sale

Saturday, May 2

Kaleden Fire Hall - 303 Lakehill Road, Kaleden

8 AM Sharp!! No Early Birds - Ends at Noon

Donations gratefully accepted. Only items in working condition please. Articles may be left at the Fire Hall. For pick-up in the Kaleden and White Lake Area on Wednesday, April 29th after 7pm, phone 250-497-8231 and leave a message. You may also call any firefighter.

PITCH-IN Week ~ April 19-25

Do your part & help clean up Kaleden!

It's that time of year again, time to clean-up Kaleden. Residents have the opportunity to clean the ditches, ravines, streets and trails in and around our community. Get your garbage bags at the Kaleden Library or the Kaleden Elementary School. You can also use your own bags. Filled bags can be dropped into the dumpster that will be placed at the Kaleden Church parking lot.

Do your part. Every little bit helps. Pitch-in & be proud!

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Meadowlarking by Bethany Handfield

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Hiking Bird watching Children's
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exhibitions Astronomy gazing
Photography workshops Aboriginal events
Film screenings Writing sessions

Tickets on sale starting April 4th
www.meadowlarkfestival.bc.ca

RCMP Community Report



with Sgt Rick Dellebuur, Penticton RCMP

Community Policing

Cpl Don Wigglesworth has recently taken over as the head of our Penticton RCMP Community Policing Unit. Don brings a wealth of policing experience and community involvement to this position. Don has good knowledge of the area, as he was previously posted in Oliver and lived in Okanagan Falls. He was then transferred up North to New Hazelton, where he was very involved in the community. Don returned here about 2 years ago and has been one of our Watch Commanders. Don is involved in coaching and working with youth in the community.

Don is currently learning his new duties and one of his first priorities is to recruit new volunteers for our various crime prevention programs and initiatives. Volunteers are needed to assist with various aspect of Community Policing, such as Citizens on Patrol, Lock Out Auto Crime, Speed Watch, Victim Services, and Auxiliary Police.

Volunteers with the Penticton RCMP must meet certain requirements, which will include being at least 16 years of age, being responsible and of good character and achieving the appropriate level of security clearance. While helping their community, our volunteers develop friendships, gain experience and skills, challenge themselves and a valuable sense of pride. For more information or to apply, please contact one of the following agencies:

- Penticton RCMP Detachment - 1168 Main Street, 250-492-4300.
- Penticton RCMP Community Policing Office - 185 Lakeshore Drive, Penticton (next to the Peach).
- Downtown Penticton Association - 250-493-8540 or email to info@downtownpenticton.org.

Community Programs are available for rural communities, such as Okanagan Falls and Kaleden, and are dependent upon the community needs and volunteers. For example, we have in the past operated a Citizens on Patrol in Okanagan Falls with area volunteers during the busier summer months. However, a decline in volunteers led to the cancelling of the Citizens on Patrol program in Okanagan Falls. Citizens on Patrol or other community programs/initiatives could certainly be introduced again, if the community felt there was a need and volunteers were available in the community to operate the program. Penticton Community Policing is certainly willing to work with rural groups and communities to develop and implement programs and strategies that address crime and concerns in their respective communities and areas.

For further information, please contact Cpl Don Wigglesworth at the Penticton RCMP at 250-492-4300.

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call 250.497.8553



Perry Tompkins, Pharmacy Mgr

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Drug-Induced Nutrient Deficiencies - Are you at risk?

While nutrient deficiencies are relatively uncommon in the developed world, medications occasionally represent a cause of deficiency and depletion of important minerals and vitamins needed to ensure your body is working properly. What's more, loss of these nutrients tends to occur slowly and can be difficult for patients to detect until overt signs or symptoms of deficiency appear.

Although nutrient deficiency has been associated with literally dozens of drugs, deficiency tends to occur most commonly with only a handful of medications, several of which are widely prescribed. These include Metformin, a medication used to control high blood sugars in Type II Diabetes; diuretics or water pills used to manage high blood pressure and fluid accumulation associated with a variety of disorders; and acid reducers used to treat acid reflux and gastric or duodenal ulcers. The nutrients most commonly affected include Vitamin B12, Calcium, Magnesium, Iron and Potassium, depending on the drug(s) involved. Individuals at higher risk include those who take a combination of medications associated with deficiency - a classic example being Vitamin B12 deficiency in patients taking Metformin AND an acid reducer such as Tecta, Pantoprazole Sodium (Pantoloc), Nexium, Omeprazole (Losec) or Ranitidine. In some cases, deficiency can be prevented by increasing dietary intake of the relevant nutrient; however, supplementation is sometimes required depending on dietary habits and other factors.

In closing, if you are concerned that you are at risk for drug-induced nutrient depletion, stop in and ask. We can review your medication history and point you in the right direction, whether that be dietary measures or supplementation.

"An optimist is the human personification of spring."

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Healthy Breasts for Life

By Jennifer Strong, DAC & OM, RAC

1. **Relieve stress.** Stress and unresolved anger contribute to breast disease development. Relax daily with exercise, yoga, meditation.
2. **Daily breast massage** with castor oil moves lymph to remove toxins and unblock ducts.
3. **Seasonal Cleanse.** Gentle cleanses promote toxin elimination.
4. **Eat organic.** Environmental toxins in food are found in breast milk and irregular breast tissue.
5. **Eat your veggies!** Especially broccoli, Brussels sprouts, cauliflower, and cabbage.
6. **Hydrate.**
7. **Sweat!** Sweating eliminates waste. Use steam rooms or saunas (www.saunaray.com). Use deodorants not antiperspirants. (lifestinks at Amazon.ca is popular).
8. **Enjoy** natural sources of iodine, including kelp, seaweed, seafood, blue-green algae, dandelion, yogurt, cheese, milk, asparagus, cranberries, and strawberries.
9. **Avoid underwire and compression bras** as they impede lymph flow. Consider Tab bras for comfort, support and health. www.tabbra.com
10. **Thermography.** www.thermographykelowna.ca If a potential issue is identified, use mammography for diagnosis.
11. **See your MD if you suspect cancer.** See <http://www.5.komen.org/BreastCancer/WarningSigns.html>. Oriental medicine offers effective support should you undergo modern treatment.
12. **Benign breast diseases** can be effectively treated with Oriental medicine.

Jennifer Strong, DAC&OM, RAC, earned a Master in Acupuncture & Oriental Medicine degree. In practice since 1996, currently at Penticton Integrative HealthCare. With an M.D., Strong teaches a breast health seminar and can be reached at 250-328-3811 or jgstrong@shaw.ca. Visit www.AcupuncturePenticton.com for more information.



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Natural Therapies Enhance Mental Health

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



A recent report titled "Nutritional Medicine as Mainstream in Psychiatry" by the prestigious journal *The Lancet*, highlights the importance of good nutrition for the achievement of optimal mental health. The report states that "pharmacologically focused approaches have achieved a moderate reduction in worldwide burden of poor mental health; however, indicators suggest that the burden of disease attributed to mental disorders will continue to rise". The report goes on to suggest that diet and nutrition be recognized as central determinants of both physical and mental health.

As we move away from our traditional lifestyles, as a population, we become overfed and undernourished. Brain essential nutrients such as B-Vitamins, Vitamin D3, zinc, magnesium, and Omega-3 fatty acids are largely deficient in factory made, processed foods. The report further states that "the profound changes in dietary habits, along with tobacco use, insufficient physical activity, and harmful alcohol and recreational drug use, have resulted in an epidemic of ill health". The expected cost of these habits to the worldwide economy over the next 5 years is US\$47 trillion (a hard number to even comprehend!).

