



# SKAHA MATTERS

"Bringing Community Matters to You"

Volume 6 : Issue 6

June  
2014

Your FREE Monthly  
Community Newsletter

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


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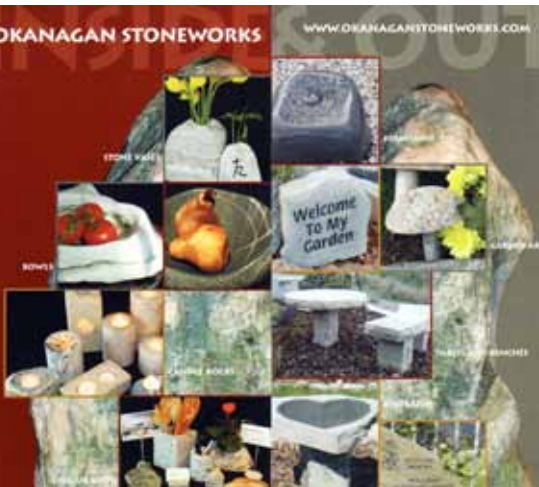


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## What do you think?

# Is Okanagan Falls Age Friendly?



The RDOS and the community of Okanagan Falls would like to invite you to be a part of an Age Friendly Assessment of our community.

### Attend a Survey Information Session:

June 2 - 9-12 at Pharmasave

1-3 at Senior Centre Meeting

June 3 - 9-5 at IGA

June 4 - 9-11 at IGA

11 at Ladies Auxiliary Meeting

1-3 at IGA

June 5 - 9-5 at Pharmasave

June 6 - 9-5 at IGA



**ONE SURVEY per household.** This survey is for people 50+ and people experienced with the needs of older adults.

**Participation is VOLUNTARY.**

**Your answers are completely CONFIDENTIAL.**

No results will be presented in any way that could identify you and we will not ask for your name or address.



### Please Pick-up & Return Surveys To:

Interior Savings Credit Union - Okanagan Falls Branch

Okanagan Falls IGA

Okanagan Falls Parks & Recreation Office

Okanagan Falls Seniors Centre

Okanagan Regional Library - Okanagan Falls Branch

Pharmasave Okanagan Falls

The Natural Family Health Clinic & Chelation Centre

**Please Return All Surveys By July 1st!**

#### Did you know?

- In 2009, just under 15% of BC's population was 65 or older.
- By 2031 this proportion is projected to be nearly 25%.
- In 2011, 47% of our residents were over 55 years of age.



## Age Friendly Assessment Project

with Myleen Mallach, Age Friendly Coordinator

Do you plan to retire in Okanagan Falls? Or, have you already? Is our community suited for "aging in place", meaning that we have the social and physical environment to stay put in our current homes. Do we have the policies, services, and structures designed to help each other age actively in our community?

Did you know that 47% of Area 'D' residents are already over the age of 55, which is an increase of 6% in the past 5 years. Reshaping our community to be age friendly is one of the most effective strategies to promote healthy and active aging, and will contribute to the creation of a sustainable, healthy community. We will all benefit in the end.

We are currently undergoing an age friendly assessment to determine the needs, challenges, and supports available to current and future older adults. The goal of the assessment is to develop a vision and plan to transform Okanagan Falls into an 'Age Friendly Community' in the future. Once we have this status, then we can go after grants and other funding to meet our specific needs, as identified by your input.

How can you get involved? First, attend a survey information session listed in the ad space to the left, then complete an age friendly survey. Bring a friend to a session, or bring surveys to community members who are unable to attend. The survey collection process will run throughout the month of June. There are 7 convenient locations in town where you can pick up and drop off surveys. I urge all Okanagan Falls residents over the age of 50, or anyone who is experienced with the needs of older adults in our community, to please take the 15-20 minutes to fill out this survey. All answers are completely confidential. Your input is extremely important to the future of our community. If you have any questions or would like to volunteer with the surveys, please contact myself at 250-490-6951 or email [skahamatters@telus.net](mailto:skahamatters@telus.net).

A draft age friendly plan will be presented at an Open House in the Fall, where this potential plan will be reviewed and adjusted if need be.

## JUNE 2014 COMMUNITY CALENDAR

View Online at [www.SkahaMatters.com](http://www.SkahaMatters.com) ~ **Event Reminders on Facebook Page!**

Call 250.490.6951 or [skahamatters@telus.net](mailto:skahamatters@telus.net)

\* Event info is included in this issue.

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

Free Listing for Local Non-profit Groups.

Advertise Your Business Event Too!



