



# SKAHA MATTERS

"Bringing Community Matters to You"

Volume 6 : Issue 7

July  
2014

Your FREE Monthly  
Community Newsletter

Published by Okanagan Matters Publications

[www.SkahaMatters.com](http://www.SkahaMatters.com)

[skahamatters@telus.net](mailto:skahamatters@telus.net)

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## The Pharmasave Okanagan Falls Junior Triathlon Says Thank You!

Thank you to the Sponsors, Organizing Committee, Volunteers, & the 200 amazing kids who participated on June 21, 2014. See page 8.



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# JULY 2014 COMMUNITY CALENDAR

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\* Event info is included in this issue.

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

Free Listing for Local Non-profit Groups.

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|  |   |  |  |  |   |  |
|--|---|--|--|--|---|--|
| <b>Registration Open for Summer Day Camps with Okanagan Boys &amp; Girls Club *</b><br>Held at Okanagan Falls Parks & Rec this Summer<br><b>Registration Open for BCSPCA Summer Camps in Penticton *</b><br><b>Registration Open for Summer Reading Club *</b> |   | <b>1</b><br><b>CANADA DAY!</b><br>Celebration in Kenyon Park<br>12:30-5:00pm   | <b>2</b>   | <b>3</b><br><b>Peace Run *</b><br>OK Falls Beach Area 2pm<br><b>Youth &amp; Teens</b><br>Stand Up Paddle Boarding<br>OK Falls Parks & Rec  | <b>4</b><br><b>Legion Meat Draws *</b><br>Every Fri & Sat at 5pm<br>July 4 & 18 with LA Supper<br><b>Legion Jam * 7-9pm</b><br>Special visit to Kaleden & Okanagan Falls by MLA Larson & Minister Stone * | <b>5</b><br><b>Noble Ridge Winery *</b><br>Stampede Pancake<br>Breakfast from 10am-noon  |
| <b>6</b>   | <b>7</b><br><b>4 Yoga Classes Every Week *</b><br>OK Falls Parks & Rec<br>(See okfalls.net) | <b>8</b><br><b>Summer Reading Club</b><br>Kaleden Branch of the ORL<br>6pm on July 3, 8 & 22<br>OK Falls Branch of ORL<br>6pm on July 8 & 22 | <b>9</b><br><b>Chi Gong/Dru Yoga *</b><br>Every Wednesday<br>Lions Park - 10am     | <b>10</b><br><b>Active Start *</b><br>Tues/Thurs in Kenyon Park<br>(See okfalls.net)<br><b>BBQ Dinner at 1912 *</b><br>Every Thursday<br>July & August   | <b>11</b><br><b>Party in the Park</b><br>Okanagan Falls<br>Winery Association<br>Kenyon Park 5-9pm  | <b>12</b><br><b>Legion Drop-in Fun *</b><br>Every Saturday<br>Darts & Pool at 1pm  |
| <b>13</b><br><b>Granfondo *</b><br>Cycling Event in Valley<br><b>Grand Opening *</b><br>Okanagan Stoneworks<br>11-5pm  | <b>14</b>   | <b>15</b><br><b>OK Falls Senior Centre Tuesday Bingo*</b><br>1pm on July 8 & 15 only   | <b>16</b><br><b>Noble Ridge Winery *</b><br>Vine Dining & Vineyard Walk            | <b>17</b><br><b>OK Falls Senior Centre</b><br>Every Thursday<br>Crib - 7pm *   | <b>18</b><br><b>Blood Donor Clinic *</b><br>Penticton Senior Centre<br>Jul 16-18 - 1:30-5:30pm  | <b>19</b><br><b>OK Falls Senior Centre</b><br>Drop-in Bingo at 1pm *<br><b>Shindigger at Legion *</b><br><b>Pound &amp; Pour *</b><br>OK Falls Parks & Rec             |
| <b>20</b><br><b>Pancake Breakfast *</b><br>OK Falls Legion<br>8-11am<br><b>Restoration Service *</b><br>OK Falls Community Church  | <b>21</b>   | <b>22</b><br><b>Circuit Style Work Outs*</b><br>OK Falls Parks & Rec<br>Every Tuesday & Thursday<br>5:15-6:15 at Zen Centre                  | <b>23</b><br><b>Legion Drop-in Fun *</b><br>Every Wednesday<br>Darts & Pool at 7pm | <b>24</b><br><b>Kraze Legz Winery Receives Lieutenant Governor's Award *</b>   | <b>25</b><br><b>OK Falls Senior Centre Music &amp; Coffee *</b><br>Wed/Fri 9-10:30am<br><b>Yvonne Waddow Live *</b><br>After Legion Meat Draw   | <b>26</b><br><b>Groovy Day *</b><br>Kenyon Park 1-4pm<br><b>Hike, Brunch &amp; Wine *</b><br>Meyer Family Vineyards<br><b>Liquidity Clusterfest *</b><br>July 26-Aug 3 |
| <b>27</b><br><b>Legion Drop-in Fun *</b><br>Every Sunday at 1pm<br><b>St. Barbara's Church</b><br>July 27th service held on Saturday, July 26th at 5pm   | <b>28</b>   | <b>29</b><br><b>OK Falls Senior Centre Evening Pool *</b><br>Tuesdays 6:30pm<br>(Not July 1st)   | <b>30</b><br><b>Pharmasave's Customer Appreciation Day *</b>                       | <b>August 2014 Special Events</b><br>August 5 & 19 ~ Kaleden Summer Reading Club<br>August 6, 12 & 26 ~ Okanagan Falls Summer Reading Club<br>August 17 ~ Heritage Society's Summer BBQ & Kaleden's Church at the Gardens<br>August 23 ~ Legion Day & Car Show - More info in next issue.<br>August 24 ~ Challenge Penticton Triathlon Race - More info in next issue. |   |  |

Join the Community Celebration  
in Kenyon Park, Okanagan Falls!

# Canada Day

**July 1st • 12:30-5:00pm**

Opening Ceremony at  
12:30 with bag pipes  
& Legion Color Party

Live music & crafts  
for kids

IGA's Canada Cupcakes

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Join us along the waterfront on  
**Thursday, July 3rd at 2:00 pm**  
for a Ceremony in Okanagan Falls.

**The Peace Run is a global torch relay that symbolizes humanity's universal aspiration for a more peaceful world.**

Now in its third decade, the Peace Run is humanity's largest and longest grassroots effort for peace. The Peace Run was founded in 1987 by the late peace visionary Sri Chinmoy in a spirit of love, harmony and oneness. Since its inception, the torch has visited more than 140 nations in 100 countries covering 6 continents.

Along the route people in thousands of communities - from children to senior citizens, from everyday folks to world leaders - will join the Peace Runners by carrying the torch a few steps or a few miles, each person adding their hopes and dreams in a global wave of friendship and goodwill. Through direct participation and media coverage, the Peace Run will touch the lives of millions.

"A moment's peace can and shall  
save the world" ~ Sri Chinmoy

[peacerun.org](http://peacerun.org)







**Tom Siddon**  
Director of  
RDOS Area 'D'



## FROM THE DIRECTOR



**"Life is just a bowl of cherries"**

One of my most "cherished" experiences each July is to stand at the top of my orchard ladder picking abundant quantities of ripe and ready cherries. Of course, it can be a seemingly endless job what with moving ladders, filling 10 lb pails and sorting the annual harvest. And, too many of those succulent Bings and Vans somehow get devoured in the process, with the usual after-effects. But, what a wonderful testament to the bounty we enjoy here in the South Okanagan!

Don't forget the **Canada Day Celebrations** in Kenyon Park on July 1st, starting at

12:30pm. I hope to see you there. The usual platform ceremonies, complete with colour party and the singing of Oh Canada will be followed by a short walk to the "Salmon Chief" metal sculpture where a commemorative plaque, in recognition of the Salmon Chief and his significance to the Okanagan peoples during their traditional salmon harvest, will be unveiled by former RDOS Director Bill Schwarz and myself. And, there will be lots of fun activities for the kids throughout the day!

Our **MLA Linda Larson and BC Transportation Minister Todd Stone** will be visiting Okanagan Falls in the early afternoon on Friday, July 4th to discuss progress on the Town Centre Revitalization Project, and possible improvements to transportation routing and pedestrian safety along the Highway 97 corridor through town. Minister Stone and MLA Larson will then journey to Kaleden for a short tour of the proposed pedestrian walkway along Lakehill Road, connecting Highway 97 to Kaleden's Pioneer Park and the KVR Trail. We've got our fingers crossed that Minister Stone will be making an important announcement concerning a start of the Lakehill Road project.

The **Okanagan Falls Town Centre Revitalization Project** continues to move forward. Following extensive consultations with community groups, our Town Planning consultants are expected to submit their Phase I Report by June 30th. Arising out of the public information session held on May 21st, and a detailed questionnaire completed by about 50 interested persons, the consultants have reached a number of important conclusions: **First**, by a ratio of almost 10:1 residents expressed their support for this important planning exercise; **Secondly**, by a ratio of at least 4:1 respondents felt the OK Falls Town Centre should offer some form of "Place Magnet" and that continuous uninterrupted pedestrian access along the Skaha Lake waterfront should be secured. **Finally**, by a ratio of 2:1 the residents favoured Alternative Development Scenario B, which would focus future town centre development Northward from 9th Avenue (Highway 97) to the Skaha Lake beaches, in preference to Alternative "A" which proposes to focus future development along the existing Highway 97 corridor. The preferred Plan "B" scenario includes a "town square" and a view corridor through the flea market property to Christie Memorial Park.

Once the Phase 1 report and recommendations are received from the consultants, I plan to host a further public information meeting on the progress to date, before proceeding with the next phase of this project.

A separate, but complementary, **Age Friendly Study** is being led by our consultant Jessica Blewett under the guidance of Myleen Mallach. Consideration is being given to ways of making Okanagan Falls and the surrounding areas more suited to the needs of older adults, enabling seniors to live active, healthier, and more independent lives well into their elder years. This study also makes use of a questionnaire to households of older adults within the community to determine ways to

create a more hospitable living environment. The results of this study, also available later this fall, will form an important sub-component of the Town Revitalization Plan.

Arising out of my comments last month about **General Clutter on Road Allowances**, I have now received several more calls about unsightly properties and boulevards in certain parts of Area 'D'. When these complaints are specific, I am passing them along to appropriate authorities at the Ministry of Transportation, or to our own Bylaw Enforcement staff if the alleged unsightliness occurs on privately owned property. Of course the best remedy is for property owners to look after their own "four corners" and not to wait for enforcement staff to come knocking on the door. Keep in mind that how your property appears from street-side may be unpleasant to your neighbours, but it may also detract from your own property value.