Since the human brain operates at a very high metabolic rate, it is particularly reliant on particular nutrients to function optimally. Many studies have shown an association between healthy dietary patterns and a reduced prevalence of, and risk for, depression and suicide.

Examples of specific dietary trends and nutrients that have been studied for their positive effect on mental health are:

1. The Mediterranean diet with fresh nuts showed a strong trend towards a reduced risk for depression, particularly in people with Type 2 Diabetes.
2. 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.
3. SAMe is a sulphur containing compound that helps to regulate mood and acts safely as an effective antidepressant.
4. Zinc: This abundant trace element has been associated with depression when deficient in the diet.
5. B-Vitamins are needed for proper neuronal function. Folic acid (B9) in particular has been associated with depression when deficient. It is often found deficient in those who respond poorly to antidepressant medication.
6. Vitamin D3: This vitamin is actually better termed a neurosteroid, with data suggesting that low normal maternal concentrations are implicated in schizophrenia risk, and deficiency is linked to depression.

The Lancet report concludes that there is an urgent need to reduce the incidence of mental disorders and that diet and nutrition are key components in the promotion of mental health. The final statement in the report is, "Nutritional medicine should now be considered as a mainstream element of psychiatric practice, with research, education, policy, and health promotion supporting the new framework".

For specific targeted nutritional therapy for optimizing your health, visit a Naturopathic Physician. Visit Dr. Tamara Browne in Okanagan Falls, or call 250 497-6681.

Dr Jerome Sarris, PhD et al. Nutritional medicine as mainstream in psychiatry. *Lancet Psychiatry* March 2015 Volume 2, No. 3, p271-274

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By Doug King, Kal-Rec Commission Chair

We wish to thank Brian Baldwin and Tracy Maloney for all they have done during their time on the Commission. Brian leaves to pursue a "paying" job and Tracy is taking some time off. Both of them have indicated they hope to be back again. One of Brian's legacies is helping to get the hall meticulously organized with a usable office space, supplies consolidated, as well as labeled keys and storage. Tracy was very competent in her role as secretary and was crucial to the smooth running of our Commission committee meetings before, during, and after and she always lent a hand at community events. Many thanks!

We are very pleased to welcome Gail Jeffrey to the Kal-Rec Commission. She will be a valuable member and her employment background as a chartered professional accountant will be an asset. Thank you for stepping forward Gail.

There is still one position open on the Commission and if you are looking to join an active Kal-Rec committee, please email the new Chair, Doug King, at kaledenpr@rdos.bc.ca.

"Here's to all volunteers, those dedicated people who believe in all work and no pay." ~ Robert Orben

AGM ~ Thank you to those who attended the Kaleden Parks and Recreation and Community Association AGM on March 17th. Your feedback is always appreciated and noted. Many of you who attended are volunteering in other capacities in our community and we are grateful. For a synopsis of last year's activities and to review this year's 2015 budget, please visit our website at www.kal-rec.ca.

Kaleden Community Hall and Hotel Park Rentals ~ To book the hall or parks or to inquire about Recreation programs, please contact Janet or Nancy at 250-497-8188 or email info@okfalls.net.

Employment Opportunity ~ Watch the RDOS website www.rdos.bc.ca/news-events/employment-opportunities for a janitorial job position at the Kaleden Community Hall to begin in early May. A job posting will be created shortly.

**** New ****

Active Kids Program in Kaleden

Tuesdays
3:00-4:15
All of April



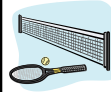
A four session series loaded with agility and mobility and something for everyone. This is an opportunity for parents to meet your new Kal-Rec program leader, Miss Abby Winstone. Some of you might remember Abby from her Kids Day Camp program at the Kaleden Hall during the school closure in September. Abby is pretty excited to be working with Kal-Rec and sharing her extensive tool kit of crafts, games and shenanigans.

- **April 7th - Skittles & Dodge Ball**
- **April 14th - Camouflage** (a hide & seek themed game of chase)
- **April 21st - Cartwheel Club** (gymnastics themed)
- **April 28th - Big Ball Soccer** (meet at the Kaleden school yard)

\$3 Drop In fee at the door or \$10 for the whole series. Geared for Kindergarten to Grade 5 at the Kaleden Hall.

Please note: We do require parents or guardians to sign in and out each day, or stay and join in on the fun.

Any questions about the Active Kids Program? Call Abby at 250-497-8188.



Kaleden Tennis Club Registration

Sunday, April 12th from 10am - Noon

at the Tennis Courts in Pioneer Park in Kaleden

All levels welcome. Join us for league play, Sunday drop-in, round robins and BBQ's. May to Sept. \$35. More info call 250-490-8864.



Blood Donor Clinics

April 22, 23 & 24

1:30-5:30 pm - Penticton Seniors Drop-in Centre
2965 South Main Street in Penticton

To donate BY APPOINTMENT, call 1-888-2DONATE
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Some Good News & Not-so-good News

with Janet Black

You might have wondered what happened to our beloved John Bell Playground in Kenyon Park. Sadly, on March 10th a vehicle crashed into it, catching fire and destroying several pieces of the playground equipment. The RDOS and the Parks & Recreation Commission are currently working with the insurance company, the manufacturer, and Rec Tec (installer), to resolve the situation as quickly as possible. Realistically, full repairs won't be completed until the end of June. We are looking into the possibility of removing the destroyed equipment and opening the rest of the playground for the time being, until the new pieces can be installed. The Spray Park also suffered some damage to 2 of the water cannons. The full extent is still undetermined at this time. A little good news to go with the bad ... We have recently received grant funding from the Federal New Horizons program to install a wheelchair access ramp and electric doors at the community centre main entrance. This was a key recommendation in the Age Friendly Plan and we are grateful for the funding to make it happen. It is an improvement will make the community centre more welcoming for those with mobility issues. We expect construction to begin this summer.

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'Just for Kicks' Soccer

for pre-school & elementary kids

Starts April 11th!

ART IN THE PARK

Saturday, April 11th

2:00 - 4:00 pm

Paint 'birds-on-a-wire' themed murals for public display.



Youth & Teens

For 11 years & up



Teen Night is on the Move!

Join Abby at Kenyon House

Thursdays 6:30-8:00 pm

Foosball, air hockey, ping pong & more.



FROM GUTTER TO RAIN GARDEN

FREE PUBLIC WORKSHOP

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Waterwise Gardens

This presentation will explore the use of storm water capture opportunities in our semi-arid climate. Learn how to adapt your landscape by building rain gardens and using permeable pavers and cisterns. The presentation will also discuss the right plants in relation to moisture zones in these types of gardens to ensure success. Additionally, the seminar will introduce some of the latest irrigation innovations being tested in the market.

Course materials & refreshments provided



Bruce Naka CID/CIS of Sound Water Advise is a Certified Irrigation Designer and installer with 25 years of experience in the industry. He is passionate about using innovative technologies for water retention and re-use and has recently undertaken Low Impact Development courses offered through the Washington State University's Department of Ecology.



Eva Antonijevic, is the Community Programs Director for the Friends of Summerland Ornamental Gardens and a Registered Professional Biologist. Eva and the Friends championed the building of a large-scale demonstration rain garden in 2014 onsite at the Summerland Ornamental Gardens.

Bruce and Eva are both passionate about seeing best practices for water conservation and storm water management being utilized throughout the Okanagan valley.

Workshop Date: Saturday - April 11, 10 am to 1 pm

Location: RDOS Main Office at 101 Martin St., Penticton - ample parking

**Pre-registration required: Please call RDOS Water Ambassador, Zoe Kirk
T 250-490-4110, TF 1-877-610-3737 or email zkirk@rdos.bc.ca**

Class Limit 35 - register early

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Share your voice on park purchase

On April 25, voters within the Okanagan Falls & District Recreation Service Area will speak to the purchase of park space in Okanagan Falls and Heritage Hills.