1 <b>Registration Open for Summer Day Camps *</b> Okanagan Boys & Girls Club at Okanagan Falls Parks & Rec this Summer!	2 <b>Age Friendly Survey Information Session *</b> 9-12 at Pharmasave & at OK Falls Senior Centre General Meeting 1pm *	3 <b>Age Friendly Survey Information Session *</b> 9-5 at IGA	4 <b>Age Friendly Survey Information Session *</b> 9-11 & 1-3 at IGA & at LA Meeting at 11am * (Last meeting until Sept.)	5 <b>OFWA's 'Kick Off Summer' Event *</b> <b>Age Friendly Survey *</b> 9-5 at Pharmasave's Bone Density Clinic <b>Okanagan Stoneworks</b> New Location Open 10-5 *	6 <b>Legion Meat Draws *</b> Every Fri & Sat - 5pm LA Dinner - 1st & 3rd Friday <b>Welcome to Kindergarten*</b> Okanagan Falls Elementary <b>Age Friendly Survey *</b> 9-5 at IGA	7 <b>Pancake Breakfast *</b> OK Falls Senior Centre - 8am <b>Kal-Rec Movie Night *</b> Kaleden Hall - 6pm <b>Colour 4 Kids Run *</b> <b>Top Shelf Winery *</b> Music & New Wines 2-4pm
8 <b>United Church Potluck Breakfast *</b> 2nd Sunday - 8:15am	9	10 <b>OK Falls PAC Meeting</b> School Library - 6:30pm *	11 <b>Chi Gong/Dru Yoga *</b> Lions Park - 10am <b>Acoustic Jam *</b> Original Dogtown Coffee Co. Wed & Sat - 2-4pm	12 <b>OK Falls Senior Centre</b> Bridge - 1pm & Crib - 7pm * <b>Library Lego Night *</b> Kaleden Library 6:30-7:30	13 <b>OK Falls Senior Centre Music &amp; Coffee *</b> Wed/Fri - 9-10:30am	14 <b>Annual BBQ Dinner*</b> OK Falls Senior Centre <b>Peach Cliff Hike, Brunch &amp; Wine *</b> Meyer Family Vineyards
15 <b>Father's Day!</b> <b>Noble Ridge Winery *</b> Bonus gift for Dad with wine purchase of \$50 or more	16 <b>Kaleden Parks &amp; Recreation Part-time Job Application Deadline *</b>	17 <b>Legion General Meeting 7pm *</b> <b>OK Falls Senior Centre Tuesday Bingo*</b> 1st 3 Tuesdays at 1pm	18 <b>Women's Institute *</b> Meet 3rd Wed each mth (Last meeting until Sept.) <b>Legion Drop-in Darts *</b>	19 <b>Blood Donor Clinic *</b> Pentitson Senior Centre June 19 & 20 - 1:30-5:30pm <b>BBQ Dinner at 1912 *</b> Every Thursday July/August	20 <b>Register for the * Summer Reading Club</b> Kaleden & Okanagan Falls Branches of the ORL	21 <b>Pharmasave OK Falls Jr Triathlon*</b> <b>Kal-Rec Movie Night *</b> Outdoors at the 1912 <b>Chris Kelso &amp; Terry Bremner at Legion *</b> <b>Seniors Drop-in Bingo *</b>
22 <b>Pancake Breakfast *</b> OK Falls Legion - 8-11am	23	24 <b>OK Falls Senior Centre Evening Pool *</b> Tuesdays - 6:30pm	25 <b>Pharmasave's Appreciation Day *</b> <b>Heritage Society *</b> Meet 4th Wed each mth (Last meeting until Sept.)	26 <b>"Bring-Your-Own-Picnic" - Kenyon Park</b> Okanagan Falls Elementary Year End Family Event	27 <b>Schools Closed For Summer!</b>	28 <b>Hip Hip Hooray *</b> Feldenkrais Workshop <b>Legion Drop-in Darts &amp; Pool *</b> Saturdays - 1pm <b>Top Shelf Winery *</b> Anniversary Party 2-4pm
29 <b>Legion Fun Time Hotdogs, Horse Racing, &amp; Other Fun *</b> Sundays - 1pm	30 <b>Kaleden Bursary Deadline *</b>	1 <b>Canada Day!</b> <b>Join the Festivities in Kenyon Park!</b> Starts at 12:30pm Mat Duffus & Beamer Wigley	<b>July 2014 Special Events</b> <b>July 1st ~ Canada Day!</b> Live entertainment, cupcakes, kid's art station & much more - Watch for the poster! <b>July 11 ~ Party in the Park</b> - Okanagan Falls Winery Association's 3rd Annual Special Event - See page 13 <b>Active Start</b> ~ An Early Years Physical Literacy Program at Kenyon Park - Tuesday/Thursday in July & August <b>Okanagan Falls Youth Connections</b> ~ Okanagan Falls Parks & Recreation - On Facebook or okfalls.net <b>Summer Reading Program for Kids</b> ~ Okanagan Regional Library - Check your branch for full details			



**Tom Siddon**

Director of  
RDOS Area 'D'



## FROM THE DIRECTOR

"Summertime ...  
and the Livin' is Easy"



As I write this, I am reminded of Ella Fitzgerald's lovely rendering of that familiar George Gershwin tune - "Summertime ...". May has been a busy month with more to do than usual, both on the home front (getting the grass and yard work done) and with lots of things happening in my job as your Area 'D' Director. So, I'm looking forward to those "Easy Livin' days of summer"!

**Town Centre Re-Vitalization Project** ~ Thanks to the work of our consultants and their many discussions with interest groups about some ideas for putting a

"new face" on Okanagan Falls, there seems to be genuine excitement growing. At a well-attended Open House session on Wednesday, May 21, a variety of possibilities were presented for future town centre development. More than 60 residents attended and most were very enthusiastic about this process. By the end of the evening many residents had filled out a simple "visioning" questionnaire, the results of which I will report on in next month's column.

**New Transit Service Moving Forward** ~ At a public information session on May 15th, staff from RDOS and BC Transit presented interested residents with an outline of the proposed new bus service between OK Falls and Penticton. The service will offer 4 or 5 return trips daily along Eastside Road, with possible "loops" through Okanagan Falls, Skaha Estates, Heritage Hills and central Penticton. The fare would be a little more than 2 dollars each way with the balance of operating cost to be shared equally between BC Transit and property owners living within the service area. Subsequently, at the RDOS Board Meeting on May 22, the Board voted to proceed with first readings of the Area 'D' Transit Service Establishment Bylaw, a bylaw which will be adopted by the alternative approval process, barring any major public objection. The cost per household serviced will be about \$35 per year, a very modest cost for such an important convenience.