As you may have read in the daily newspapers, preparations are continuing toward the implementation of a **Scheduled Transit Service** along East Side Road, connecting Okanagan Falls to Penticton. The Service Area Bylaw has now been given 1st and 2nd reading with final adoption scheduled for later this year. Once approved, a bus service contract will be awarded and funded jointly with BC Transit. I'm hoping that the buses can start rolling early in 2015.

**Parks and Recreation News** - I am sorry to report that the Chair of the Kaleden Parks and Recreation Commission, Ms. Gail Owen has stepped down due to her recent move to Oliver, BC from Kaleden. (Under our Bylaws, Parks Commission members are required to live in the designated service area). At the June meeting of Kal Rec, Mr. Brian Baldwin was elected to replace Gail as Chair. Gail Owen was a hard working member and effective leader at the Kaleden Recreation Commission. I thank Gail sincerely for her 4½ years of dedicated service to Kaleden and wish her every success as she settles into her new community.

The **Okanagan Falls Parks and Recreation Commission** has been struggling recently with rules pertaining to the "on-leash" and "off-leash" use of our parks by pets and their owners. The Commission has also been required to protect the endangered and red-listed "short rayed alkali aster", which is known to inhabit the foreshore of Christie Memorial Park. Meetings have been held recently with the responsible Federal biologists to develop an action plan to manage this designated species without restricting the public use and enjoyment of the park beach area. I am grateful for the positive and patient approach that Parks and Rec are taking to resolve this issue.

Well, everything seems to be up and ready for the annual summer rush of visitors to our Skaha Lake beaches, wineries and other tourist attractions.

So have fun in the sun and play safe in the water.

Happy Canada Day!

Tom Siddon, RDOS Director Area 'D' // [tsiddon@rdos.bc.ca](mailto:tsiddon@rdos.bc.ca)  
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**Blood Donor Clinic**

**July 16, 17, & 18**

1:30-5:30 pm - Penticton Seniors Drop-in Centre

2965 South Main Street in Penticton

To donate BY APPOINTMENT, call 1-888-2DONATE

OR [www.blood.ca](http://www.blood.ca) **It's in you to give!**



## Area 'D' Economic Development Office

with John Powell

Like many countries around the world, Canada's population continues to age as people live longer and birth rates decline. This is posing a major challenge for our national, provincial and local economies, as fewer young people are entering the workforce to replace the older generations who are retiring or looking to retire. Consequently, the supply of existing businesses for sale exceeds the number of Canadians looking to purchase these businesses. Without immigration to help offset declining birth rates, demographic trends indicate that many businesses will be forced to close, unable to find local buyers. The problem appears to be getting worse as the 2008 businessforsale.com survey reveals: In 2006, the average business took 7.9 months to sell. In 2008, this average time increased to 10.7 months. The average time to sell a business is now well over a year.

This trend will be no surprise to many people in Area 'D', where the median age of residents was 53.2 at the 2011 census. This compares to the British Columbian and Canadian medians of 41.9 and 40.6 respectively. In planning for the revitalization of Okanagan Falls' town centre, we cannot ignore these statistics. Empty retail units, unsold businesses and businesses that dissolve when the owners decide to retire, result in a loss of products and services in our area and a diminished tax base. They also result in a less vibrant local economy and fewer employment opportunities for local people.

BC Stats indicate that 24% of business owners in BC are planning to exit their business within the next five years. Of these people, 88% are retiring, 48% intend to sell to a non family member and **31% simply plan to close the door and walk away from their business.** Furthermore, of these 24% of businesses, only 6% have planned for their exit, 29% have an unwritten plan and 65% don't have a plan at all.

Succession planning is the process of planning for your eventual exit from your business. While making these plans in advance seems like an obvious choice, 83% of small business owners in BC don't plan their exit until they are ready to leave or poor health, old age or other personal circumstances forces their hand. Taking the time to make a succession plan in advance and getting your business ready to sell, will increase your chances of leaving your Area 'D' business on your own terms and getting what you want for it. It is important to sell a prosperous and growing business and have at least three years of financial records available to show a prospective buyer. A business that demonstrates a trend of consistent growth and prosperity and looks well taken care of, will be more attractive to a prospective buyer than a business that is struggling or which is presented as such.

There are many initiatives that Area 'D's Economic Development Office is employing to help raise the profile of Area 'D' businesses that are currently on the market, require investors or are looking for funding partners. One such initiative involves featuring businesses that are for sale in the *Venture Connect Business Buyer's Guide* for our region. This guide is new for our region and Area 'D' businesses will be featured in the first edition, which should be out in the next month or so. This guide will be available to prospective buyers province wide and also internationally. Check out [www.ventureconnect.ca](http://www.ventureconnect.ca).

Another initiative that I've been exploring in response to challenges highlighted by several Area 'D' businesses is the Provincial Nominee Program (PNP). Visit <http://www.welcomebc.ca/Immigrate/About-the-BC-PNP.aspx>. The PNP provides several avenues that foreign entrepreneurs and highly skilled workers can use to immigrate to BC from elsewhere in the world. There are also great opportunities through PNP for our existing employers and businesses to fast track foreign skilled workers into the country to fill skilled positions that they have genuinely struggled to fill through the domestic market. There are many great examples of entrepreneurial immigrants that have come to BC from abroad via the PNP route. Examples include the owner of the Kaslo Hotel who restored the historic building in Kaslo and established a very successful business. Geobean Coffee in Kelowna and Joyride Bike Parks in Rossland are two other PNP success stories from the Southern Interior of BC.

The opportunities presented to businesses in our area through initiatives such as these cannot be adequately relayed in such a short article. If you would like to discuss items raised in this article or if you want to discuss the role of the Economic Development Office, assistance with RDOS-related issues and other related questions, please contact John Powell, Area 'D' Economic Development Coordinator at 778.515.5520 or [jpowell@rdos.bc.ca](mailto:jpowell@rdos.bc.ca). [www.okfalls.ca](http://www.okfalls.ca).

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## Okanagan Falls Irrigation District News

Trustees of Okanagan Falls Irrigation District are pleased to announce that Operator Ken Peters has achieved his Level 2 Water Operator Certification.

The Board welcomes newly-hired Standby Operator, Ed Smith. Ed brings a wealth of related experience to the job. He will be working toward Operator Certification and will be carrying out Operator duties on weekends and holidays.

At a recent planning meeting, the Board established the following four priorities for the 2014 year:

- Reviewing Board duties and responsibilities including trustee training, committee structure and roles, and knowledge of regulations and bylaws.
- Developing a model for budget planning for the next 1/5/10 and 20 years.
- Reviewing security of the system related to contamination, fire, vandalism and theft.
- Improving communication among the Board and Staff, and with the public and other agencies and organizations.

In order to improve accessibility to the public, we have expanded office hours to two full days a week. Office hours are Tuesdays and Thursdays from 8:30-12:00 and 1:00-4:30. We hope this will be helpful.



On Left - Okanagan Falls Irrigation District Chair Bob Daly (on right) congratulates Operator Ken Peters on the achievement of his Level 2 Water Operator Certification. On Right - Okanagan Falls Irrigation District welcomes new Standby Operator Ed Smith.



## Information Centre Update

with Barbara Few, Manager

In June, the Visitor Information Centre celebrated it's 10th year! How time rushes by! We started in a corner of the thrift shop with our brochures on a couple of shelves hanging on the wall. Working in the thrift shop was wonderful, except we all would go home with more than we came with and less money. Then we expanded our space, and the thrift store sold out of what is now the Kenny McLean Room and the big room with their counter in the same area as us. Since we stayed open later and were open more days a week, our staff often found ourselves selling items and remitting the money the next day to the store, or simply having to tell people the store was closed. Another thing we would do was show visitors around the Bassett House and Museum. We had so much fun. For a year when the thrift store was actually closed down entirely, we occupied the whole space and our paying rent during that time helped the Heritage Society. We then moved to our present site and the thrift store re-opened. While we loved the site in the Heritage Park, we really love having indoor plumbing now, instead of having to leave the building and walk across the park for facility use.

As things change so must other things, and although the visitors have grown in numbers, so have the attractions in the Falls grown. It is time for me to step down from running the Centre. I have loved my volunteer job and the wonderful people I work with, but it is time. If anyone is interested in a really fun, interesting and informative job, please let me know and I will be happy to explain it to you. You can leave a message at the Centre 250-497-6260 or call me direct at home 250-497-6224.

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## Spotlight on Volunteers!

~ A New Skaha Matters Special Feature ~



### Meet the Okanagan Falls Visitor Centre Volunteers ... Celebrating 10 years of welcoming visitors to our area!

In photo above (Left to Right); Loraine Thompson, Marla Wilson, Eileen Cross, Denise Head, Barb Few and Woody Ashenbrenner. Missing is Barb Ashenbrenner, Ed and Mary Findlater, Lorna Markle, and Lynn Defosse. Thanks for all your volunteer hours in helping our guests!

### Volunteers Making A Difference

If there is someone *you* would like to see honoured in this column, please contact Janet or Nancy at [info@okfalls.net](mailto:info@okfalls.net) or 250-497-8188.

## OKANAGAN FALLS VOLUNTEER FIRE DEPARTMENT



### VOLUNTEER FIREFIGHTERS RECRUIT TRAINING UNDERWAY

Join the team of paid on-call firefighters.  
For further information, call us at 250.497.5700 or  
stop by the fire hall Wednesday mornings.



### Kaleden Volunteer Fire Department Motor Home Safety Tips For Summer Travel

1. Learn how to drive the RV you plan to use, whether you own or rent one.
2. Make sure your insurance covers all aspects of your trip.
3. Always check road conditions, construction and possible closures along your route.
4. Know the weather forecast and adapt to changing conditions.
5. Establish a checklist to inspect the RV, hitch and any tow vehicles.
6. Know the electrical load. RV's are not wired to run everything all at once.
7. Weight distribution is crucial, so know the limits for your RV.
8. Always carry a First Aid Kit and a Fire Extinguisher.

## What do you think? Is Okanagan Falls Age Friendly?



Will you age in place?

Thank you to the Steering Committee and all the Residents who filled out the Age Friendly Survey during June. Your time taken and feedback received is greatly appreciated! Join the Open House this Fall to see what the findings & results are. Time & location TBA in Skaha Matters.



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## Twin Lakes News

The Lower Nipit Improvement District (LNID) had a well attended AGM held on May 18, 2014. Thank you to Jagers for hosting. The reports were presented, followed by fruitful discussion. The Trustees for 2014-2015 are Betty Purdy, Harvey Jager and Coral Brown, Chair. The Treasurer is Pam Mann and Secretary is George Windsor. Any questions may be directed to 250-497-8550.