This is a unique opportunity to secure park space for generations to come, to improve our quality of life and enhance the value of our communities to residents, visitors and local business.

The Okanagan Falls Parks and Recreation Commission is committed to the purchase of park space and wants to ensure you have sufficient information to make an informed decision yourself.

You can visit with us today online at www.okfalls.net or watch for more information to arrive at your door.

We encourage your vote April 25.

More importantly, we encourage your informed vote.

Heritage Hills: land acquisition adjacent to Vintage Blvd.



Okanagan Falls: land purchase adjacent to Christie Memorial Park.

School District No. 53 Board Report

with Sam Hancheroff, Vice-Chairperson

Trustees are very concerned about the announcements made at the provincial budget. We were hopeful that we would receive some increase in funding to pay for the increases in higher medical service plan premiums for staff, higher utility bills and to offset the two percent inflation. In the last ten years, districts have received no extra money to offset these increases. Instead, we were told that school boards in the province must find a total of \$29 million in administrative cuts in next school year's budget and an additional \$25 million the following year. This results in a reduction in funding of \$141,689 for 2015/2016 and a further reduction of almost the same amount for 2016/2017. Although the government announced an increase in funding of \$106 million for education, this funding is primarily directed toward funding additional costs of the recent teacher and support staff collective agreements, as well as Learning Improvement Fund improvements. It is also important to remember that \$94 million of this amount relates to the 2014/2015 school year for the teacher agreement and this money is already in our budgets. We are also anticipating that the government may lift the freeze on excluded staff compensation and that districts will have to find the money to fund these increases as well. Excluded staff includes all of our principals, vice-principals, exempt board office, and senior district staff. Due to the new collective agreement with teachers, many senior teachers now earn almost the same salary as some administrators, and therefore, there is no incentive for teachers to take on these positions, which come with increasing responsibility. Without increased funding, we fear we will be put in a position of having to choose between covering the operational necessities versus delivering a quality education. It is very challenging, without appropriate funding, to create innovative programs and provide the technological and skilled training and personalized learning opportunities that keep students engaged and best prepared for a world beyond the classroom. Our district also faces declining enrollment and changes in funding to adult education programs. We have not overlooked any obvious savings and share two of our senior staff positions with another district, but we see no more easy savings to be had without impacting learning in the classroom. As a district, we will have some difficult decisions to make and we ask for your support as we move forward continuing to provide the best educational opportunities possible for our children. We can only provide the best education for our children with the help of our teachers, staff and our communities.

I would like to thank Ms. Amanda Palmer for her hard work as Acting Principal during the last two months at Okanagan Falls Elementary School. She did a seamless job while Ms. McCall was on medical leave, and welcome back to Ms. McCall.

For more information, contact Sam Hancheroff, Vice-chair, School District No. 53, School Trustee for Okanagan Falls, at 250-497-5878.

Fresh BC Talent Quest - Season 3



SPECIAL THANK YOU to all of our Workshop Presenters and our Workshop Sponsors for a very successful Performers/Adults Workshop weekend at Even Dance on March 1st and 7th.

Online Registration at www.cmeliveproductions.com continues until both Group B & C are completely booked up.

Group A ~ All 15 spots **BOOKED UP** for 9-13 year olds.

Group B ~ 14-18 year olds - Only **5 more acts** to register!

Group C ~ Duo's, Trio's, or Bands, Dancers, etc., up to six members per group. Looking for **4 acts** to complete this group.

Limited performer spaces available. Bookings accepted on a 'first come' basis. Preliminary round starts Sat, April 11th. Full details on website.

Denis Chaykowski, Fresh BC Talent Quest, SEASON 3 - 2015

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We are changing the date for our
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Date To Be Announced Soon!

Weekly Schedule

Everyday ~ Buffalo Burger & Beer ~ \$10.95

Monday & Tuesday ~ Mexican Food All Day

Wednesday ~ Music Bingo 7pm (Wings \$6/pound)

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PHARMASAVE



Pharmasave Okanagan Falls Junior Triathlon ~ June 20th

with Carrie Ferguson, Race Director

Registration opens on April 1st for the 4th Annual Pharmasave Okanagan Falls Junior Triathlon. As always, this fun event is Free for kids aged 3-13. You can register online at www.okfallsjrtri.com, but don't delay as the registration cap is 200 participants. We do expect another "sell-out", so please register early to avoid disappointment.

The event is being offered at no charge due to our awesome sponsors. Thanks to those businesses who have already confirmed their support again this year. Our main sponsors are Pharmasave, UEE, IGA, the RDOS Economic Development Office, Interior Savings, and Meyer Family Vineyards. If you are interested in becoming one of our fabulous sponsors, please contact Carrie at carrieferg@hotmail.com.

This year's race will take place on Saturday, June 20th, and once again the sign-in registration tent and bike drop-off in Kenyon Park is on Friday, June 19th. The race course is in and around Kenyon Park and Christie Memorial Park and the race will again be voiced by the infamous Steve King. For more information on the event, to volunteer, or to register, visit www.okfallsjrtri.com or email okfallsjrtri@gmail.com.

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Skaha Lake Girl Guides Spring Bottle Drive

9am - Noon on Saturday, April 25

Please drop off recyclables to:
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OR for pick up call:

250-497-6426 (OK Falls) or 250-473-5700 (Kaleden/Penticton)

All proceeds go towards Unit Activities - Thank You!



OK MINI SCHOOL

You are invited to our ...

Annual Open House & Registration Night

Tuesday, April 21st ~ 6:00-7:00 pm

OK Mini School is a licensed preschool for 3 and 4 year olds. We are located in Room 8 of the Okanagan Falls Elementary School. We offer a quality preschool program that helps prepare children to become life long learners. For more information, call 250-497-5576 or email Bonnie.OKMiniSchool@shaw.ca



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Okanagan Falls StrongStart Centre

with Samantha James

We will be concentrating on "Spring" this month. Don't forget there is no school on Good Friday or Easter Monday. Join us for our Annual Easter Egg Hunt on Thursday, April 2nd at 11:00 am. We have "Storytime with Georgia" on April 8th at 9:00 am. Speech and Language will join us on April 10th, the Health Nurse on April 14th, and Infant Development on April 28th all at 10:00 am.

The Okanagan Falls StrongStart Centre is a free drop-in early learning centre for children 0-5 years of age. We are located in the Okanagan Falls Elementary School and are open Monday through Friday from 8:30-11:30 am during the 2014/2015 school year. Please Note - We are no longer open for afternoon time. For more information, please call Sam at 250-809-2802.



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School Trustee Report for SD67

with Ginny Manning

The November 2014 Select Standing Committee Report on Finance and Government Services recommended that the government 'Provide sufficient funding for the K-12 system to enable BC students to become top performers nationally; and address cost increases for school districts (e.g. rising BC Hydro rates).' Therefore, the recent provincial budget announcement was extremely disappointing for the education sector. On paper it looks like there is a significant increase in the budget; however, when broken down most of that funding will go to cover the Teacher and Support Staff collective agreements. The Learning Improvement Fund (LIF) received more money; however, those dollars are not new money, but previously announced during the teacher contract negotiations. Increases in MSP premiums, utility costs, inflation etc., will not be funded. In addition, Boards have been directed to find administrative or 'back-office' savings, which for SD67 will be approximately \$300,000 in 2015/16.

Independent (Private) schools received an increase in their per student funding for next year.


During our budget consultation the Board will hear feedback from the Teachers' Union (OSTU), the Support Staff Union (CUPE), Principals and Vice Principals (PVPA), District PAC, and the public. We encourage anyone interested to attend the Public / DPAC meeting on April 23rd at 6:30pm at the IMC building directly behind the Board Office, located at 425 Jermyn Avenue in Penticton. The Final Budget will be presented at the public board meeting on May 11th at 6:30pm.