**Parks Spruced Up For Summer** ~ My compliments to the 50 some residents of Kaleden who turned out on the morning of Saturday, May 17th to support the annual weeding, raking and clean-up of Pioneer Park. Our two Parks and Recreation Commissions, supported by staff and local volunteers have been working hard to get our wonderful Skaha lakeside parks all "spruced-up" for summer use. I have been asked to remind park users of two important considerations: First, for sanitary reasons our public beaches and kid's playgrounds are "off-limits to dogs". Residents may walk their pets along marked pathways provided that they are "on leash" at all times, and that owners carry baggies to pick up any droppings along the way! There is also a fenced "doggie beach" at the Eastern end of Christie Memorial Park for those wishing to give their dogs a bit of play in the lake. Secondly, there are certain natural areas near our beaches, known as "riparian areas", which have been marked off to protect their biological value to living organisms and plant species along the lakeshore. Please respect the signs and refrain from playing or swimming in these sensitive areas, which provide life support to our birds and fishes.

**What's With The Big Dirt Pile?** ~ Many residents have been asking me why we have allowed the big mound of excavated soil to be "parked on the boulevard" just North of the gas station at 10th and Main in OK Falls. After numerous calls to the owners of the Esso station, their contractors and the Ministry of Transportation, I have learned that this waste material from the excavating of the old underground fuel storage tanks cannot be hauled to the RDOS Waste Management facility, or anywhere else for that matter, until it has been professionally certified to be free of any hydrocarbon contamination from years of exposure to gas and diesel fuel leakage. Due to an oversight, the necessary "disposal permit" was not secured in advance. I have been assured that this unsightly pile should be gone by early June.

# Falls Market

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**General Clutter On Road Allowances** ~ Speaking of illegal dumping, I don't know if it was due to the full moon in May or a general desire to tidy up our communities, but I have lately received numerous complaints and petitions about property owners who are intentionally encroaching on our neighbourhood boulevards. These calls pertain to everything from a thoughtless pile of garbage dumped on 10th Avenue near Willow in OK Falls, to numerous blue dumpsters, derelict vehicles, unkept weeds, well-intended landscaping features, and illegal fencing all placed on the public road allowances throughout Area 'D'. Whenever I receive such complaints, I report them to the Ministry of Transportation and ask for remedial measures to be taken. In a rural area such as ours, with few sidewalks and sometimes insufficient parking, we should all try to show respect for our neighbourhoods and the right to common use of public roadways.

**RDOS Gives Top Priority To Skaha Sewer Extension** ~ In reviewing our list of capital funding priorities for the next round of Federal and Provincial Infrastructure grants, the Infrastructure Committee of RDOS has recommended that the top priority be given to the proposed sewage collection system connecting lower Kaleden and Skaha Estates to the new Sewage Treatment Plant in Okanagan Falls. This should be great news to the taxpayers around South Skaha Lake.

**Okanagan Correction Centre Underway** ~ On May 23, I attended the ground-breaking ceremony for the new 200 million dollar Okanagan Corrections Centre to be built just 10 minutes south of Okanagan Falls. This new Provincial jail, housing 378 inmates, will focus on rehabilitation, vocational training and re-integration of offenders back into society. The project will generate about 1000 direct and indirect jobs during the construction phase, and is expected to be completed by 2016. My congratulations to our MLA Linda Larson, the Provincial Attorney General Suzanne Anton and to Osoyoos Indian Band Chief Clarence Louie for their leadership in moving this project forward.

**Upcoming Events** ~ Watch for an upcoming announcement later this month in Kaleden with our MLA Linda Larson to officially get started on the pedestrian walkway project alongside Lakehill Road. And of course, my wife Pat and I hope to see many of you at the **Canada Day Celebrations** on July 1st in Kenyon Park.

Have a great summer and enjoy the easy livin'!

Sincerely,

Tom Siddon, RDOS Director Area 'D' // [tsiddon@rdos.bc.ca](mailto:tsiddon@rdos.bc.ca)  
250-809-2548 // Penticton Office - 250-490-4215 // [www.rdos.bc.ca](http://www.rdos.bc.ca)



FROM THE FALLS  
TO THE BLUFFS  
TO THE MOUNTAIN

## Area 'D' Economic Development Office

with John Powell

I'd like to take this opportunity to thank everyone who took part in the Okanagan Falls Town Centre Revitalization Visioning Exercise Open House on May 21st. Sixty four members of the Okanagan Falls community attended the Open House and shared their thoughts with myself, Director Siddon and our consultants. This feedback was both helpful and appreciated. It was great to hear your comments following months of hard work.

In addition to the one-to-one conversations I had with many of the attendees, people also completed our short questionnaire. I am now analyzing these responses. Unfortunately, the opportunity to submit a completed questionnaire has now passed. As I am still in the process of analyzing these responses, it is too early to comment on any prevailing response patterns. The final consultants' report, will take into account all the feedback received at the Open House and in the questionnaires. This report will be completed by the end of June 2014. On Thursday, May 22nd, I met with Richard Toperczer, our new South Okanagan, Similkameen and Boundary Country Regional Manager for the Provincial Ministry of Jobs, Tourism and Skills Training. At this meeting we discussed many of the economic challenges that our businesses are currently facing, both in the Okanagan Falls area and in the South Okanagan in general. Many of these challenges revolved around finding and retaining skilled labour and spousal employment - attracting and retaining a skilled and well educated employee in the South Okanagan often rests on ensuring that their equally well educated and skilled spouse can also find a good job in the area. We also discussed initiatives that I am currently working on - not least the aforementioned revitalization plans. In addition, I took him to visit a small cross section of our businesses. Mr. Toperczer was extremely impressed by our high value, cutting edge and growing industries, including Karoleena Homes, Unit Electrical Engineering and the Dominion Radio Astrophysical Observatory. As our new Regional Manager, he was impressed at how much Okanagan Falls and Kaleden had to offer and how much potential the area had as a regional economic hub. I am looking forward to working with him.