The Greater Twin Lakes Area Stewardship Society (GTLASS) held their AGM following the LNID AGM. Harvey Jager is the Chair, with Carolyn as Secretary, Gail Simpson is the Treasurer and the Directors are Verna Mumby, Betty Purdy and Coral Brown.

If you live in the Twin Lakes Area or are a friend of Twin Lakes, please support the GTLASS - membership is just \$10 per person, \$20 per family or \$50 for a business. There will be a "Meet & Greet" held on Sunday, August 3rd from 2-4pm at Jagers. Watch for Stewardship updates and Watershed Tour announcements.

Turtles on Log in Twin Lake in May 2014



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## Kaleden Parks & Recreation Update

with Kim Denis, Kal Rec Commission Member

This month's column provides us an opportunity to say thank you and goodbye to a hardworking volunteer and Chair Gail Owen. She served 4½ years with Kal Rec and we want to recognize and thank her for contributing her ideas and for being so "hands on". We wish her all the best, as she puts her energies to the people in her new home town.

We would like to introduce Brian Baldwin who has stepped up to fill the role of Chair. Brian has been volunteering with the Skaha Kennel Club for 10 years, 7 of them as Show Chair. He is into his 2nd year with Kal Rec and is a much recognized face around the Kaleden Community Hall. He is always quick to step in and help where needed.

The Kaleden Parks and Recreation Commission has one opening for an individual interested in serving as a member. If you are interested, please submit your name and a brief resumé by mail, fax or electronically to Justin Shuttleworth, RDOS Parks/Facilities Coordinator, 101 Martin Street, Penticton, BC V2A 5J9. Fax: 250-492-0063 or Email: [jshuttleworth@rdos.bc.ca](mailto:jshuttleworth@rdos.bc.ca).

If you are planning any major event in Pioneer Park or the 1912 Hotel Park that involves the set up of any structures (i.e. digging spikes into the ground to secure a bouncy castle can potentially damage underground irrigation lines), or if you require access to the park with a vehicle, please notify Kaleden Parks and Recreation by email to [kaledenpr@rdos.bc.ca](mailto:kaledenpr@rdos.bc.ca) or phone 250-497-5900. Then we can notify the RDOS Parks and Facilities Manager. Thanks for your cooperation and please continue enjoying our fabulous lake front parks. We are very fortunate.

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So, anytime you have a little extra to share, come on by and donate to a local worthy cause that needs your support.

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## An Okanagan Falls Healthy Communities Special Feature

*Making the Healthy Choice ... The preferred Choice!*



Meet the ladies of "Fully Corked", an event which featured 'Fine Wine & Fine Women'. On May 31st, these ladies got together for a 10 km run/walk through our local wine country, while enjoying wine tastings along the way. Thanks to Synchronesh, Meyer Family, Wild Goose, Stags Hollow, Noble Ridge, Blue Mountain and Liquidity. This group joined together under the organization of Carrie Ferguson, who lined up the 'wine-dratation' stations, lovely shirts, and beautiful dinner that followed at Liquidity. "We all love wine. Why not add a little exercise in between tastings", said Carrie. "Let's do that again", said everyone! If there is someone you would like to see honoured for healthy choices, please contact Janet or Nancy at [info@okfalls.net](mailto:info@okfalls.net) or 250-497-8188.



## Okanagan Falls Parks News

### Dear Dog Lovers:

If you've been down to the beach, you will have noticed we have new boundaries for dogs. After much consideration, your Parks and Recreation Commission made the decision to move the dog area because there is a small plant that grows in the previous dog area called a short rayed aster. This plant (weed) is an endangered species and we are required by law to protect it.

Leashed dogs are permitted on the paved walkway and all grassy areas. The fenced area is an off-leash dog area that permits access to the water. This solution still permits your pet to cool off and play a little off-leash with his fur-friends and to be with you on the grassy areas. Thanks you for your support and cooperation as you head out to enjoy your summer with your pet. Say 'hello' to Chantelle and her Pooch Patrol Team at the beach, spreading the word and giving out goody bags to the dogs.



### Are you over 50? Just \$15/yr to join!

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Tuesday & Thursday 5:15-6:15 pm

### • Pound & Pour - July 18

### • 4 Yoga Classes Weekly

See website for details.

## Youth & Teens

Kick-off Summer Programs

July 3rd ~ Stand Up Paddle Boarding!



Like 'Okanagan Falls Youth Connections' to find out about all our summer plans!

## ACTIVE START

### An Early Years Physical Literacy Program

Every Tuesday & Thursday in July & August at Kenyon Park.

Fee is by small donation, thanks to our Sponsor:



## Summer Day Camps

**With Okanagan Boys & Girls Club**

At Okanagan Falls Recreation Centre

**Registration is NOW OPEN at our office for Summer Camps!**

8 amazing weeks of supervised activities, such as sports, crafts, music, creative activities and spray park. A different theme each week! A great way to spend summer holidays, meet new friends and try new activities.



PHARMASAVE

## Pharmasave Okanagan Falls Junior Triathlon Success!

with Carrie Ferguson, Co-Race Director



The Pharmasave Okanagan Falls Junior Triathlon held it's 3rd annual event on Saturday, June 21st.

Close to 200 little athletes from 3-13 years of age participated in this fun-filled non-competitive race. While times were not officially recorded, each little athlete did have their name announced by the infamous race announcer, Steve King, along with their 'unofficial' times, just like the big races. "With our race, it's not about the time you get, but about the time you have", says Co-Race Director Niki Holt, "All the athletes had a great time with huge smiles seen!"

Numerous volunteers and many event sponsors helped make this event such a success. "Originally, we wanted to provide a free triathlon racing atmosphere for our local Okanagan Falls School children, especially with all the big races travelling through our community, then we simply invited the surrounding communities to join in too. We also wanted to ensure that any financial barriers were removed, so our gracious sponsors kicked in and we were able to do just that ... keep the event free for three years in row!", says Co-Race Director Carrie Ferguson. The event once again drew families from Osoyoos to Kelowna and even the Lower Mainland. "Our little race is becoming very well known in the triathlon world, and we have been warmly received and supported. Moving the event to the weekend this year and increasing the cap of participants (which sold out early), just proved that we may be able to grow even more for next year's race."

The Pharmasave Okanagan Falls Junior Triathlon is an official "Kids of Steel" event, along with being fully sanctioned by TriBC. The event website, [www.okfallsjrtri.com](http://www.okfallsjrtri.com), shows maps and distances according to age categories. There is also a full list of FAQs and more detailed information available on the site. You can also enjoy some fun photos.

Thanks again to our local residents who were patient with the little racers on the roadways in and around Kenyon Park and Christie Memorial Park. Thanks to all the wonderful volunteers who made this event possible and a ton of fun. Thanks to the Okanagan Falls Junior Triathlon Committee: Carrie, Niki, Gord, Chris, Taylor, Kathy, Myleen, Lorna, and Janice. There are have a number of fabulous sponsors, without whom this free event could not take place. A HUGE thanks to: Title Sponsor - Pharmasave; Platinum Sponsors - IGA and UEE; Gold Sponsor - RDOS; Silver Sponsor - Meyer Family Vineyards; Bronze Sponsors - Fortis, Synchronesh Wines, Noble Ridge Winery and Interior Savings Credit Union; and Friends of the Race - Okanagan Falls Parks & Recreation, Wild Mare Contracting, Home Hardware, Dogtown Coffee Co., Robbins Drilling & Pump, and Skaha Matters. The event wouldn't be the same without the infamous Steve King, either! Thanks everyone and see you next year!

Malibu Dreams Photography



### Valley First Challenge Penticton is kicking off its Volunteer Recruiting Campaign.

They need a total of 2500 volunteers for Sunday, August 24th. If you would like to help volunteer with this full scale adult triathlon race, please call 250-276-2159 (Volunteer Line). More info in the next Skaha Matters. [www.challenge-penticton.com](http://www.challenge-penticton.com)



Perry Tompkins,  
New Pharmacy Manager

## Live Well HEALTH TIP

brought to you by  
Pharmasave  
Okanagan Falls

**Sunscreen** ~ In this month's article, I want to discuss the health consequences of excess sun exposure and tips for protecting your skin while enjoying the Okanagan sunshine.

When shopping for sunscreens, patients are often confronted with two questions: what UV coverage is best and what SPF is needed? Let's tackle the first question. UV sunlight comes in 3 varieties, UVA, UVB and UVC, although it's really only UVA and UVB that contribute to skin damage. Traditionally, UVB has been viewed as the sunlight most responsible for sunburn and skin cancer, although the importance of UVA, which penetrates deeper into the skin, is increasingly recognized. So, when selecting a sunscreen, look for labeling that says "broad spectrum" or "UVA and UVB coverage" to ensure your skin is protected against both types of sunlight.

SPF is a term we have all seen and heard, but can result in confusion concerning the level of protection offered at different SPF's. When buying sunscreen, it's important to remember that SPF refers to the amount of UVB sun exposure protected skin can take before suffering damage compared to unprotected skin, and not the duration of exposure. Also, patients should be aware that increasing SPF does not increase your protection in a proportional manner. For instance, SPF 15 will block approximately 93% of UVB sunlight, whereas SPF 30 will block approximately 97% of UVB sunlight. Therefore, as a general rule, select a sunscreen that is SPF 15 or higher, and focus on frequent and liberal applications, such as 2-3 tablespoonfuls for whole body application, every 2 hours or every hour if swimming.

In closing, to get the best protection possible, please don't hesitate to ask your Pharmacist for help selecting a sunscreen and for tips to reduce sun exposure while still enjoying the Great Outdoors this Summer. See you out there!

*"It's a smile, it's a kiss, it's a sip of wine ...  
it's summertime!" ~ Kenny Chesney*

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## Prolozone Pain Management Therapy



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

Prolozone is an injectable pain management therapy developed by Dr. Frank Shallenberger, a renowned anti-aging Doctor and "the father" of modern ozone therapy in North America. Prolozone is effective for all forms of musculo-skeletal and joint pain including chronic neck, back, knee, hip, and shoulder pain, plantar fasciitis, carpal tunnel syndrome, and rotator cuff injuries. Because prolozone corrects the underlying pathology of the disorder, there is a 75% chance the chronic pain will be resolved completely.