The Board has written a letter to our local MLA's, the Ministers of Finance and Education and the Premier outlining the \$6,250,000 in budget cuts that this district has had to make just since 2009-10. The impact of these cuts would have been greater if our operating budget had not been supplemented by revenues generated through technology initiatives and our International Student Program.

The district offers several Career Programs overseen by Dave Kalaski. Career Development Programs integrate school-based learning with work place experiences or post-secondary education. Career Awareness through Skills Canada Competitions, a Speaker Series and Yes2It spotlight sessions connect middle and secondary students to individuals in specific sectors. Work Experience programs provide students with the opportunity to gain graduation credit through work-place based learning. Students can transition to the work place through the Secondary School Apprenticeship Program, ACE IT or Dual Credit Programs. More information for these programs is available at www.sd67careers.ca or contact Dave Kalaski (dkalasky@summer.com)

The Community Foundation of the South Okanagan is supporting the YES Penticton Youth Project. Designed to give youth a stronger voice in the community, there are several young people involved in YES and on the Youth Advisory Committee. This project stems from the 2013 Youth Esteem Strategy for Penticton Project report. The report discussed the need for a Youth Resource Centre and free and fun year-long activities in the community. There are many youth in the community who are in need of a place to go for free activities, support resources, and even a bed for the night. The overarching strategy is developing a better quality of life for youth in the community. A Public Awareness Campaign - YES Youth of the Week (ages 13-24) - will launch on May 23rd from 4-7pm at SUN FM. The website for more information is pentictonyouth.ca

For more information, contact Ginny Manning, Trustee for SD#67, at 250-497-6462 or email gmmanning@summer.com.

	Piano and Theory Lessons in Kaleden	
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NEED A RIDE?

If you live in the Kaleden area and need a ride to Penticton or Kaleden for an appointment, to shop, visit friends or family, then perhaps the **HUB TRANSPORTATION PROGRAM** can help you.

Operating daily Monday to Friday, primarily between the hours of 10 am – 2 pm, the volunteer drivers will pick you up at your home, deliver you to your destination then bring you home again.

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The transportation program is part of the Kaleden HUB, providing services to people in need in our Community.



School District No. 67 (Okanagan Skaha)

KINDERGARTEN REGISTRATION

Children born in 2010 are eligible to enter kindergarten in September 2015. Parents, who feel their child is not yet ready for kindergarten, may defer enrollment for one year. Please contact Wendy Hyer (770-7700) at the School Board Office for information on this.

Placement in your neighbourhood school kindergarten is based on your address and registration date. The earlier you register, the more likely your child will attend a school close to your home.

Register at your neighborhood school during regular school hours. **A birth certificate will be required, as well as your child's BC Care Card, parental BC Care Card and proof of address (i.e. driver's license, utility bill, lease agreement).**

We are also accepting registrations for all other grades (1-5).

If you know people who have moved into our community, please encourage them to register at Kaleden Elementary now for next September (for all grades).

Ready, Set, Learn!

Tuesday, April 14th 11-12 noon



An Introduction to Kaleden School for 3, 4 & 5 Year Olds

Kaleden School will host the Ready, Set, Learn Program supported by the Ministry of Education for families of 3 and 4 years olds on Tuesday, April 14th from 11-12 noon. School staff members will join together with a variety of community partners to present valuable information to parents/caregivers of 3, 4 and 5 year olds, and provide fun activities/story telling for the children.

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Great Things Are Happening At Kaleden Elementary School!

March's 5 "Great Things" include ...

1. Kaleden School has begun a school-wide focus on Mindfulness. March's theme has been "Appreciating Happy Experiences".
2. All students enjoyed a special drumming workshop with Bobby Bonvenzi from Okanagan Falls. Students enjoyed an entire week of West African drumming which culminated with a parent performance to demonstrate their drumming skills.
3. Students have worked hard during this second term and are looking forward to receiving their second term report cards!
4. Kaleden students enjoyed taking part in Western Day in March.
5. Kaleden's PAC hosted another delicious and successful "Lobster fest" in March. Proceeds of this popular event help support Kaleden School. Thank you PAC!



Kaleden Elementary PAC Update

with LeeAnn Thompson, Chair Kaleden PAC

Lobster Fest was a great success again this year raising \$5664.25. A lot of time goes in to making this happen. A huge thank you to Erin Moore, The Lakeside Resort, Linden Gardens, and all the other people behind the scenes that make the Lobster Fest possible. The children of Kaleden appreciate all your hard work.

Well, it has been decided. PAC is going to replenish all the sporting equipment this year with funds raised. New basketballs, soccer balls, hula hoops, free standing badminton nets, anything and everything to make teaching physical education fun and easier. We have a lovely new playground and maybe in a couple of years we will start to add more intermediate equipment.

Easter is just around the corner. If your little one is looking for a fun way to spend **Saturday, April 4th**, look no further than to **Kaleden Pioneer Park at 1pm** for our **9th Annual Easter Egg Hunt**. Bring ten (per child) pre-filled eggs taped shut to the park 20 minutes early and look for me. Have your little one join in the fun and games. Egg Hunt to begin promptly at 1pm. All fun, no big prizes, just community joy! Any questions, please contact me, LeeAnn at 250.488.0789.

Keep looking for posters this Spring as KPAC will be hosting a golf tournament and possibly a Spring Fling. Hope to see you all there ...



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Kaleden Branch: 101 Linden Avenue - 250-497-8066
Tuesday 1 - 5 pm / Thursday 1 - 8 pm / Friday 1 - 5 pm

The Kaleden Library will be closed on Friday, April 3rd for the Easter Holiday and the book drop will be locked over this long weekend. We will reopen again on Tuesday, April 7th. Spring Preschool Storytime is every Tuesday morning at 10 am. Drop-ins are welcome for this free program or you can call the library at 250-497-8066 for more information. Join us for stories, crafts, and fun!

OK Falls Branch: 101 - 850 Railway Lane - 250-497-5886
Tuesday 12 - 8 pm / Wednesday 10 am - 4 pm
Friday 10 - 5 pm / Saturday 10 - 2 pm

Storytime is held on Wednesdays at 1:30pm through April 8th. Come in and listen to some stories and do a craft. Lego Night for April is Tuesday, April 28th at 6:00 pm. Check out 5 books and enter in our Garden Basket Draw. The library will be closed for the Easter Holiday, from Thursday, April 2nd and reopen on Tuesday, April 7th. The book drop will be locked. and no books will be due during these closed days. Happy Easter Everyone!

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Penticton Quilters Guild Quilt Show

with Diane Schlamp

The Penticton Quilters Guild are hosting their 10th Quilt Show aptly named "A Bouquet of Quilts" on May 8th from 9:30-7pm and May 9th from 9:30-5pm at the Penticton Trade and Convention Centre. Admission is \$7. What a great way to celebrate Mother's Day this year!

Joining our guild are the Pieceful Evening Quilters, Summerland Material Girls and Keremeos Guild with over 100 quilts being featured. There is a juried show, guild challenge with the theme Summer Blooms, a market place and a boutique for your shopping pleasure. You can take in a special display by the Fraser Valley Modern Quilt Guild and browse through our display of Community Quilts made by members and distributed to policing, fire department, Penticton & District Hospice Society, Meals on Wheels and other groups in the community.

A quilt walk is being featured by the DPA and businesses in downtown Penticton where member's quilts will be hung in various stores beginning on May 2nd to May 9th. A brochure is available at businesses downtown. On Saturday, May 2nd watch for the quilted car on display near Main and Westminster. Raffle tickets will be on sale at our booth. For information on our quilt show call Diane Schlamp 250-490-5437 or www.pentictonquilters.com.