A rendered drawing of the new Okanagan Correctional Centre to be completed by Fall 2016. Located in the Senkulmen Business Park South of Okanagan Falls, this facility will house 11 living units, 378 cells, and provide employment for more than 240 new, full-time correctional positions. For more info, visit <http://www.newsroom.gov.bc.ca/2014/05/okanagan-correctional-centre-breaks-ground.html>

On Friday, May 23rd, I attended the official sod-turning ceremony for the Okanagan Correctional Facility at the Senkulmen Business Park to the north of Oliver. While preparatory work on the site has been underway for sometime, this ceremony marks the official start of construction of the facility which will be completed in 2016. This is a fantastic milestone for economic development in the South Okanagan and a great opportunity for many people and businesses throughout Area 'D'. In addition, Okanagan Falls is already attracting people, including top correctional facility officials, who are purchasing property in the community. If you haven't already done so, you can register your business or service on the Correctional Facility Business Registry, which can be found on our website at [www.okfalls.ca](http://www.okfalls.ca).

To discuss items raised in this article or for more information about 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)



**Linda Larson, MLA** ~ Boundary-Similkameen

6369 Main Street, Box 998, Oliver, BC V0H 1T0

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\$10 Tuesday - 18 Holes Fore Only **\$10.00**

Hump Day Wednesday - Smokie, Beer, 18 Holes w/Cart **\$39.00**

Senior Friday - 18 Holes w/ Cart **\$29.00**

**\$499.00 Membership** FORE 20 to 35 year olds ... includes cart!

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## Kaleden Irrigation District News

As the irrigation season is now under way, the District would like to remind our customers of the current watering restrictions for the properties served by the Kaleden Irrigation District.

- Our Water Conservation / Restriction Program applies to everyone in the community and is in effect from April 15th to October 15th of each year.
- Landscaping, which includes lawns, is not permitted to be watered in the daytime from 9 am until 7 pm.
- Properties with farm status through BC Assessment are currently exempt from the above.
- Underground systems are permitted to water between midnight & 6 am only.

Irrigation water accounts for 80% of the overall water used in the District on an annual basis and this includes all residential irrigating and agricultural use. We encourage the installation of underground automatic systems. An application may be made to the office to ensure the proper water allotment is allocated in the design and a back flow device is installed. The use of drippers and lower gallonage sprinklers can also make a big difference in the amount of water that is used. If you are landscaping for the first time or are re-landscaping you should consider xeriscaping options, which can be aesthetically pleasing and water efficient.

A big thank you to Len Bzdel who served on the Board for six years, and a big welcome back to Diana MacDonald, recently re-elected as a Trustee in Len's place. Superintendent, Michael Snair and our newest staff member Jim Murphy will be making rounds throughout the summer.

We are always open to any suggestions that you may have so please feel free to contact the office at (250) 497-5407. Enjoy the summer!

Staff & Trustees of the Kaleden Irrigation District



## Kaleden Volunteer Fire Department

The KVFD would like to extend a BIG thank you to everyone who came out and supported the Annual Garage Sale. This has become a real community event and we all look forward to it. Some of the items that are purchased with garage sale money include: first response equipment, Holmatro rescue tools, extrication gloves, and a rescue manikin to name a few. We also contribute to the Kaleden Bursary Fund, the Children's Hospital, Remembrance Day Wreath, and to the Children's Safety Village. Thank you for your continued support.



The Kaleden Kindergarten class enjoyed a great tour of the Fire Hall in May. They were reminded about several safety rules: Call 911 if you need emergency help; crawl low in smoke; "Stop, Drop, and Roll", if you ever have fire on your clothes; and that Fire Fighters are your friends and can help you. They also had great fun seeing SPARKY and spraying the fire hose!

## Okanagan Falls Irrigation District AGM

Submitted

Okanagan Falls Irrigation District held its Annual General Meeting on April 29, 2014. The Auditor's Report and Financial Statements for 2013 were presented, and outgoing Chair, Ed Sims, read the report from the Chair. Elections were held, and Ted Lynch was acclaimed to his third term, while Marjorie Bracconier was acclaimed to her first term.

The Board presented outgoing Chair and Trustee Ed Sims with a Carol Bentley photograph of Okanagan Falls and thanked him for his many years of service to the Irrigation District. Ted Lynch read a letter from RDOS Area Director Tom Siddon, thanking Mr. Sims for the many contributions he has made to the Okanagan Falls Community over the years, and especially for his work with the Irrigation District.

Irrigation District Board Trustees for 2014 are: Bob Haddow; Ted Lynch; Randy Perrett; Marjorie Bracconier; and Chair, Bob Daly. Staff are Administrator Judy Morris and Operator Ken Peters.



Special thanks to outgoing Chair Ed Sims for his 14 years of volunteer service to the Okanagan Falls Irrigation District. In photo on left - Ed Sims receives a beautiful Okanagan Falls photo at the April 29, 2014 AGM. Below - The new 2014 OKFID Trustees & Staff L to R - Judy Morris, Marjorie Bracconier, Bob Haddow, Ted Lynch, Randy Perrett and Bob Daly.