Prolozone involves the targeted injection of a homeopathic/procaine/vitamin-mineral healing solution followed by an ozone injection. Ozone is an oxygen gas produced by an ozone generator that effectively oxygenates tissues, both sterilizing them and enhancing the oxygen utilization of the tissue. It is the most highly active form of oxygen in the universe. This oxygenation is very healing as well as neutralizing to the pain in an area. Poor circulation often leads to poor oxygen concentration in and around joints. Ozone increases oxygen levels considerably leading to joint and tissue regeneration.

Generally, 3-5 Prolozone treatments are required to completely resolve pain and injuries, and stimulate regeneration of worn out joints. These occur at a schedule of once every 2 weeks to once a month. This therapy is extremely safe, well supported by over 50 years of research, and most often painless.

Dr. Browne has been trained in this technique by Dr. Shallenberger (www.antigagingmedicine.com).

Visit [www.aaot.us](http://www.aaot.us) for references to the scientific literature.



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## Granfondo Returns Sunday, July 13th Cycling Event Schedule Below

The 4th annual Prospera Granfondo Axel Merckx Okanagan (PGAMO) returns to the South Okanagan on Sunday, July 13th. Once again, the event starts and finishes from Penticton's Gyro Park with more than 2,500 cyclists expected to participate. Residents of the Okanagan Valley are encouraged to visit the online Weekend Schedule of Events for more details at: [www.granfondoaxelmerckx.com/event-info/event-weekend](http://www.granfondoaxelmerckx.com/event-info/event-weekend). This year's event features Canadian Olympic legend, Clara Hughes; local Challenge Penticton Champion, Jeff Symonds; and of course, Olympic medalist and Okanagan resident, Axel Merckx.

Cyclists will embark on one of three distances - the Granfondo (160 km), Mediofondo (92 km) or Cortofondo (55 km). All riders will begin in Penticton at 7am, before heading out to Summerland and back through Penticton. At approximately 8:10am, the first riders will arrive at the Main Street aid station, and immediately head out along Lakeside/East Side Road. Cortofondo riders turn back to the Gyro Park finish upon reaching Skaha Lake Park. South Main will be closed to southbound traffic from Kinney to the City Limit from 7:45am to 9am. From 8:15am to 11:30am, residents along East Side Road from Penticton to McLean Creek Road turn-off should expect a steady stream of Mediofondo and Granfondo cyclists. Many roads will still be open to vehicular traffic, but drivers should expect delays during this time. Similar to the previous Ironman Canada route, the cyclists will turn up McLean Creek Road. At approximately 8:30am, the lead cyclists will pass by the intersection McLean Creek Road and Allendale Lake Road, and later proceed North along Maple Street between 8:35am and noon. There will be an aid station in place at Christie Memorial Park in Okanagan Falls. At this point, the two categories (Mediofondo and Granfondo) split, with the Mediofondo riders proceeding West along Hwy 97 towards Kaleden, and the Granfondo riders heading South up Maple Street and through to Oliver Ranch Road. Mediofondo riders will reach Kaleden and Hwy 97 starting at 8:45am. Cyclists will continue to pass this section of Highway until approximately 5pm. Granfondo riders will reach Hwy 97 off of Oliver Ranch Road at approximately 8:40am. Cyclists will continue to flow through this section until approximately 1:15pm. Granfondo riders will proceed around Oliver and back through the Fairview/White Lake area before returning to Penticton along Highway 97. The northbound lane on Hwy 97 will be closed for the event from Hwy 3A to Channel Parkway; however, northbound traffic will be diverted into the southbound fast lane. Delays are expected and driving with caution is greatly appreciated.

Information about the routes, traffic information and weekend event details can be found at the Prospera Granfondo Axel Merckx Okanagan website at: [www.granfondoaxelmerckx.com](http://www.granfondoaxelmerckx.com).

Organizers invite you to take part either as a rider, a volunteer or a spectator. Events before and after the ride are open to the public, and include activities for the entire family.

The event is seeking volunteers for a variety of roles. Be part of the action by visiting: <http://www.granfondoaxelmerckx.com/volunteers> or email Susan at: [susan@granfondoaxelmerckx.com](mailto:susan@granfondoaxelmerckx.com).



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## Here's What's Happening at Dogtown

"Potpourri" ~ Paintings by Barb Hofer and Carol Munro. Exhibiting in July at Dogtown Coffee House in Penticton and then exhibiting in August at the Original Dogtown Coffee Co in Okanagan Falls.

For more information, visit our website [www.dogtowncoffee.ca](http://www.dogtowncoffee.ca), simply stop by either café, or give us a call at 778-515-5524 in Okanagan Falls or 778-476-3220 in Penticton. "Community with Every Cup!"



## What Do YOU Want?

By Wendy MacKay

Last month my article touched upon my belief that we all deserve to be happy. I seriously do not believe life should be a struggle, although for too many it seems to be that way. We create our own struggles by accepting what or how we think things are, instead of letting go and finding more positive results. If you feel you want to defend this perspective, I challenge you to focus on one situation and ask yourself if this is the only way. What struggle could you eliminate? Do you want to?

I know some readers think these articles are 'cheesy' or perhaps a little airy-fairy, and that's OK. If I can ignite a spark in just one person to find hope, believe they matter and take action, then I'm happy. It all begins with one person doesn't it? To encourage, support and listen, as a friend can be all it takes to make a difference. Too many people are lonely today. Too many people have given up hope. Too many feel unworthy. In my heart I don't believe it has to be this way. I write to share hope. I coach to support those who want it. I love what I do and I'm good at it!

Not long ago when caring for my mother in our home, I questioned my purpose and often felt as though I didn't matter. I temporarily gave up hope, my dream of being a successful coach would end before I got started. I had made a choice to look after mom. I love her, but in the process I was feeling resentful. I'm sure many of us go through periods in life like this. When we love family, friends, pets, we willingly set aside our needs to support them through hard times. You may be going through this right now. What's important is to take care of 'your' needs too. As a caring person, your mental, emotional and physical health matter just as much as the person you care for. When you feel happy, you have more energy. When you make time for yourself, you have more to offer the ones you love. Even if you only take one hour a day to be selfish doing something for yourself, do it! Set specific time each day to do something that makes you happy. Sing, dance, read, meditate, write, soak in a bath surrounded by candles, whatever ignites your spark and brightens your mood.

It's easy to spend time doing what we think is important, because it's what we've always done. No matter how tired you feel you CAN find an hour in every day to do something good for yourself. Start today ... not tomorrow. Procrastination is just an excuse. And, if you happen to be the 'one' person who does get some value from my articles, I would love to hear from you on my facebook page: <https://www.facebook.com/wendymackaycoachinginc/>



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## The Lieutenant Governor Is Coming To Kaleden!

Kraze Legz Winery SKAHA Vineyard 2013 Chardonnay (unoaked) was just awarded the coveted 2014 Lieutenant Governor's Award for Excellence in British Columbia Wines. This award marks the first ever Lieutenant Governor's Award for Kraze Legz Winery and the first for the west side of Skaha Lake. This year was the largest competition in the 12-year history of the Lieutenant Governors awards, with 436 wines submitted from 119 wineries across the province.

"We are truly honoured that our 2013 unoaked Chardonnay was one of only 12 wines from all of BC to receive this award", says Gerry and Sue Thygesen co-founders and co-owners of Kraze Legz. "This most coveted award is an important milestone for our brand. We have worked extremely hard on achieving a level of quality in all our wines, and the Lieutenant Governor's Award for Excellence in BC Wines exemplifies that. We established Kraze Legz as the first winery in Kaleden in 2009. We are incredibly humbled, to be just five years into this adventure and to have won such an honour. Our winery name and fanciful 1920's themed screen printed bottles have creatively drawn customers to the brand, but it's always been about the quality of the wine in the bottle that has kept consumers coming back."

The SKAHA single vineyard series extends the award winning portfolio of red and white wines handcrafted by Sue and Gerry, and this label with a brilliant image of a horse with flowing mane reflects Sue's life long love of horses.

"Special lands have the capacity to produce special grapes and this award for our estate grown Chardonnay further strengthens our position that this capacity exists on the west side of the lake. Every wine we've released over our first 5 vintages has won at least one major industry award. The terroir of our vineyard is special and makes up only a small portion of a very special part of the distinct Skaha Bench region."

A tremendous 2014 is already shaping up for Kraze Legz with a 2014 All Canadian Wine Championship Double Gold medal for their 2011 Cakewalk Merlot and a Gold medal for their 2013 Skaha Vineyard Pinot Blanc, but they'll need to find a prominent space to display this most prestigious award.

On Thursday, July 24, the Honourable Judith Guichon will visit Kraze Legz Vineyard and Winery to present this award. Her Honour will be accompanied by 40 members of the Vancouver Consul Corps. For additional information, call 250-497 6957, visit www.krazelegz.com, or follow them on Twitter and Facebook.



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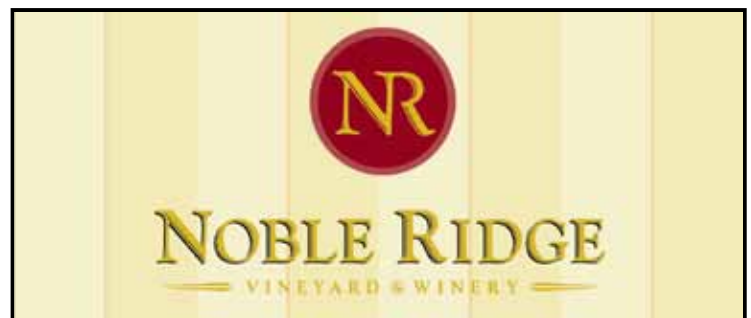


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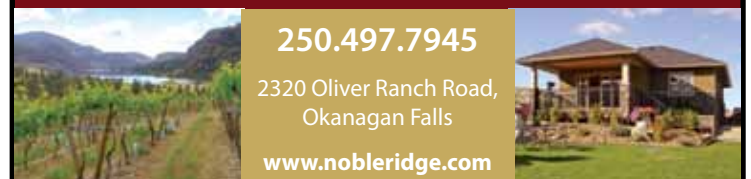
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## Ideas For "After Sunset" Curb Appeal


with Brian Moen, Realtor with Royal LePage Locations West

Have you ever driven passed a house at night and been impressed by how lovely it looked? There is nothing like soft pools of light along a pathway or a warmly lit porch to infuse a sense of welcome and make your house stand out from the crowd. Well-chosen outdoor lighting can significantly amp up your home's curb appeal, while making the area safer by illuminating walkways, porches, sides of houses and other areas people might need to travel. Here are 7 ways to improve curb appeal with outdoor lighting.