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ONYX Castings at the Home Show

By Leann Robbins and the ONYX Team

On March 7 & 8, ONYX Castings participated in the Penticton Home & Renovation Show. It was a fantastic show, with even more vendors than the previous year! We love attending trade shows, as it gives us a chance to engage with home owners and find out more about other local businesses. It's also the perfect venue to showcase the natural beauty of concrete. Thank you to those who took the time to stop by and say hello. We appreciate the support and look forward to working with you!

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Selling a Home in 2015: 5 Resolutions for Success

with Brian Moen, Realtor with Royal LePage Locations West

If you're considering selling your home in 2015, you should know that a lot has probably changed in the real estate market since you last sold. Knowing what works today, and resolving to put the tips and advice of the past to rest, will help you sell your home quickly and for top dollar. Here are 5 current easy tips to follow:

1) Appeal to mobile buyers ~ Today nearly all home searches begin on a smartphone or tablet - not on the Web, and not using the newspaper. If you want to get the right kind of buyer activity on your home, you need to make sure that you optimize your listing and your photos for mobile devices. If you use the tips and tricks of a generation past, you may miss out on today's generation of buyers.

2) Be ready to separate your "home" from your "investment" ~ Many sellers make the mistake of letting their emotions get the best of them. Selling a home is not like selling a used car, it holds memories and occupies a special place in your heart. When it comes time to sell, however, it's important to realize that your home is also an investment. Being able to change your homeowner hat to your investor hat is crucial. If you are too sentimentally attached to your home, you may reject a good price or fail to negotiate with a serious buyer. Don't let your emotions sabotage your sale.

3) Don't list your home until you're serious about selling ~ Many homeowners think they're ready to sell, but they haven't fully gone through the emotional process of the decision. Do you have a place to go if you sell? Have you fully cleaned and de-cluttered your home? Have you taken your agent's advice on staging and pricing? Many sellers list their home before they are truly ready to sell, only to shoot themselves in the foot by overpricing it or not presenting it to the market in it's best possible light.

4) Don't hire just any agent ~ The agent you used to purchase the home 15 years ago may seem like the logical choice for listing your home this time around. But, are they really the best option? With access to so much information online and so much at stake, sellers should talk to a few agents before committing. Get a referral from someone who recently sold, and use online resources to research agents' sales activity and expertise. The right agent makes all the difference and if you have any doubt about an agent's abilities, hold off on establishing a relationship.

5) Make the best impression online ~ Nothing frustrates an active and aggressive buyer more than getting an email or mobile notification alert for a new property listing only to get to the listing and not see any photos. Buyer first impressions today are on the Internet. If you list your home without complete information, including photos, description and accurate data, not only will you turn them off, but they may simply not come back later.

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Lake Chelan Kokanee Fishing

By Larry Martin

On April 18th and 19th, I will be participating in the "Somethingcatchy Fishing Derby on Lake Chelan in Washington. (somethingcatchy.org) This fun event is run by a non-profit society based in Wenatchee, Washington with stated goals to teach and take kids fishing. The first event was held last year with about 90 participants. This year, several tackle companies have come on board to sponsor the event and it is anticipated there will be a significant increase in participation.

I have never fished Lake Chelan, so I expect the local experts may have an advantage. Event organizers sent me the picture of a practice session they had in mid-march. I fished Skaha Lake the same dates with no kokanee to the boat.

Lake Chelan has boasted an exceptional year-round Kokanee fishery for several years. Okanagan Lake has not seen a quality Kokanee fishery since the mid 1980's, which prompted a Kokanee fishing closure. An Okanagan Lake Action Plan initiated in the mid 1990's provided a 20 year road map to recovery and Kokanee fishing has recently been re-opened on Okanagan Lake. I doubt anyone would say that kokanee here have recovered.

For more information, just ask Larry at fs-lemartin@shaw.ca.



Lake Chelan Kokanee this past March. Note - they are allowed 10 Kokanee each/day.

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You CAN Do It!

By Wendy MacKay

What limitations do you believe about yourself or your life that keep you from being, doing, saying and accepting all that's presently available to you? Saying or even thinking "I can't" will create an emotion of defeat sub-consciously. "It's too hard" or "I don't have time" are thoughts we often allow ourselves to accept as the truth that if challenged are wrong. Limiting beliefs that our parents, their parents, peers, mentors, teachers and so on and so on believed and told us remain in the recesses of our brain until we challenge and prove them wrong. We think we need to be smart, talented, experienced, trained, perfect, deserving and so much more before we achieve certain goals. We don't believe we can have it all. We often don't even know what the 'all' is that we want.

Have you ever settled for less? Have you ever quit right before the finish? Where would you be now if you hadn't?

It is NEVER too late to begin something new or finish a project that was once put on hold. Like the saying goes, "you're not done until you quit trying". I would like to challenge you to set one goal to complete one task that you have been procrastinating on. Make your goal time sensitive. In other words, decide how much you can easily do consistently with a target completion date. Create a reward for yourself when the project is done. It may be as simple as getting your income tax done before the deadline, or it could be compiling the photo's you have always said you would put into an album. Whatever it is, write it down, post it on your fridge and begin. You CAN do it! You can ask for help. You can learn. It's never too late. Celebrating your success is as important as the project.

I would enjoy hearing your feedback, what your projects are and how you are making progress. Join my <http://www.facebook.com/wendymackaycoachinginc> timeline and let's get this party started!

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Volunteers Are Part Of The Ripple Effect

By Andrea Turner, Member of the Board of Directors, South Okanagan Similkameen Volunteer Centre

National Volunteer Week - April 12-18th - is a time to celebrate our volunteers and emphasize the benefits of volunteering to the community. Incredibly, volunteers contribute two billion hours in Canada every year. This year the theme of National Volunteer Week is the image of the volunteer as "I am part of the ripple effect". Of course, the value of volunteering is far beyond our volunteers and their dedication to their work.

The South Okanagan Similkameen Volunteer Centre and the 200 Volunteer Centres across Canada actively acknowledge our community volunteer. Recently, the SOS Volunteer Centre interviewed volunteers to hear what volunteering means to them. Volunteering benefits both the volunteers who give their time and skills, and the organizations that utilize their help.

There are so many types of volunteers. Some people start in retirement, but many have volunteered for years. Most people begin volunteering based on a passion or want to give back, whereas others volunteer as a way to explore new areas of interest. While some volunteers have specific tasks and scheduled hours, others fill whatever need is presented. No matter when one starts volunteering, or the reason for volunteering, or the type of volunteer work undertaken, volunteers express similar and enjoyable experiences.

Clara Bede, a volunteer with the South Okanagan Women in Need Society, says, *"the role of the volunteers is essential. So much would not happen if volunteers were not there to participate and support the work of the agency."* Jeannine Johansson, who also volunteers for the Women in Need Society, adds, *"staff could burn-out or would simply not be able to do all the work that they need to do, if volunteers were not sharing the burden."* Randy Prime, who has volunteered for The South Okanagan Immigrant and Community Services for over 11 years, commented, *"the non-profit sector could not do half of what they do without volunteers."*

Volunteers provide the different abilities to handle special situations, because of their varied skill sets. And, volunteers are aware that the work they do allows organizations the time and energy to operate and provide needed community services. Volunteering also affects a volunteer's well-being. All volunteers interviewed saw positive improvements in their emotional, physical, and social health.