## Snairs Plumbing Services

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**Stephen Snair 250-488-9430**



## Information Centre Update

with Barbara Few, Manager

To our delight, the visitors are starting to pour in from all over the world. This makes life very interesting for our volunteer staff. If you are expecting any visitors, bring them on in. If they are on the bead trail, come and see our new bead. You can always pick up some brochures before they come, so you have their Holiday all planned out for them. One of the sites nobody will want to miss is, of course, Tickleberry's Ice Cream. Not only do they produce amazing ice creams, but also chocolate-dipped fruits, kettle corn, and homemade fudge. Their gift shop also stocks unique gifts you won't find anywhere else!

## 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 Parks & Recreation Assistant (Part-time)

Community Services Department

The Regional District of Okanagan-Similkameen is seeking a dynamic, self-motivated, organized person for the part-time position of Kaleden Parks & Recreation Assistant. Under the general direction of the Community Services Manager, this role is responsible for overseeing the operation and bookings of Kaleden Community Hall and Hotel Park and providing support for events and recreation programs in the community.

Responsibilities include:

- Administers the coordination of Hall and Hotel events, including community and special events.
- Administers Hall and Hotel Park rentals and equipment bookings.
- Collects payments and deposits.
- Manages & updates website content, social media, and community sign boards.
- Responds to public inquiries.
- Prepares correspondence.
- Prepares janitorial schedules as needed.
- Establishes and maintains effective relationships with various stakeholders.
- Ensures safety procedures are followed.
- Attends Kaleden Parks & Recreation Commission meetings on a monthly basis.
- Provides clerical support to recreation programs.
- Performs other duties as required.

Requirements:

- Grade 12 High-School Diploma and a minimum of two years' clerical/secretarial experience; previous experience in recreation would be considered an asset.
- Excellent computer skills required, including proficiency in MS Office Suite.
- Valid Class 5 Driver's License.
- Valid First Aid Certificate or the willingness to obtain one.
- Ability to pass and maintain a Criminal Record Check.
- Must establish and maintain an effective working relationship with service providers, contractors, volunteer groups, elected officials and the public.
- Ability to work independently, prioritize the workload and accomplish the tasks within a reasonable time period.
- Must be a mature, confident individual with the ability to be courteous, tactful and diplomatic.
- The incumbent may be required to work from home.

This is a part-time position working approximately 10-20 hours per week. The rate of pay for the position is \$17.00 per hour plus 4% in lieu of vacation. Qualified applicants are invited to submit their applications by **4:30 pm Monday, June 16, 2014** to:

Human Resources Department  
Regional District Okanagan-Similkameen  
101 Martin Street, Penticton, BC V2A 5J9  
Email: [hr@rdos.bc.ca](mailto:hr@rdos.bc.ca)

*We thank all applicants in advance; however, only those shortlisted will be contacted.*

### INNER BLISS BELLY DANCING by Jenny

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More Information? 250.497.1189 or [jpuhs@shaw.ca](mailto:jpuhs@shaw.ca) or [www.innerblissbellydancing.com](http://www.innerblissbellydancing.com)



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## Kaleden Parks & Recreation Update

with Gail Owen (Chair) and Kim Denis (Commission Member)

*Those who can, do. Those who can do more, volunteer.*

On the May long weekend, 40 enthusiastic volunteers showed up with their work gloves, various gardening tools and incredible energy to spruce up Pioneer Park, our beaches and the Old Hotel grounds. More than 12 shrub and flower beds were weeded and top dressed with bark mulch donated by Bruce Ramage, kids with push brooms swept up the basketball court and stairs, fallen leaves and old vines at the Old Hotel were pruned and gathered and hauled to the compost bin. We are very grateful to Len B. and Doug K. for the use of their motorized tractor and gator to transport the yard waste from point A to B. We completely filled a 40 yard compost bin!

Thanks go out to Les Clarke, Randy and the young fellow Kale who scraped, painted and stained a good portion of the washroom building. There is still some staining left to be done and we ran out of time to stain the gazebo. If anyone reading this wants to help, please contact the Kal-Rec Commission. You can reach us by phoning 497-5900 or by email at [kaledenpr@rdos.bc.ca](mailto:kaledenpr@rdos.bc.ca).

At noon we celebrated with an opportunity to socialize with a BBQ of hamburgers, hotdogs, lemonade, iced tea and chips. We met three new families who just moved to Kaleden and got to visit with our friends and neighbours. Thanks for cooking our lunch Bill J and Tracy M. I heard one woman say; "Nobody can do everything, but everyone can do something." That is so true. A park is public space, and cooperating to take care of something that belongs to all of us is a way for people in the community to meet each other and start new friendships. It also builds community spirit. Thank you.

The next Movie Night is Saturday, June 7th at the Kaleden Hall starting at 6pm. Mark your calendar for Saturday, June 21st, as our Movie Night will be held outdoors at the old 1912 hotel site. Check [www.kal-rec.ca](http://www.kal-rec.ca) or the Kaleden Recreation Facebook page for full details.



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Enjoy our Complimentary Cheese Fondue

### Live Local Entertainment ~ June 7th

Introducing our 2013 white wines, during live music on our Patio from 2-4pm. Enjoy Kaleden Restaurant's famous homemade pies with a glass of wine (\$10). Gelato will also be available.

### Anniversary Party ~ June 28th

Russ & Christine will play music on our Patio from 2-4pm.