1. Focus on the porch. Your porch says a lot about your house, and as the transition space between outside and inside you want the area to be cheerful and look impressive. As a rule of thumb, choose fixtures that suit your house's architectural style or design concept. We've found that most people install fixtures that are far too small.  
**Swap out porch lighting.** Try replacing tiny sconces with a big, statement-making pendant light, add recessed lighting beneath the eaves or install solar lights along the front walk.
2. If the exterior of your home is still a work in progress, have some fun and pick a light fixture that has a personality all it's own, one that will become the focal point of your exterior space.
3. Light your pathway, no matter how short, with a set of 18" high "path lights" that are inserted into the ground and shine their light downward, making the walkway easy to navigate while highlighting any appealing features, like stonework, as well, there is no glare to distract your eyes therefore all you see is your beautiful landscape.
4. A majestic tree will take centre stage with an up-light that can reach into its canopy, creating an enchanting scene that will be the envy of your neighbourhood.
5. Use a spotlight to light your house's address numbers.
6. Light smart. We only need a little light to create a big effect outside, so to keep costs down and reduce excessive light by retrofitting your fixtures with LED bulbs and connect every fixture to a timer or dawn to dusk sensor.
7. Your home is something to very proud of, why not show it off, especially if you are in a "FOR SALE" situation.

Buyers drive thru neighbourhoods in the evening to get a feel for the area, as well as during the daytime.


Hope you all have a great summer and I will talk to again next month.



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## The Changing Face of River Cruises

with Wendy Busch

The river cruise industry is growing in leaps and bounds. There are so many cruise lines to choose from, such as AMA Waterways, Viking, A Rosa, Avalon, Uniworld, Tauck, World Quest River Cruises and Uniworld Boutique River Cruises. These cruise lines vary with their inclusions as well from gratuities to regional beers, wine and spirits could all be included while on board. All of the cruise lines include airport transfers, all meals on board the ship and tours with English speaking guides. Free internet access and Wi fi are also available.

A European cruise line is now offering family suites and children 2 to 15 sail for free! They have dedicated three ships for English speaking guests. They also offer soft adventures, such as cycling and kayaking. They are waiving the single supplement as well, which is a bonus for the solo travellers. Cruise lines to cater to the interests of their guests by offering as many tour options as possible, especially in Europe.

I had the pleasure of going on an AMA Waterways cruise to Vietnam and Cambodia last October. It was an experience of a lifetime. We did not have a variety of tour options, because we were travelling the Mekong River at flood stage. Our itinerary had to change because of this situation and we had to miss a leg of the trip, as we had to travel by coach to meet the ship at another location. The history of Cambodia and Vietnam is both tragic and fascinating. I found the tour guides and the local people we met along the way to be friendly and excited to meet tourists. The tour of Angkor Wat in Cambodia was to say the least awe inspiring. The people are poor, but there is no begging in the streets. The children sell books, so they can pay for their education. The one tour that broke my heart was the tour of the Killing Fields. That tour has stayed with me and it will be with me forever.

Before booking a river cruise, especially to Asia or South Africa, be aware of the weather for the time of year you want to travel. When I was on my cruise, the humidity was 98% almost every day and the temperature was 35°C! The ship was air conditioned ... thank heaven!

Vi enjoyed the riverboat tour from Basel to Amsterdam in November of last year. She took the four day land tour, which started in Zurich, Switzerland. The castles on the Rhine were both beautiful and historic. On this cruise, there was many options for tours each day. On most of the Rhine River tour, you could choose from taking tours on either the German or French side of the river. On the walking tours, you were given the option of gentle, moderate or active. Bikes were always available. Also, the weather was very warm, which was a very pleasant surprise. The weather in Europe can be very much like our weather in the Okanagan.

If you want more information on river cruising, please give either Wendy or Vi a call. You could be booking a trip of a lifetime!



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## Fishing With Dodgers

By Larry Martin

I have to admit that due to a calamity of events I have not been fishing since I purchased my 2014 fishing license. I had planned a week of fishing at Link Lake in early June with the Penticton flyfishers, but my Sister (in Victoria) turned 60 and my Mother decided that I would attend her surprise party. So, no pictures of prime fly caught and released Spring Trout.

It is now Summer and if I actually go fishing this week as planned I will be up at Idelback for some evening fly fishing. I hear the decomposing carcasses of a Cow and Calf moose are floating around the lake, as they likely fell through thin ice earlier this year. I am sure a few students will be having a party in the area as well, but I can live with that. There are several other high elevation lakes in the area that remain good producers in anticipated warmer weather. Mid to Late July is also a prime time for drifting the Kettle River and presenting a dry fly. For fishing in the Valley, I prefer trolling, especially with Dodgers.



Examples of completed System 1, System 2, and System 3 Attractor Dodgers (fishing line attaches to swell in front of the swimmer seen on the right). Matching lure attaches to coastlock swivel behind the dodger (seen on the left).

Attracting Dodgers give off sound waves, which travel in all directions. The type and frequency of these vibrations is most effected by the speed of trolling and the shape of the Dodger. After the initial sound attraction, colour and scent are critical to enticing target fish to bite. I most often use a lure that has at least some

of the colours on the attracting dodger. I favour the Ultralite Dodgers shown to the left made by "fishwithgary" from La Pine, Oregon and the Oki Tackle Mini produced in Saanich for Kokanee in Skaha Lake. When fishing deeper water mid summer, I use the larger system 3 Dodger for Kokanee. For Sockeye on Osoyoos Lake, I would be using the mid size Oki Tackle Dodger with matching hoochie. When using lures such as a hoochie, the dodger provides the action to the lure, thus I use a short or stiff leader. When using lures or plugs that have their own action, I use longer more supple leaders.

With no further interruptions, I should have some great new pictures and stories. For more info, ask Larry at fs-lemartin@shaw.ca.

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## O.A.T.S. Horse Rescue 3 Times in May

O.A.T.S. Horse Rescue, which has been in the news quite a bit lately, is operated by our very own Okanagan Falls business woman Theresa Nolet. Theresa was called on May 3rd about a small horse that had fallen into the swollen and fast moving waters of Trout Creek in Summerland. She recorded the entire rescue, which then went viral around the world. The horse which was a 7 month old filly was later named River and made a full recovery and has since been adopted to a wonderful family where she will now have a happy and bright future.

Also in May, O.A.T.S. took on the care of two one-day old foals that had been orphaned. The first foal was born May 1st in a West Bench Residents yard, but upon birth the stallion chased the mare away and tried to kill the foal. Luckily, the whole event had been witnessed and the owners of the property intervened and the foal was rescued. I was able to source some colostrum for him and he was given a clean bill of health by the vet. He has been named Maybe Baby, MB for short and is doing fantastic!

On May 23rd, a weak and injured foal was found all alone along the KVR Trail behind the research station in Summerland and was also turned over to O.A.T.S. It is possible that he is actually from the same herd as River. He has been named Allbay and was a much more difficult case. Allbay did not receive any colostrum from his mom and had to have an infusion of plasma, had a ruptured hernia and his bite wound became quite infected in spite of antibiotics. Theresa slept in Allbay's shelter for the first two weeks of his life to ensure he survived, feeding him every 45 minutes until finally he was able to go for 2 hours between feedings. As of the writing of this article, Allbay also is doing fantastic. His neck is healed and his hernia also seems to be healing on its own, which is great news meaning he will not have to have surgery. Both of these rescued boys will be available for adoption once old enough.

Caring for these horses is a huge expense, both in terms of time and money. So, if anyone would like to make a donation through Paypal in support of O.A.T.S. Horse Rescue and what we do, please use our email address [O.A.T.S.Horse\\_Rescue@shaw.ca](mailto:O.A.T.S.Horse_Rescue@shaw.ca) (please note it is an underscore between Horse and Rescue) O.A.T.S. stands for One @ A Time Success and that is what Theresa Nolet concentrates on. Theresa is focused on helping the feral/wild horses that come from the local First Nations reservations, although she has stepped outside of the box from time to time to rescue or help other horses in need. Theresa can be contacted at [O.A.T.S.Horse\\_Rescue@shaw.ca](mailto:O.A.T.S.Horse_Rescue@shaw.ca)

*"Our lives begin to end the day we become silent about things that matter." ~ Martin Luther King, Jr.*



On Left - "River" being rescued in the water by the Summerland Fire Department. On Right - One-day old "Allbay" being transported to O.A.T.S. Horse Rescue.

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way how important family is and really want to settle down and just concentrate on a life with stability and routine. I am currently living with my sister and brother, so I'm anxious to get out on my own. If you think I would make a good roommate, please contact [www.AlleyCATSAlliance.org](http://www.AlleyCATSAlliance.org).

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## Bears, Bears are Everywhere!

By Zoe Kirk,

RDOS Bear Aware WildSafeBC Coordinator

Over the last month, from all reports, it sounds like a lot of the region's resident bears have made an appearance; frolicking with their cubs in a field, stewarding cubs along a trail, overturning a compost lid or two, or checking out a beehive. The sightings and activity serve to remind us that we put irresistible morsels of food right under the super sensitive noses of bears in their habitat.

Nowhere in the Okanagan is immune from bear activity. May to late July is prime time to be hyper vigilant about attractants. Look around your house and property, while thinking like a hungry bear.

- Keep household garbage locked up or inside until the morning of pick-up. This is the single most important activity to reduce conflict with bears
- Check that all garbage and attractants that may have accumulated over winter are dealt with. Take an extra trip to the landfill to dispose of it or ensure it is buried deeply.
- Take all bird feeders down and remove pet food or feed stuff from the porch.
- Check to make sure the compost is 'working', not just festering and rotting.
- Consider electric fencing for fowl yards and bee-hives. Stop any molestation BEFORE it happens to your livestock and avoid putting your neighbours in harm's way.
- Be alert for signs: bear scat, dogs acting skittish, numerous dogs barking in one area, overturned logs, scratches and gouges along embankments and beside trails, and be sensitive to surrounding sounds while out walking - no ear buds.

Avoid allowing bears (or deer, which can be a bear food source) to loiter in your yard. Use scare devices such as air horns, pots and pans, and motion sensor lights. Warn neighbours when you see a bear or suspect bear activity. Escalated sightings and activity should be expected for the next month or so, before bears move to higher ground as food sources become more widely available.