As Jeannine expressed, *"When you have joy, everything falls into place."* Gladys Tenning, a volunteer driver with the Better at Home Program says, *"Volunteering keeps me active and feeling alive. It makes me feel valuable and that I have a purpose."* And, Clara adds, *"being a volunteer is a wonderful experience with the program, because the program itself is so positive and uplifting. I feel good about myself."*

All volunteers interviewed enthusiastically spoke of the many benefits of volunteering. It is a positive ripple effect from the individuals (both volunteers and the recipients) to their organizations, and then to the community and the nation as a whole. April 12-18 is a time for all of us to take a moment and acknowledge volunteers that support our communities. It is also a time to consider leaping into the pool of volunteers ourselves to become part of the positive ripple effect.



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Spotlight on Volunteers!



The Bus Buddies

15 participants over 2 days enjoyed the camaraderie of the Bus Buddy event with host Elaine. The group met on the bus and took a trip to both Cherry Lane Mall and to the Penticton Seniors Centre. Special thanks to volunteers Sandy, Bev and Lucie who helped assist with this bus transportation event.

Volunteers Making A Difference

If there is someone *you* would like to see honoured in this column, please call 250-497-8188 or info@okfalls.net.



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Aubrey & Judy Millard's "Living the Dream" Series ~ Part 3 & 4

Living the Dream Part 3 - The East Coast:

Newfoundland to the Florida Keys

- Friday, April 10th at 12:00 noon at the Penticton Library
- Tuesday, April 14th at 7:00 pm at the OK Falls Elementary School
- Wednesday, April 15th at 6:30 pm at the Oliver Library

Living the Dream Part 4 - Central America:

Yucatan, Belize, Guatemala and Honduras

- Friday, April 17th at 12:00 noon at the Penticton Library
- Tuesday, April 28th at 7:00 pm at the OK Falls Elementary School
- Wednesday, April 29th at 6:30 pm at the Oliver Library

Special Children's Presentation:

Boats, Birds, Fish & Animals

Friday, April 17th at 6:00 pm at OK Falls Elementary School

Mother's Day Brunch Buffet

At the 1912 in Kaleden

Sunday, May 10th

10:00 am - 1:00 pm

Reservations Required

250.486.8939

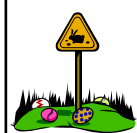




Okanagan Falls Lions Update

with Michael Livingstone

The Okanagan Falls Lions Club is ready to host the Annual Lions Easter Egg Hunt on Sunday, April 5th. The hunt starts at 1pm, so be sure to be on time. There will be lots of prizes and Easter eggs! Calling all dogs and owners! The Purina Lions Dog Walk is scheduled for Sunday, May 31st. Let's all get involved and walk/fundraise for Lions Guide Dogs. More information in the May Skaha Matters.



Annual Lions Easter Egg Hunt

Sunday, April 5th - Starting at 1pm

Lions Park in Okanagan Falls



Okanagan Falls Seniors Activity Centre

with Dianna Stewart

Spring is truly here! On March 20th, four of our members got together and trimmed, swept, weeded and neatened up the grounds around the Centre. Thanks Ron, Gerry, Dave, and Peter for all your hard work.

We are very happy to report that there are some new faces appearing around the Okanagan Falls Activity Centre in the last few months. It's wonderful to see new faces and we hope they feel welcome and comfortable here. The 4th Saturday of every month we hold a Pot Luck Dinner and everyone is welcome. It's a good way to meet our members and check out the possibility of becoming a member. Just bring a dish to share. Entertainment is provided after dinner. The whole thing starts at 5:30 and we hope to see you there!

While we're on the subject, we have noticed something that doesn't seem quite right at some of our group activities. Have you ever noticed a person or couple who seem to be sitting off by themselves at dinner, breakfast, or Bingo (to name a few)? You may have even asked a friend "who is that/are they?" How many of us have walked over to these new faces and invited them to come and sit with our group? How many of us have gone over to them and said hello and welcome? We claim to be anxious to have new members, but it is up to each of us to let these new faces know we welcome them. Don't let them leave thinking they could just as well sit by themselves at home.

MARK YOUR CALENDAR

General Meeting ~ Monday, April 6th (1:00)

Pancake Breakfast ~ Saturday, April 4th (8:00-10:00)

Jam Session ~ Sunday, April 12th (1:00)

Drop In Bingo ~ Saturday, April 18th (1:00)

Don't forget Tuesday Bingo (1st 3 Tuesdays at 1:00)

There will be no more exercise classes during Spring & Summer.

Pool ~ Tuesdays (6:00)

Scrabble ~ Thursdays (10:00-12:00)

Wednesday & Friday Music & Coffee (9:00)

Thursday Bridge (1:00) & Crib (7:00)

Carpet Bowling Wednesday Afternoons (1:00)

If you would like more information on any of these activities phone Audree at 250-497-5572 or just drop in for coffee on Wednesday or Friday mornings between 9:00 and 10:30 and introduce yourselves.

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for seniors

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Contact Sharon at 250.770.0497

thompson298@hotmail.com



The Royal Canadian Legion Branch #227

with Barbara Few

Do you enjoy meeting and being with people? Well, then why not consider becoming a bar-person at the Legion? We will train you and make sure that you feel relaxed with the position. You can just do a few hours every week. Come and try it and have fun! Get in touch with Liz, the Lounge Manager, and she'll give you all the help you need.

Are you having a reunion, a reception, a large meeting, or some other get together? Then why not consider renting our large upstairs hall? I has a chair lift available. Noreen who handles bookings will be pleased to give you all the details. Phone the Legion at 250-497-8338.

On Saturday, April 11th we will be again hosting our very successful FIRST RESPONDERS RECOGNITION EVENING where all the First Responders in the area wearing uniform will have a free supper and recognition. This will also be our first family evening, since the liquor laws have been changed, and we are really getting excited about it. Supper will be Italian themed with Spaghetti and Meatballs, Caesar Salad, Garlic Bread, and Desert all for \$10/adult and \$5/child. This will start at 6:30 pm following the Meat Draw. Entertainment will be with the band FLASHBACK, so we will have a great time. Our MLA Linda Larson will be present, along with other dignitaries and press. So, come and have a terrific evening and also show your appreciation.

On Saturday, April 25th, the Ladies Auxiliary will be hosting a Pancake Breakfast & Yard Sale. The breakfast is from 8-11 am and the Yard Sale starts at 8:00 am. Donations gratefully accepted.

Most of our league games have finished, but our drop-in sessions are still available. You can bring some friends for darts, pool, or shuffleboard.

Dates to Remember:

Wednesday Nights ~ Drop-in Darts at 7pm

Fridays & Saturdays ~ Meat Draws at 5pm

Friday LA Beef Dip ~ 1st & 3rd Fridays following Meat Draw

Saturdays ~ Drop-in Darts at 1pm

Sundays ~ Fun Sunday with Hotdogs, Horse Racing & more at 1pm

Saturday, April 11th ~ First Responders Supper with FLASHBACK

Sunday, April 19th ~ Pancake Breakfast 8-11am

Tuesday, April 21st ~ General Meeting at 7pm

Saturday, April 25th ~ LA Pancake Breakfast & Yard Sale at 8am

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Ladies Auxiliary of Branch #227 Update

with Audrey Steeves

A Service Medal was presented to Lucy Smallenberg at the March meeting for her many hours of volunteer service. Correspondence included thank yous for donations received. Members approved of donations to the Kidney Foundation, South Okanagan Medical Foundation, and to the OK Falls United Church Elementary School Breakfast Program. The two bursaries will again be presented to two Okanagan Falls Grade 12 students graduation from SOSS in June.