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

No fee with thanks to our Sponsor:  Investors Group

## Youth & Teens

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



## Summer Day Camps

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At Okanagan Falls Recreation Centre

**Registration is Now Open at our office for Summer Camps!**

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



## An Okanagan Falls Healthy Communities Special Feature

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

The Okanagan Falls Healthy Communities Coalition uses the model of 'constellations' to define grass roots, community led projects that help make the healthy choice the preferred choice. And indeed, there is a constellation forming in the area of local food preservation and food security. The value of eating locally is well documented, but how do we extend the growing season and enjoy the agricultural benefits of our beautiful valley into the fall and winter seasons?

Is food preservation a lost art or it is alive and well in Okanagan Falls? Would you enjoy the camaraderie and expertise of connecting with others for canning, dehydrating and learning about food preservation? At this point, the concept is wide open for interpretation. Cross-generational? A garden festival? An educational series? Community Garden? Your Community Centre has an ideal community kitchen and staff are ready to support the communities visions.

Stay tuned, or connect with me, Janet Black at the Okanagan Falls Parks & Recreation Office, if you'd like to be involved with the constellation. Our vision can be simple (I picture sun-dried tomatoes!) or more elaborate. Either way, I look forward to hearing from you!

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



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**PHARMASAVE**

## Pharmasave Okanagan Falls Junior Triathlon ~ June 21st

with Carrie Ferguson, Race Director

The Pharmasave Okanagan Falls Junior Triathlon is almost here, and we are as pleased as punch!

The event will take place on Saturday, June 21st in and around Christie Memorial Park and Kenyon Park, with the swim portion taking place on Kenyon Beach. We have received permission from the Ministry of Transportation and Infrastructure to close the roads from 8-11 am, so please be patient with our little racers. The affected roads will be:

- 7th Avenue from Cedar Street to Main Street
- Main Street from 7th Avenue to 8th Avenue
- 8th Avenue from Main Street to Cedar Street
- Cedar Street from 8th Avenue to 7th Avenue

By the time this paper is printed, we will be "sold" out. As I write this, we have 175 little athletes registered, with a cap of 200. Although the majority of our athletes are from Okanagan Falls, we will have many athletes and their families coming from out of town (Kelowna, Osoyoos, Abbotsford, Vancouver, Richmond). Our little race is becoming very well known in the triathlon world, and we have been warmly received and supported.

We have a number of fabulous sponsors, without whom this free event could not take place. We would like to thank Pharmasave, IGA, the RDOS, Meyer Family Vineyards, Fortis, Noble Ridge Vineyard and Winery, Synchromesh Wines, Skaha Matters and Dogtown Coffee. The event wouldn't be the same without the infamous Steve King, either! We are excited to be able to give this year's volunteers an event t-shirt, as well as a tasty tube steak on a bun. If you are interested in coming out to help the little cutie patooties, please register through our website at [www.okfallsjrtri.com](http://www.okfallsjrtri.com) so that we know your shirt size, and what you would like to do! If computers aren't your thing, you can also pop into Pharmasave and leave your information there.

Whether you are a sponsor, a volunteer, an athlete's family, or just a spectator, we would love to see you at the park cheering on the little athletes. The little ones, who range in age from 3 to 13, need all the friendly faces we can find! There will be coffee and breakfast goodies for sale in the morning (starting at 7am), and our hot dog BBQ will be up and going at 10am. We hope to see you on Race Day!

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**Perry Tompkins,**  
New Pharmacy Manager

## Live Well HEALTH TIP

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**Seasonal Allergies** ~ Seasonal Allergies or Hay Fever is a common problem affecting 1 in 5 Canadians. For many people it is an uncomfortable signal to the beginning of Spring and Summer, when tree pollens, grass pollens and dust fill the air.

Antihistamines remain an important tool for managing allergy symptoms and many patients will use these on a periodic or daily basis throughout the Spring and Summer months. As a Pharmacist, I'm often asked which antihistamine is the best. The reality is that there is not one antihistamine that will work for everyone. However, there are some that may be more suitable for certain patients than others. While generally as effective as the newer antihistamines like Claritin® (loratidine), Aleris® (desloratidine), Reactine® (cetirizine) and Allegra® (fexofenadine), older medications like Benadryl® (diphenhydramine) and Chlor-Tripolon® (chlorpheniramine) tend to cause drowsiness, dry eyes and dry mouth and can aggravate conditions such as enlarged prostate, dementia and difficulties urinating. For these reasons, patients are encouraged to check with their Pharmacist before selecting an antihistamine to ensure they receive the most suitable product for their circumstances.

If a 2-week course of one antihistamine does not improve allergy symptoms, patients may benefit from trying another. If nasal congestion and runny nose are particularly bad and do not respond to oral antihistamines, patients often benefit from a cortisone nasal spray, which they can obtain via a prescription from their family doctor.

If you are suffering from any allergy symptoms, speak to your Okanagan Falls Pharmacist. We are here to help you!

**"Some of the best memories are made  
in flip flops." ~ Kellie Elmore**

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## Debunking Dietary Myths: Fats do not make you fat!

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

It is hard to imagine an area of study that is more misunderstood and confusing than diet and nutrition. We are bombarded with information, much of it conflicting and changing rapidly. Understandably, we lose our way in our efforts to best nourish our bodies. One absolutely misunderstood area of nutrition is in the realm of fats and oils. One of the most profound things you can do to prevent disease and promote wellness is to consume adequate amounts of health-giving fats and oils. "Low fat" has proven not to work, either for weight loss or for the promotion of good health. Our bodies are absolutely dependent on natural, wholesome fat to function effectively.