**On a happy note:** The Village of Naramata in RDOS Electoral Area E has been awarded "BC's 6th Bear Smart Community" designation. Over the past four years, adhering to the Curbside Garbage Bylaw (also in effect in Area D), and working together as a community to reduce wildlife attractants has resulted in the reduction of the destruction of bears. Usually 6-7 bears per year were destroyed in the hamlet of 825 homes, which is now down to 2 in four years. Bravo Naramata! For more information, visit [www.rdos.bc.ca/departments/public-works/wildsafe-bc-bear-aware/](http://www.rdos.bc.ca/departments/public-works/wildsafe-bc-bear-aware/) or [www.wildsafebc.com](http://www.wildsafebc.com)



## School Trustee Report for SD67

with Ginny Manning

Congratulations to Grant Mansiere from Summerland Middle School and Charlie Smith from McNicoll Park Middle School for their outstanding achievement at the Canada-wide Science Fair in Windsor, Ontario. Grant won a Gold Medal for his project on the effects of lighting on the number of incidents of crime. Charlie developed a working prototype of a wood pellet burning car, he won a Bronze Medal for his project.

At the June meeting, the Board recognized citizens who have made significant contributions to the district throughout the year. This year we were pleased to recognize Alana Buckingham for creating the Giant's Head Marathon, along with Neil and Michele Jamieson who were instrumental in organizing the raising of funds for local elementary school breakfast programs run by Meals on Wheels.

Every year each school is required to update it's School Improvement Plan. The document looks at the school objectives and goals and the progress that has been made throughout the year. It outlines the structures and strategies used through the year and summarizes the key findings and plans for next year. All the School Improvement Plans are available on the district website ([sd67.bc.ca](http://sd67.bc.ca)).

The School Act requires that each district prepare and submit a District Achievement Contract to the Ministry of Education. The Contract outlines our district goals for the improvement of student success, describes strategic actions and identifies how the district will monitor progress and make adjustments to improve results. It is a three year plan that is updated annually. The full report is available on the district website ([sd67.bc.ca](http://sd67.bc.ca)).

No comments or suggestions were received regarding draft Policy 700 Public Use of School District Facilities and Grounds (Rental Policy). The Board approved the updated policy and it is posted on the district website.

At the time of writing, the BC Public School Employers Association (BCPSEA) and the BC Teachers Federation (BCTF) are inviting a mediator in to try to reach a mutually acceptable settlement. Everyone is hoping an agreement can be reached by the end of June.

Locally, we are focused on maintaining positive relationships, so that when this is over we can get back to working together to provide our students with a world class education. My hope is for a settlement that will provide enough time for both sides to work on their fundamental relationship, so that when the time for bargaining comes around again it can be done more effectively.

Have a great summer! For more info, contact Ginny Manning, Trustee for SD#67, at 250-497-6462 or email [gmanning@summer.com](mailto:gmanning@summer.com).

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## Kaleden Elementary PAC Update

with LeeAnn Thompson, Chair Kaleden PAC

In my last article, I stated that the Kaleden Run was fabulous! Well, the problem with writing before an event occurs is that you never truly know the outcome. This year unfortunately, two days before the Kaleden Run, the administrators and the teachers decided to cancel the run. We had many disappointed children in the district that trained really hard for the event.

The end of this school year was not as happy as I have seen in the past. All year end fun events were cancelled, such as the Grade 4/5 camp out, the district track meet, and the year-end celebration. At Kaleden, the Principal and the teachers rallied for the children and gave the Grade 3, 4 and 5's a mini track meet at the school, as well the whole school got to enjoy a fun day (in the rain). My children have complained about not having proper closure, not really getting to say good-bye to their teachers. And, to all those wonderful Grade 5 students that are moving on to middle school next year - GOOD LUCK! We also have many teachers leaving Kaleden this year and as a PAC we never got to say good-bye. So, to all those teachers leaving Kaleden, we wish you all the best! I hope your new school is as fun and kind to you all as Kaleden has been. As PAC, let's hope there is resolution, so in the years to come there is a positive end to the year.

The kids got an early start to summer, which has been enjoyed by all. I hope to see lots of kids down at the beach this summer, playing tennis, swimming, riding bikes or simply (as my oldest says) just hanging out. Kaleden Elementary School PAC is excited about being able to use a new innovative and easy way for us to raise funds and help BC based businesses at the same time. [sokap.com](http://sokap.com) is a fundraising site that provides you with the best quality products at a price equal or less than what you will pay in your local retail store AND shares a significant portion of the retail mark-up with not for profits - like our PAC. Here is how it works:

1. Go to our page by copying the following domain into your web browser-<https://sokap.com/nonprofit/kaleden-elementary-school>.
2. Order products that you will use.
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When you buy products you are buying anyway, we receive between 10-22% of your purchases. As you add products to your cart, you will see how much of your order is being paid to us. Uniquely, with your participation, this fundraising method will enable us to raise funds over the summer. We have set a goal to raise at least \$2,500 by the end of August. That means if you and 70 other families purchase \$100 per month from June to August we will more than meet this goal. Please help us reach our goal: 1. Follow the link. 2. Buy products.



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### **The Ultimate list of 100 Boredom Buster Play Ideas!**

Now that summer is here it's time to up our play time in & outdoors. Here are some ideas to inspire you to learn & have fun & remember: "Play is the work of the child" ~ Maria Montessori

1. Make play dough and use it to make cupcakes, bread, cookies, sweets, chocolates or any of these 50+ other recipe variations and activity ideas!
2. Create a treasure basket.
3. Make art on the window.
4. Create a story box to retell a favourite story.
5. Use a salad spinner to create some spin art, and turn it into leaves, fireworks, hearts and Easter eggs.
6. Print with broccoli, peppers, spaghetti, toy cars, muffin tins, cardboard tubes, egg cartons or cookie cutters.
7. Make salt dough and use it to create hand and foot prints, ornaments, leaf prints or letters.
8. Use stickers to tell stories or make quick art work.
9. Make some cloud dough and use it to make a seaside sensory box.
10. Use wool to wrap around cardboard shapes, introduce weaving or make a birds nest.
11. Make some sparkly soap mud.
12. Set some toys in jelly(o) and dig them out, simply play and explore with it, freeze and defrost it.
13. Play with shaving cream, stir in colours, write in it, lift marbled prints from it.
14. Freeze some toys in ice and try and have a race to see who can excavate them the quickest.
15. Stack some cups and explore coloured shadows.
16. Construct paper tube chutes for dropping beans and pom poms.
17. Go on a colour hunt and make a giant rainbow collage.
18. Turn a box into a town and draw roads and buildings inside, or turn it into a train track with a station.
19. Set up a role play coffee shop, garden centre, shoe shop, doctor's surgery, hospital, post office, library.
19. Make some clothes peg fairies or rainbow flower gnomes.
20. Practise writing letters and numbers in sensory salt.
21. Make some finger-paint prints.
22. Act out Goldilocks with sensory story props.
23. Watch colours dance through multi-coloured Oobleck.
24. Make a favourite book character from play dough such as Pokemon or Rainbow Princess.
25. Use handprints to measure things.
26. Make catchers from milk jugs and play with a ball.
27. Set up a reading tent and read a pile of books together with milk and cookies.
28. Freeze some rice for cool sensory play on a hot day.
29. Make a rock pool and tell seaside stories.
30. Have a coloured, scented bath in the middle of the day.
31. Paint a table top with chalkboard paint then draw on it, make train tracks and create a city.
32. Put together a sensory tub themed around fairies, baking, Christmas, patriotism, Autumn, seaside, storytelling.
33. Get up to your elbows in rainbow spaghetti.
34. Whisk up some coloured sensory soap.
35. Mix colours with water and pipettes.
36. Cut some herbs and add them to play dough, sprinkle on play pizzas, create scented water for play.
37. Jump in paint and print with wellie boots.
38. Decorate some gingerbread play dough people with buttons.
39. Make your own edible fingerpaints, soap paints, outdoor glitter paints or natural paints.
40. Make a rainstick.
41. Use shells to create your own fossils in salt dough.
42. Set up an outdoor concoctions area for making mud pies and grass soup.
43. Make a pirate map, a treasure chest from a cardboard box, a sandy pirate island and go on adventures.
44. Experiment with magnetism.
45. Use an enormous cardboard box to become a crawl-through sensory tunnel or to watch glowing lights.
46. Collect petals to make perfume.
47. Create a dinosaur land in a tray.
48. Scoop and pour with dried pulses and bottle top funnels.
49. Poke pipe cleaners through a colander

and into play dough. 50. Make pictures with felt shapes. 51. Use plastic bottles to make discovery bottles and I-Spy games. 52. Make some rainbow shape and alphabet crayons. 53. Collect recycled materials to make open-ended play boxes. 54. Create a giant collage version of the Very Hungry Caterpillar. 55. Scrape forks or combs through paint. 56. Grind coffee beans. 57. Make a frozen alphabet. 58. Sort colours and practise number skills in an egg carton. 59. Make a sensory farmyard in a tray. 60. Blow bubbles for baby. 61. Jump on chalk letters. 62. Make a rain gauge. 63. Grow beans on cotton balls. 64. Paint with fly swatters. 65. Use masking tape to make tape-resist art work. 66. Fold paper over paint to make blotto prints. 67. Bake alphabet cookies. 68. Use sticky paper to make stained glass window art. 69. Weave old artwork through a paper bag. 70. Grow cress seed initials. 71. Paint with water on coloured chalk. 72. Blow paint through a straw. 73. Make wrapping paper and gift tags. 74. Celebrate with a pretend play birthday party. 75. Put paper all over the floor and have a huge doodling session. 76. Build with blocks and set a challenge. 77. Make a leaf or flower crown. 78. Thread a rainbow pasta necklace. 79. Use clothes pegs to make fairies. 80. Print with bubble wrap to make the ocean. 81. Crush chalk to make paint. 82. Use household objects to make music. 83. Have an impromptu tea party. 84. Plant a fairy garden. 85. Paint with cotton buds. 86. Decorate a flower pot and plant seeds. 87. Explore shells using sand play dough. 88. Create land art with natural materials found on a walk. 89. Paint in the bath or on the windows with shaving cream bath paint. 90. Make The Very Hungry Caterpillar from play dough and retell the story together. 91. Play with real cooking equipment and dried beans. 92. Add patterns and textures to play dough to make Willy Wonka's chocolate factory. 93. Decorate play dough gingerbread men with buttons. 94. Make gluten free snow-dough and cut out snowflakes or roll snowmen. 95. Cut potatoes to make shapes and then print them in paint. 96. Make glitter sidewalk/ pavement paints for outdoor art work. 97. Make a batch of homemade coloured moonsand. 98. Create an ocean in a bottle. 99. Make your own light box for sensory play. 100. Change the colour of flowers in a science experiment.

Source: The Imagination Tree.com

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

No need for kids to be bored this summer. There will be a lot of funny business going on at the Kaleden Branch of the Okanagan Regional Library for kids aged 5-12. Best of all ... it's free!