The South Okanagan & Similkameen Zone report held in February at Br#40 was given by President Louise Sax. Zone Commander Marina Ashley was returned as Zone Commander for the 2015-17 term. More information was given on the LA Provincial Convention to be held at Parksville May 2-6, 2015. The Attendance Plaque went to LA Br#40. The next zone meeting will be held at Westbank Br#3288 on April 19th. Official delegates elected to attend the LA Provincial Convention were Colleen Clark and Lucy Smallenberg. Fraternals elected were Louise Sax, Thelma Detjen, Donna May Thompson, Denise Head, Sgt-at-Arms Merle Laidlaw, Colour Party Bernie Diachuk and Lucie Flath.

Meat Draw help was arranged, as well as the LA Dinners and cleaning of the kitchen. Meeting draws went to Helen Brewis & Dorothy Guillon.

OK Falls Heritage & Museum Society

with Marla Wilson

Spring has arrived! The hills have the light green colour of new grasses and the swans are gone from the lake. With this warm weather, I am wondering if we might see the humming birds early too.

Heritage and Museum Society is getting ready for summer. We'll be opening for tours of the complex in May. Sue Upton, gardener, will be getting the flower beds and gardens in shape and will be able to keep them that way throughout the summer. Big thank you to Sue!

Thrifty Shop has been busy all winter with people from Alberta who have been wintering here. One couple came in who volunteered at a Heritage Thrift Shop in their community in East Alberta. We all compared notes. The summer frocks are coming out of storage and the heavy winter stuff is being put away. Come in and have a look at some of the nice items we have!

There are still some people who think we are a garbage dump. Large garbage bags of dirty laundry dropped off while the shop is closed. Please drop off your clean, gently used clothing while the shop is open. We are not a garbage dump and don't appreciate being treated like one.



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Okanagan Falls Women's Institute

with Betty Lynch

I write this, Dear Reader, on the first day of Spring and proof of that can be seen all over if you look carefully for tiny little buds appearing. The members of the community, the Women's Institute, Heritage Society, and the respective families were all saddened by the deaths of two prominent members of our small town. Dolly Duncan was a major force all of her life. Her 'teapot' and her cookies were just one facet of this lady's life - a little tradition lost, but remembered in the most delightful way. Mary Manning was known for her fine domestic skills, one being her talent with a needle. She participated for many years in the making of the quilts which the W.I. raffled to earn money for their many good works. The Heritage Society benefitted by Mary's devotion to it and being, literally, the whole Membership Committee. Okanagan Falls is poorer for their loss.

I would urge you all to participate in the 'Age-Friendly Community' discussions to be held later this month - an important subject for those of the tenderest of ages! (Everything is tender - feet, knees, hips - you name it, it's tender, alrighty!)

The effort for this month, Dear Reader, has been shrunken from its usual format, as I have decided not to batter you about the Bandshell any longer. You now are able to see for yourselves the progression of the construction. I have been asked to inform you that, of course, donations are still welcome to complete the project. Thank you once again to the Kiwanis Club of Oliver for your very generous donation for our Bandshell.



Rosemary Pritchard (on left) & Lee Chic (on right) of the Kiwanis Club of Oliver present a \$500 cheque to Betty for the OK Falls Band Shell.

The Women's Institute will hold their next meeting at the Club Room at 1:00 pm on Monday, April 13th. All are welcome! Keep looking for those teeny, tiny signs of Spring. Your heart will be gladdened.

South Okanagan Genealogical Society

Presents *"Tips for Writing & Presenting Your Family History"*

Speaker: Dawn Renaud. Non-members welcome by donation.

Meeting at 7:00 pm on Thursday, April 2, 2015

At the Penticton Library and Museum Auditorium.

Kaleden Museum ~ A History Tid Bit

with Meredith King

The Store was not the only thing on the agenda for 1912. The JC Findlay home at the top of the hill was under construction, the small dam on Marron Lake was reinforced and a new dam with a cement core was erected at Aeneas Lake. The other major construction project was a new school.

Robert Melville was given the contract for a new 2 room school to be built in the hollow near the end of Birch Street, located North of the present day school. The location chosen was perhaps not the best. It was situated in a low basin at the base of Greyledge into which the melting snow and rain ran, flooding the grounds and making it virtually impossible at times to get near the building.

The school itself was a very well built frame structure with high ceilings, lots of windows and actually over built for the one teacher, Miss Anna Purdy, and the approximately 12 pupils studying at the time. Room for growth for sure.



The original Kaleden School built in 1912.

The school had no running water, outdoor toilets, plus a hitching post and stable for horses. It was heated by a wood burning furnace located in the basement. From the beginning, the furnace was a problem. In the Spring, the water would run down from the hills, through the basement, parting part way through to go around the furnace and flow out the other side to continue down the draw. There was so much water that it was dangerous for anyone to attempt to go down to stoke the fire. In addition, the system itself never worked well. The warm air registers were in the classrooms, the cold air intakes in the lobby, the furnace was trying to heat cold outside air, the ceilings were very high and with no circulating fans to distribute the warm air - it was hopeless. The floors were so cold that the teachers and children got chilblains. After the first disastrous year, pot-bellied wood stoves were placed in each classroom. The teachers wore bedroom slippers all winter long. The attendance was so varied during those early years and at one time so small that a teacher with a family was hired in order to keep the school open. The second room of the school was not used as a classroom until into the thirties, so for years the second room was used as a badminton court. The ceilings, which until now had been thought to be too high were now considered too low and although the room was wide enough for a court width, was too short for the length needed. However, that was soon overcome by painting the end lines a foot up the end wall. It made for an interesting game and gave the home teams a distinct advantage when playing visiting teams.

Ingenuity was the name of the game in Kaleden during those early years.

Join us next month, as we share stories and facts down the historical path and building of our community of Kaleden. To donate an item to the Kaleden Museum, please contact Meredith at 250-497-6995.

KALEDEN COMMUNITY CHOIR

Mondays 7pm at Kaleden Community Church

Don't worry about whether you can sing or not.

Come join us - just for fun!

Any questions, please call Meredith at 250-497-6995.

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Family Worship ~ Sundays at 10:00 am

Book Club ~ April 7th from 7-8:30 pm. Our book is "In Constant Prayer" by Robert Benson. Call the church for details.

EASTER at KCC:

Thursday, April 2nd 2 pm at the Church - Video presentation "ISRAEL HOMECOMING" with Bill and Gloria Gaither and their Homecoming Friends.

Saturday, April 4th 7 pm at Linden Gardens - Tickets \$20 (available March 1st) "THE TABLE" a presentation of the Russ Rosen Band and storyteller Justyn Rees. Visit www.russrosenband.com/table for more information. Call the Church or Judith at 250-497-6985 for tickets.

Sunday, April 5th 7am Sunrise Service at the Lake - (227 Ponderosa Ave.) Park at Pioneer Park. 10 am Easter Worship and Potluck Brunch.

Kaleden Community Event:

Residential Schools: A Perspective Through Story

Tuesday, April 21: Anne Tenning will talk about the intergenerational impacts of residential schools through sharing stories of her own family.

Tuesday, May 12: The film "We Were Children". Facilitated by Anne Tenning. Kaleden Community Church at 7:00 pm. Please call Les Clarke 250-497-5995 or Judith King 250-497-6985 or check out the church website for more info.

443 Lakehill Rd, Kaleden / Phone: 250-497-5995

Pastor Les Clarke. Church email: kalgarden@shaw.ca

www.kaledencommunitychurch.org - for up to date event info

Okanagan Falls Community Church

Sunday Worship ~ 10:00 am & 6:00 pm

EASTER SUNDAY:

Pancake Breakfast from 8:30-9:00 am. Worship Service at 10:00 am.

1356 McLean Creek Rd, OK Falls / Office: 250-497-5131

Pastor Ron Crooker ~ Come join us in celebrating God's Love!