Keep the following health tips in mind: 1) Natural, whole, unprocessed, organic, local food is the most nutritious and toxin-free. 2) Processed, de-natured food is harmful to our health. (i.e. white sugar, white flour, margarine, hydrogenated vegetable oils). 3) Fat does not make you fat; at least, natural, unprocessed fat does not make you fat, and will in fact aid in weight loss and improve health. 4) Quality protein is essential to good health. 5) In our society we tend to over consume carbohydrate, especially refined grain carbohydrates. The majority of our carbohydrate should come from vegetable sources, not grain sources. 6) Processed fats, hydrogenated vegetable oils, trans fats, and margarine are very harmful to our health. Natural fats including saturated fats do not increase our risk for heart disease, cancer, or any other chronic degenerative disease.

**The benefits of fresh organic virgin coconut oil.** This is an example of a primarily saturated fat that is extremely good for overall health and is stable at high temperatures, so it can be used in cooking. Coconut oil has proven to prevent and fight many diseases and is particularly good for preventing heart disease and diabetes. It helps regulate blood sugar and diminishes the negative effects of diabetes; it helps raise the metabolic rate causing an increase burning of calories and weight loss; it acts as an anti-inflammatory in the digestive tract and has shown benefit in the treatment of Crohn's disease and IBS. It also has antimicrobial properties and kills troublesome microbes that cause chronic digestive inflammation and dysbiosis/candidiasis.

**The benefits of extra-virgin olive oil:** Olives and olive oil contain the heart healthy omega-9 monounsaturated fatty acids (MUFA's). Since it is not a saturated oil it will be harmed by high heat cooking and is best used cold or lightly warmed. It is vital to use cold-pressed olive oil that has not been overly processed, so that it still contains the healthy constituents such as vitamin E, A, chlorophyll, magnesium, squalene, and other heart protective nutrients. The greener the better! Olive oil helps protect the body from heart disease, cancer, and rheumatoid arthritis.

**The benefits of fish oil:** Cold water contaminant-free fish oil is high in the omega-3 fatty acids EPA and DHA, which are profoundly anti-inflammatory and extremely beneficial to the brain, heart and circulation. Besides its anti-inflammatory properties, fish oil is anti-arrhythmic, anti-thrombotic, and cholesterol modifying (decreases bad cholesterol, LDL, and increases good cholesterol, HDL). It helps to normalize the rate and rhythm of the heartbeat and prevent potentially fatal arrhythmias, it prevents clot formation, prevents plaque build up inside the arteries, and helps to normalize blood pressure. I recommend supplementing with clean sourced fish oil capsules which contain at least 1000 mg combined EPA and DHA at a dose of 2-4 per day, since much of the fish we consume is not contaminant-free and may contain harmful levels of heavy metals and other toxins. If you do eat fish, make sure it is wild northern smaller fish such as salmon, halibut, bass, sardines, and mackerel.

Naturopathic Physicians are uniquely trained to advise about all areas of diet, nutrition, wellness, health promotion, and disease prevention. We base our advice on facts and not on the latest fads, marketing hype, or for the purpose of selling products. For more information on how fats and oils can help or harm you, contact a Naturopathic Doctor.



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## They're Back!

By Zoe Kirk,

RDOS Bear Aware WildSafeBC Coordinator

The Okanagan's resident black bears (and new cubs) have begun to emerge from their dens. In fact, recently due to garbage availability, a sow and two cubs were destroyed in Summerland. They had lost their fear of humans and were scavenging for food in the backs of pick-ups and close by dumpsters.

Here are some bear facts and maybe a few, "Wow, I didn't know that ..."

Most bear dens are nearly as cold as the surrounding countryside. Dens may be burrows, caves, or hollow trees. Bears sleep alone, except for mothers with cubs. Most bears use a different den each year. When spring grass starts growing, days lengthen and the temperature begins to rise, bears need to kick start the season with a big meal of greens, to help get their digestive tracts working again.

While denning, bears cut their metabolic rates in half in order to survive long winters without eating, drinking, exercising, or passing wastes. They commonly lose up to 30% of their body weight over the winter. Bears develop highly insulating fat reserves, thick fur, and reduce blood supplies to their limbs. Only the head and torso are maintained at the normal temperatures. Maintaining the brain at a higher temperature enables bears to keep brain functioning for tending newborn cubs and responding to danger. Once they have emerged, food and water are paramount. Residents in areas where bears travel, are reminded to keep their garbage and attractants well secured, and keep pet food indoors.

It's time to take down bird feeders. 2 kgs of shelled sunflower seeds meets the average daily requirement of a newly emerged bear. Once enjoying the easily obtained caloric hit, the bear will most certainly

return! Paraphrasing prominent bear researcher Stephen Herraro, 'wherever you want a bear, put a birdfeeder; the roof, the deck, the porch, the yard'. Bears can climb like a monkey!

If we manage our attractants, and 'think like a bear' neighbourhood conflict potentials are reduced, helping to keep wildlife wild and communities safe.



A bear cub with a jar on its head. Unable to eat it will soon die of dehydration.

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**Be Prepared & Enjoy The Trails**  
 By Andrew Drouin  
*"Luck is what happens when preparation meets opportunity."*  
 ~ Seneca

With summer upon us, folks are heading for the hills, the valleys, the mountains and lakes. If it's front and back-country exploration that you're into or interested in learning, you could do no wrong by orientating and preparing yourself before you head out.