Registration in the ORL Summer Reading Club includes an awesome reading log, chances to win great prizes, lots of special events, and great programs in the library to help your kids enjoy the world of reading. The theme for this year's Summer Reading Club is "Funny Business" and our librarians have developed a summer full of opportunities for your kids to laugh out loud. Program runs from 6-7:30pm on these dates: Thursday, July 3 (Funny Business with Magician Leif David); Tuesday, July 8 (Eat Dirt with Cameron Baughen); Tuesday, July 22 (Silly Songs with Vivibe & the Cooper Family); Tuesday, August 5 (Superheroes in our Kaleden Community); and Tuesday, August 19th (Wind-up Party & Medal Presentations). Register by phone at 250-497-8066 or drop into the Kaleden Branch at 101 Linden Avenue.

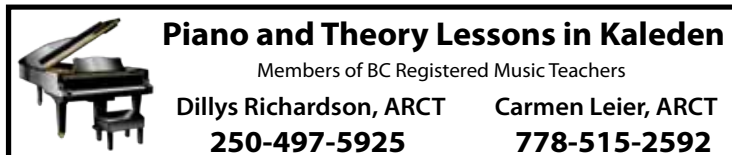
Travelling around a bit this summer? Kids are welcome to drop in at any branch of the ORL to take out books, get stickers on their reading logs and participate in the special events. Please note that some events require preregistration, because of space restraints. Please call the branch to preregister your child.

**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

"Funny Business" Summer Reading Club 2014 is a free program for 5-12 year olds that runs throughout the summer. This year's reading club in Okanagan Falls will be held on Tuesdays at 6pm. Program runs: July 8th (Clowning around); July 22nd (That's Gross); a special time with the Ali Kazam Magic Show on Wednesday, August 6th at 3pm; August 12th (Funny Tales & Crafts); and August 26th (Wind-Up with hotdogs, treats & prizes). So, join us for Summer Reading Club prizes, entertainment & fun! For more info or to register, please call the library at 250-497-5886 or check our website at [www.orl.bc.ca](http://www.orl.bc.ca).



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## "Next Step" Supports Early Literacy

Family literacy programs are community-based initiatives that aim to break the intergenerational cycle of low literacy skills and support families in literacy activities and in accessing literacy resources. One such program is "Next Step" in Okanagan Falls. Next Step is organized by the South Okanagan Community Literacy Society and supports Okanagan Falls parents by providing them with books to read with their children. The Okanagan Falls Lions Club has funded the cost of the Next Step books. When families attend the Okanagan Falls StrongStart Centre, their children at 6 months, 12 months and 18 months of age will receive a coupon for an age-appropriate book. The parent then exchanges that coupon for the book at the Okanagan Falls Library. Next Step is a true partnership of community groups coming together and supporting early literacy. For more info about the S.O. Community Literacy Society or Next Step, please contact Pat Buckland at 250-498-8433.



Front L-R: Ruell Smith - SOCLS Member; Georgina Bruyel - Librarian; Vi Creasey - OK Falls Lion. Back L-R: Julia Cannings - SOCLS Chair; Melissa & Kees with his 1st book; & Samantha James - StrongStart Facilitator.

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## Kaleden Museum ~ A History Tid Bit

with Meredith King

In light of the fact that Kaleden has established its own museum, albeit, just one small room in the community hall, and is now in the process of trying to preserve its history by enlarging its collection, Myleen of Skaha Matters thought it would be a good idea to include a bit of Kaleden's history in each edition. So, over the next few issues we would like to take you on a short journey through the growth of Kaleden and introduce you to some of its more interesting sights.



The founder of Kaleden, James Campbell Ritchie (in photo to left), hailed from a small town named Pilot Mound in south west Manitoba. He was enticed to the Okanagan by his good friend, John Moore Robinson whom he had known in Pilot Mound. John Robinson had moved to the Okanagan in 1897 and had developed the townsite of Peachland in 1899 and then moved on to found the lakeshore townsite of Summerland in 1902 and then on to Naramata in 1907.

In 1903 James Ritchie came out to visit John Moore and also to see his own brother Tom Ritchie, who had recently moved to Peachland to become the pastor of the Baptist church. During his stay, he travelled to Summerland where he became interested in developing a new settlement on the upper benchland overlooking Summerland and so he purchased a ranch as the initial step in the planning.

James persuaded the railway powers to alter the course of the railway to serve the upper areas and by 1905 the town of West Summerland was established. In that same year, Ritchie married a girl from his hometown, Margaret Findlay, and established a home in Summerland. That done he proceeded to look around for further development opportunities.

That is when Kaleden was first visualized and in 1906 James Ritchie stood at the site of the present Community Hall and explained to his young brother-in-law, Judson Findlay, his concept of how the new venture would be carried out.

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.

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## OK Falls Heritage & Museum Society

with Marla Wilson

Summer has arrived! I just made my first Saskatoon Berry Pie for this season. Those are things we kind of miss during the winter months. Anyway, we at Heritage hope you all have a super summer!

Heritage Society had a good month since our Grand Opening in May. There has been lots of action in the Thriftee Shop and a few tours through the Museum each week. The Executive Board decided to hold our Summer Barbecue on Sunday, August 17th. The Bassett House looks great with its new wheel chair ramp and the new railings around the back deck. The trees have been pruned and, other than the most stubborn weeds, the gardens are looking pretty good. The executive discussed some upgrading projects needed in the museum and the Bassett House. Seems there is always something to do.

We had four ladies stop in at the Thriftee Shop few weeks ago who came over from Hope. While going through town, they just stopped to say "hello" and invited us to Hope to see their Thrift Shop. We continue to meet the most interesting people. There are some openings in the volunteer schedule in the Thriftee Shop. If you have a couple of hours a week to spare, we'd love to have you join our family of volunteers.

There will be no general meetings of the Heritage and Museum Society in July and August. Happy Summer!

## Okanagan Falls Seniors Activity Centre

with Di Stewart

We held our Annual Barbeque on Saturday, June 14th and everyone in attendance talked about what a good time they had. The entertainment was provided by the Square Dancers from the Drop In Centre in Penticton with some audience participation included. The evening provided entertainment, chatter with good friends, laughs, and great food. Thanks everyone for making the evening so enjoyable.

We recently read a quote by Amy Poehler ... "I want to be around people that do things. I don't want to be around people that judge or talk about what people do. I want to be around people who dream, and support, and do things."

At our ages, we have all developed our own ways of doing things. These ways are not wrong, just different from the way in which others perform the same tasks or challenges. Let us take Amy Poehler's words to heart and try to be the kind of members who dream and support and do things. Even what you may consider a small contribution becomes huge when those working for the same thing realize they have your support.

### MARK YOUR CALENDAR

**Evening Pool ~ 6:30pm Tuesdays (NOT on July 1st)**

**Tuesday Bingo ~ 1pm on Tuesday, July 8 & 15 only**

**Music and Coffee ~ 9-10:30am Wednesdays & Fridays**

**Bridge is cancelled until September.**

**Crib ~ 7pm Thursdays**

**Drop In Bingo ~ 1pm Saturday, July 19th**

**There will not be a Pot Luck Dinner until September.**

**Questions? Phone Ed Magee at 250-497-5570**

Just a reminder - Have you filled out the Age Friendly Community questionnaire and deposited it in one of the many boxes around town? For those 50+ years, it is important for the future of Okanagan Falls that you do! You have through Tuesday, July 1st to do so.



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## Okanagan Falls Women's Institute

with Betty Lynch

Once again, dear reader, I am compelled to write these words for your edification as to the activities of the Okanagan Falls Women's Institute. Activities abound and I will attempt to enumerate them in an unboiling manner.

In May, the Okanagan Falls W. I. hosted the Oliver branch for a district meeting. Thoughtful discussions took place, and although numbers were small, enthusiasm, as always, was high. In June, several of our members spent a weekend at the annual convention in Kelowna. After some scary hours trying to obtain their reserved accommodation, these undaunted members then took a bus trip to various types of farming establishments, i.e. truck farming, winery, etc. As has been mentioned before, our members have resiliency and resolve.

Talents also team within our members, as Joyce Naugler won first prize in the Jams and Jellies contest. Now, wasn't this the same charmed lady who won the W.I. Quilt last December - Yay!

We, of the Bandshell Committee are very pleased with movement of late, bringing us ever-closer to our goal. We reported last month on various donations, etc. Well, this month, we have more exciting news. FORTIS has given us \$5000 in funds to help in the completion of the project - thank you to this business in our community for their support. More support has been gained from Mr. Tom Siddon, RDOS Director for Area D. He has formally ratified and confirmed the Bandshell project. Thank you, Mr. Siddon, for quietly supporting us these past years and giving us your unqualified 'thumbs-up' now!

Canada Day is around that proverbial corner and the Institute Women will once again be front and center handing out red and white cupcakes in Kenyon Park. You'll see us, I'm sure. Also, in July is the annual Party In The Park, sponsored by the Okanagan Wineries Association. We will have a booth at this event and will have several raffle prizes of considerable worth upon which you may buy tickets of chance.

I think I have now covered all the news, past, present and future, except to say that you will have something really exciting to look forward to early in the Fall. No hints yet, but they are coming.

A special thank you to Wildgoose Winery for allowing the Bandshell Committee to have their wind-up meeting on their premises. Luncheon afterwards was so enjoyable with the view and ambience provided by the Winery.

I was reminded today, while speaking with a contemporary, that "Old Age Ain't For Sissies" ... don't you know?

"For Home And Country", Betty Lynch

## The Royal Canadian Legion Branch #227

with Barbara Few

### ITS COMING ... LOOK OUT! MARK YOUR CALENDER!

What is coming? Why **Legion Day & Car Show on August 23rd**. Last year was a great success and this year appears to be even bigger, particularly the car show. If you are wanting to enter your prized auto, please leave a message for Geoff at the Legion (250-497-8338) and he will get in touch with you. Also, use this number if you would like to have a vendor table and let Linda know. More details and posters will be up at the beginning of August and in the next Skaha Matters.

This month the entertainment night will be **Saturday, July 19th** with supper (\$10) and **SHINDIGGER** who is proving to be very popular.