Okanagan Falls United Church

Sunday Service ~ 9:30 - 10:30 am

Children are welcome! Coffee and social time to follow service.

Maunday Dinner at 5:00 pm on Thursday, April 2nd.

1108 Willow St, OK Falls / For more info, call 250-497-1171 or visit us at okfallsuc.shawwebpace.ca. New Minister is Wade Lifton.

Our Lady of Lourdes Catholic Service

Sunday Mass ~ 11:30 am - Easter Sunday Service at 11:30 am

1039 Willow St, OK Falls / Administrator - Father Neil

Okanagan Falls Contact: Lorraine Harrison - 250-497-8781

St. Barbara's Anglican Church

Sunday Service ~ 9:30 am for 3 Sundays of the month.

The 4th Sunday of the month Service will be at 1:00 pm.

Coffee and social time after the Church Service.

EASTER SERVICES:

Maundy Thursday Service & Seder Supper ~ April 2nd at 6:00 pm

Good Friday ~ April 3rd at 10:00 am

Easter Sunday ~ April 5th at 9:30 am with Officiant Rev. Noel Goater

1039 Willow St, OK Falls / Incumbent Rev. Rick Paulin - 250-494-0704

The Well

Sunday Service ~ 6:00 - 7:30 pm

Free childcare provided.

1141 Cedar St, OK Falls - in the OK Falls Parks & Recreation Centre

Pastor David Oosterveld - 250-488-9514

Okanagan Falls Community Church

Invites you to join our ...

Easter Morning Pancake Breakfast

Sunday, April 5th from 8:30 - 9:30 am



Worship Service to follow at 10:00 am

1356 McLean Creek Road ~ 250.497.5131



Alma Doreen (Dolly) Duncan



Dolly passed peacefully February 27, 2015 with family by her side. Dolly was born January 24, 1927 into the pioneer families of John and Ethel Thomas (nee Hawthorne). She lived all her years in Okanagan Falls surrounded by many family and friends. She was predeceased by husband Angus, daughter Pamela, sisters Pat and Evelyn, brothers George, Ray and Morrie. She is fondly remembered

by daughters Beverley (Lloyd), Diane (Gary) and son Thomas (Angie), grand-daughters Sherry (Jamie), Leanne (Chad) and Shelley, brother Lloyd (Gloria) and sister-in-laws Denise Thomas, Audrey Thomas, and many nieces and nephews. Also, missing her is Harry the cat.

Dolly loved Okanagan Falls and contributed to the community, actively being involved in the Women's Institute, Heritage Society, Recreation Commission, Seniors Centre, St. Barbara's Anglican Church and St. Barbara's Anglican Guild. She served on the committees responsible for the Community Centre Building and the KVR Walking trestle. In 1997, she was named Citizen of the Year. Dolly worked at the Charlie Oliver Orchard, Kaleden Fruit Packing House, Okanagan Falls Post Office, and the BC Livestock Sale Yard. She loved to bake cookies, set ladies hair, dance, garden, hike, sew, knit and visit. Her door was open to all and the tea pot was always on.

Donations in lieu of flowers to St. Barbara's Anglican Church, Moog and Friends Hospice House, or the SPCA. Special thanks to the nursing staff at Moog and Friends Hospice House, especially Bobby and Bernie. A service was held at St. Barbara's Anglican Church, Okanagan Falls on March 16th at 2:00 pm, with a reception that followed at the Okanagan Falls Senior Centre.

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

Arrangements entrusted to Nunes-Pottinger Funeral Service & Crematorium, Oliver & Osoyoos.

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Kaleden Community Women's Drop-in

Wednesdays from 1-4 pm

Meet at the Kaleden Community Church

Come for the afternoon or just drop by for coffee.

Meet & connect with other ladies in your community.

Enjoy friendly conversation, games & crafts.

Any Questions? Call Fran at 250-497-7850. No children please.

If you need a ride, please call Meredith at 250-497-6995.



Flowers or Fish Heads?

Send yours to skahamatters@telus.net

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



Flowers to the Okanagan Falls Rec Centre and Kandice for starting the Gentle Fit program. This has been a great class to start and/or continue our fitness goals. Everybody is working at their own pace, learning new ways to get strong, having fun and getting sassy. Come on out and try it.

~ from Jenny Flemming of Okanagan Falls

Flowers to Linda Dahl who came and visited us on behalf of the community to wish us a very warm welcome to Kaleden. It was much appreciated and made us really feel welcome. The pie was delicious and all the info contained in the folder is very useful indeed.

~ from Patrick and Marjorie Field-Robinson of Kaleden

Flowers to Karen Washburn to for giving the youth and teens a cool place to hang out.

~ from Abby at OK Falls Parks & Rec

Fish Heads to the bicyclists who think it's okay to pee in town against the orchard fence on 10th Street in Okanagan Falls. We should not have to see that on a Sunday afternoon at 2:30 pm.

~ from Melanie Hall of Okanagan Falls

Fish Heads to ALL the people that continue to dump their yard waste along Old Kaleden Road, especially when our landfills will take yard waste for FREE!!!

~ from T. Brook of Kaleden

Fish Heads for the many young pine trees in Pioneer Park that were planted by community volunteers have been cut down by unknown person(s) over the last 6 months. We are unsure of the intent of this act of vandalism, but they are publicly owned trees and we would like to find out who and why this is occurring. The trees are of value to the park, but are of monetary value as they impact the Parks and Recreation budget as well. If you think of a nursery tree, the larger plant costs more money to purchase. This is due to the time and effort required to grow a healthy tree. In order to replace the trees with similar size trees, the cost would be estimated at over \$3,000. If anyone has any information regarding this or any other matter in the parks, you can contact the RDOS at 250.492.0237 or through the Kaleden Parks & Recreation Commission kaledenpr@rdos.bc.ca.

~ from Kim Denis of Kaleden

South Okanagan Toastmasters

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Have You Made Those Pre-Arrangements Yet?

with Lesley Luff of Credible Cremation Services Ltd.
(Resident of Okanagan Falls)

Income Tax time is almost upon us once more, and at this time of year some are fortunate enough to have a refund forthcoming. For those who have been thinking of pre-paying their final arrangements, this can be an opportune time to make good use of that refund.

No one really wants to discuss death and the impact that the loss of a loved one has upon the family. However, that impact can be lessened somewhat by having a **pre-need plan** in place. This way, difficult decisions are not left to others to deal with during a time of grief. Decisions made while under stress can often lead to emotional over-spending.

Advantages ~ Peace of mind. Price is locked in. Family released from difficult decisions. Arrangements can be made in the comfort of your own home, by appointment.

Advice ~ Make a commitment. Call **LESLEY** at **(250) 493-3912**. Make your appointment and get your pre-arrangements taken care of.

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(250) 493-3912 24 hrs.

It is with great sadness that we bid farewell to

Eileen Reid

After a brief illness, Eileen crossed from this life to the next. Her memory will live on in her children Barbara (Gary) Sauve, Tom (Anita) Reid and Joan (Mark) Neidig; grandchildren Lisa (Rob) Saumure and Joel Neidig; great grandchild Brianna Saumure. She is survived by her brothers Bill (Shirley), John, Lawrence (Helen), Tom (Lois) and numerous nieces and nephews. Eileen was predeceased by her parents Mike and Sadie Nicholson, husband Art Reid and partner Robert Henderson. Grateful thanks for the wonderful care provided by nurses at Moog Hospice and Penticton Hospital. A celebration of Eileen's life was held at the Okanagan Falls Seniors Centre on March 27th.

Arrangements in care of Credible Cremation Services Ltd.

Michèle's Flowers & Gardens

Michèle Brown



4922 Leslie Drive in Okanagan Falls

micheleannenbrown@gmail.com

250-493-4299

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