### Dates to Remember:

Wednesday Nights ~ Drop-in Darts & Pool at 7pm  
 Fridays & Saturdays ~ Meat Draws at 5 pm  
 Friday LA Supper ~ 1st & 3rd Fridays following the Meat Draw  
 Friday Jam Session ~ 1st Friday following the Meat Draw & Supper  
 Saturday Afternoons ~ Drop-in Darts & Pool at 1pm  
 Sundays ~ 1pm Fun Time with Hotdogs, Horse Racing, etc.  
 Saturday, July 19th ~ Shindigger entertains with supper \$10 each  
 Sunday, July 20th ~ 'All You Can Eat' Pancake Breakfast \$5 from 8-11  
 Friday, July 25th ~ Yvonne Waddow entertains after the Meat Draw



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## Ladies Auxiliary of Branch #227 Update

with Audrey Steeves

Guest speakers at our June meeting were Myleen Mallach and Jessica Blewett, who gave information on a new Age Friendly Assessment Project for Okanagan Falls. Surveys were handed out to members and completed surveys are to be turned in at drop boxes located at 7 convenient locations in the community by July 1st.

A brief LA meeting followed, as this was the last regular meeting until September. Help for the Friday and Saturday Night Meat Draws were arranged, also for the LA Dinners and LA Drop-in Bingo's. The LA will be catering for a Wedding Reception on July 12th and for a 3 day Family Reunion for 200 on August 1st - 3rd. The latter will require lots of help from all members who are available, as it entails snacks, breakfasts and dinners. The LA will also be assisting the Branch during Legion Week.

The members approved of giving a donation of \$1000 to the Branch towards maintenance. Winner of the Easter Basket was Bob Perry. June meeting winners were Helen Brewis, Nicole Woodard, Louise Sax and Shirley Clark. To wind up the regular meetings until September, the LA enjoyed a luncheon at Shades on Main in Penticton.

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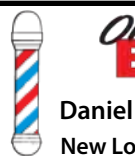


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## Local Church Directory

### Kaleden Community Church

**Family Worship ~ Sunday at 10:00 am**

**Church @the Gardens (Linden Gardens) August 17th 10:00 am**

With special guest Gospel recording artist Joanie Kotanen

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

Pastor Les Clarke. Church email: [kalgarden@shaw.ca](mailto:kalgarden@shaw.ca)

**[www.kaledencommunitychurch.org](http://www.kaledencommunitychurch.org)** - Please check out our new website for up to date information on church events.

### Okanagan Falls Community Church

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

**Special Restoration Service ~ Every 3rd Sunday Night (July 19th)**

For spiritual, emotional and physical challenges.

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.

1108 Willow St, OK Falls / For more info, call 250-497-1171 or visit us at [okfallsuc.shawwebpace.ca](http://okfallsuc.shawwebpace.ca)

### Our Lady of Lourdes Catholic Service

**Sunday Mass ~ 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 the 1st 3 Sundays of the month. The 4th Sunday of the month service will be held on the 4th Saturday at 5 pm for July & August. Saturday Services are July 26 & August 23.**

Coffee and social time after the Church Service.

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



### Morris C. Thomas

July 31, 1930 - June 8, 2014

Morrie Thomas was born July 31, 1930 to a pioneer family in Okanagan Falls. He died peacefully at home, surrounded by family, on June 8, 2014.

Survived by his loving wife Denise (nee Goldsbury) of 60 years; son Brian (Sandy), Okanagan Falls; daughters Jill (Stan),

Okanagan Falls and Nancy (Lyle), Kelowna; grandchildren Ryan (Laura), Whitecourt, Eric (Lauren), Nelson, Bonnie (Faran), Vancouver, Heather, Kelowna, Katy, Edmonton, Hayden, Kelowna; great-granddaughter Ember, Nelson; brother Lloyd (Gloria); sister Dolly; sister-in-law Gay, as well as numerous nieces, nephews and extended family.

Morrie was born and raised in Okanagan Falls and was actively involved in the livestock industry all his life. He helped with the construction of the OK Falls Stockyards, worked at the stock sales, was the area brand inspector, and served as Yards Manager from 1968 until 1989. Morrie was a director of BC Livestock Producers Co-operative Association, a director for the BC Cattlemen's Association, BC Cattlemen's president from 1974 to 1976, and a director for the Canadian Cattlemen's Association.

After retiring from BC Livestock, Morrie reconnected with relatives in England, and enjoyed camping, fishing, and visiting ranching friends in the Chilcotin and Caribou. Morrie was honoured to receive a Queen Elizabeth Diamond Jubilee Medal in 2012.

A Celebration of Life Service was held Saturday, June 14th at the Okanagan Falls Community Centre. Donations are gratefully accepted in his name to the KGH Foundation to Support Surgical Services at Kelowna General Hospital.

A special thanks to Nurse Nancy for the exceptional care she gave her Dad, and the training she provided her team, so that Morrie could remain at home for his last days.

Condolences and tributes may be directed to the family by visiting [www.nunes-pottinger.com](http://www.nunes-pottinger.com). Arrangements entrusted to Nunes-Pottinger Funeral Service & Crematorium, Oliver & Osoyoos.

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### Cup of TEA ... PRICELESS!

One day my mother was out and my dad was in charge of me. I was maybe 2 1/2 years old and had just recovered from an accident. Someone had given me a little 'tea set' as a get-well gift and it was one of my favorite toys.

Daddy was in the living room engrossed in the evening news, when I brought Daddy a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Mom came home.

My Dad made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!' My Mom waited, and sure enough, here I come down the hall with a cup of tea for Daddy and she watches him drink it up.

Then she says, (as only a mother would know), 'Did it ever occur to you that the only place she can reach to get water is the toilet?'





## Flowers or Fish Heads?

Send yours to [skahamatters@telus.net](mailto:skahamatters@telus.net)

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



**Flowers** to our magnificent beach parks! My husband Ken and I walk our dog along the beach in Okanagan Falls, every day, all seasons. This spring our parks have blossomed into a magnificent place to be! Improvements all over the area ... We have lived here for 25 years and always enjoyed this area by the lake, so we would like to give our thanks to all involved with making our parks into a place that is spectacular. We see the people working there every day and thank them for their efforts. Please go out for a walk, if you live in the area. These parks are to be proud of. Tell your friends ... It's a great way to start your day. Always something to see, and what I feel is the very best view of Skaha Lake from the beach! Thank you to everyone involved!

~ from Lee and Ken Green

**Flowers** to Skaha Matters for a job well done each month. We all appreciate the time and effort put in. ~ from Kelly of Okanagan Falls

**Fish Heads** to the "dog beach." If the town wants to fence in an appropriate area where dogs can be dogs, then fence it in. Only fencing in two sides and one of the fenceless sides opens to the parking lot is asking for a sad accident. Also, if you are putting up a fence to keep an animal in, put the fence on the ground - there is an entire foot of space in some places where nearly every dog could easily dive under. Poor design, poor effort. ~ from Kevin and his dogs.

**Flowers** to the new "Pooch Patrol"! Let's do our share as responsible dog owners and keep our pets under control and to the east end of the beach at the designated area. ~ from Chantelle of Okanagan Falls

**Fish Heads** to the moron who removed the memorial plaque from a bench at Christie Park and threw it in the lake. **Flowers** to Joseph from Penticton who recovered the plaque and returned it to Parks and Rec.

~ from the family of Edward and Violet Thomas

**Fish Heads** to the irresponsible dog owners on Willow St. and Hwy 97 who let their dogs bark incessantly, whether they are home or not. Thanks for your inconsideration to the neighbourhood. Perhaps you should look in to purchasing a bark collar.

~ from your neighbours

**Fish Heads** to the person who lost his tire or wheel on Oliver Ranch Rd just after Valley View Estates, which then proceeded to hit our 5th wheel and put a fair sized dent in it. I imagine you ran after it, seen the damage that it did, looked around to see if anyone was watching, (someone always is) grabbed it and took off. This was an accident, certainly something that you didn't plan on, but you could have left a note on our house door or if you were still on the side of the road close by when I got home you could have put your big boy's underwear on, came to the door and told me what had happened. So, grow a set, man up and take responsibility for the things that happen.

~ from Treena of Okanagan Falls

**Flowers** to Brenda of Skaha Web Design for the many hours she donates to okfalls.net. Your generosity and professionalism is appreciated.

~ from the Okanagan Falls Recreation Staff

**Flowers** to and a million thanks to OK Falls Parks & Rec, Mark and Louie, for getting my lost house keys back to me - and to the very kind person who found them in the grass at Kenyon Park on May 20 and thoughtfully turned them in. You all make this a wonderful, livable town.

~ from Diana Anderson, property owner in Okanagan Falls

**Flowers** to Sylvia who gave my son hockey and basketball nets to play with. The neighbourhood boys absolutely love them daily!

~ from Becky of Okanagan Falls

**Flowers** to the businesses that planted and are maintaining their wine barrels out front of their shops along the highway corridor in Okanagan Falls. **Fish Heads** to those that did nothing, but let weeds grow.

~ from Lynn of Okanagan Falls

**Flowers** to those would you like to grow a garden, but don't have the space. Okanagan Falls is considering a community garden and would like to know who is interested. Not sure what a community garden looks like? Have a look at the Penticton Community Garden located on Vancouver Ave. For more info - Janice Johnson [janicejo@shaw.ca](mailto:janicejo@shaw.ca)

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It is with great sadness that we bid farewell to two more Okanagan Falls residents. We have also lost a very special Community Service Volunteer.

### Robert Bernard Gwilliam

Passed away peacefully May 18, 2014 at Westview Place in Penticton at the age of 86. Bob is survived by his wife Madeleine, daughter Alexandra (Tom), grandchildren Jason (Sarah), Elizabeth (Joel) and great grandson Cameron.

Bob will be remembered for his years of volunteer service and his commitment to building better communities for everyone. He worked as an academic in many roles throughout his career at Ryerson and George Brown Colleges in Toronto, and in Ottawa with the Federal Government. After retiring to Penticton, Bob continued to volunteer on many boards, including the Seniors Wellness Society and District Arts Council, as well as co-founding the Volunteer Centre.

In lieu of flowers, donations to the South Okanagan Volunteer Centre would be appreciated. (696 Main St. Penticton BC V2A 5C8)

Tribute and Condolences [www.volunteercentre.info](http://www.volunteercentre.info)

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It is always our privilege to serve families with the final arrangements of a cherished family member. Our sincere condolences to all.

NOWADAZE.

Rebel 7



Answer to the age old question...Is there "Life" on other planets?

### Skaha Matters

#### Quick Facts:

3300 copies are printed & distributed each month. Every resident & business in Kaleden, Heritage Hills, Okanagan Falls, Skaha Estates, St. Andrews & Twin Lakes receive an issue via Canada Post on the last business day of each month. 30 locations also carry copies. Scan QR Code below to read any issue. Visit [www.SkahaMatters.com](http://www.SkahaMatters.com) for full advertising details.



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just  
9 scenic km  
South from  
Okanagan Falls!***

***Chef on duty  
until 10pm  
Daily!***