Your day-hike / bike / weekender should include staples such as always telling a reliable person where you are going and when to expect you back, leaving a detailed trip itinerary, making sure that you know and stick to your route, and heading out with essential gear. Search and Rescue organizations across North America recommend the following items be in your backpack. Cyclists and equestrians should also bring items applicable to their mode of transport.

- Flashlight or a headlamp with extra batteries and spare bulb.
- Whistle, such as a Fox 40 with a lanyard, bear bangers and pencil flare.
- Matches (water proof or in plastic bag) or lighter.
- Commercial fire-starter and/or a candle.
- Extra clothes, in the form of a hat or toque, gloves or mittens, fleece jacket, Gore-Tex jacket, polypro underwear, good quality hiking socks and Gore-Tex over pants. This list varies seasonally.
- Although a multi tool is preferred, a good pocket knife with a quality blade will suffice. It may also be worth carrying a small pruning saw for cutting branches when building a shelter or fire.
- Large orange plastic bag and emergency blanket (a.k.a. 'silver thermal tarp').
- Water (along with electrolyte packets in your First-Aid Kit) and food in the form of high-energy bars.
- First-Aid Kit, which should include splints, bulk dressings, protective gloves, bandage, scissors and blister dressings. Enroll in a Wilderness First Aid Course, if you have the opportunity - it's priceless!
- A quality compass with built in declination adjustment and both topographical and interpretive maps. SAR also recommends a GPS unit, but only as an adjunct to compass and map. I personally bring two GPS units - one a smartphone with backup battery pack and the other a classic GPS unit with spare batteries.
- Communications in the form of a cell phone or SPOT devise, with a fully charged battery. It is advisable to keep the phone turned off and stored in a ziplock bag. This way, if you get into trouble your phone will be dry and have a full charge. Many people manage to call 911 initially, but their phone dies before their location can be relayed. If you have a smartphone, you should also know how to get GPS coordinates off of it to provide to search and rescue if you become lost or injured.

If you'd like to gain a foothold on what the South-Central Okanagan has to offer in the way of trails, check out SweetSingletrack.ca Partial proceeds from this organization goes toward supporting trail-building, maintenance and signage. For more information, you can also visit SouthOkanaganTrailAlliance.com. Enjoy the trails!



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#### Meet Phantom

I am a handsome fellow and the ladies know it. I admit that I am a bit of a flirt and seem to get along with everyone. I am very athletic and will need someone who is not intimidated by my high energy, but I also love to cuddle and engage in pillow talk. I have never had a long term relationship, so that is my goal. I really want to settle down preferably with a partner who has children, as I am sure I could help to entertain them. If I have peaked your interest, you can arrange a date to meet me. Just contact [www.AlleyCATSAlliance.org](http://www.AlleyCATSAlliance.org).

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### Spotlight on Volunteers!

~ A New Skaha Matters Special Feature ~

#### Meet Carrie Ferguson



Carrie is full of positive energy and a real go-getter when it comes to making a difference in our community. Carrie has been a board member of the Okanagan Falls Elementary Parent Advisory Council for 4 years, serving most recent as the Chair. She has also volunteered with the Helping Hand for numerous years, along with creating the Pharmasave Okanagan Falls Junior Triathlon, now in it's 3rd year, where

she is the Race Director. Carrie is an inspiration for new ideas, loves to organize events, and cares deeply about our community. Thanks Carrie for all that you do!

#### 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.



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## Thanks For Supporting Our Bike Rally!

Congratulations to James Boudreau of Vancouver, who won the 2011 Harley Police Special Edition Motorbike at our 2014 Bike Rally.

Greg Rhyason and Carol Agate would like to thank all the Staff and Volunteers, especially Lance and Rhonda Hill, who came from the Coast to help, along with their son Braden. Also, thanks to Bob Tite, who helped set up the weekend (You're The Man!). Thanks to Heidi Schmidt who organized both Poker Runs, which went very well. To Scott and Sue Hutchinson from Route 97 Motorcycle Tours & Sales, who toured the Bike from place to place, and the judging of the bikes, along with Charlie. To all the BBQ'ers - Shane, Paul and Jimmy - Great Tasty Buffalo Burgers! To Crystal Herner and Lou McAfee, who helped organize the details in the previous months before the Rally. Thanks also to Alls Well Security. We apologize if we have forgotten anyone, so thank you everyone for your hard work over the weekend. Your support is much appreciated!

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## Win Air Seats for 2!

with Vi Creasey

On July 1st, Canada's Anti-Spam Legislation comes into effect. To Reliable Travel this means that if you have not booked or inquired about an air ticket, medical or "out of country" insurance or a vacation with either Wendy or myself within the last two years, or inquired about any of your travel needs, perhaps out of country visa's, help with acquiring visa's, passport requirements, conditions required to travel to specific countries, ASTA requirements, travelling with children, bereavement fares, etc., we will not be able to email or send you any information regarding products, promotions, and news articles related to your travel interests.

During our public appearances in Okanagan Falls, we often ask if you want information on a particular location somewhere in the world. If you have advised us that you do, you are probably getting some email information from us regarding the destinations that you are interested in. If you are currently getting our "promotions", you are aware that at any time you can request that you be taken off our email list. Both Wendy and I are very careful that we only send information to those of you who have asked to be included and want to be kept up to date on the ever changing rules and regulations in the travel industry.

In an effort to both be compliant with the new rules, and also to build up our business, we are asking your permission to communicate valuable information via email with you. By providing consent for us to market to you, you will be given 1 entry ballot for a change to win 2 air seats! Even better, if you both give your consent and book a qualifying vacation with us by July 31, 2014, you will be given 10 entry ballots!

So, how can you give consent? Consent and ballot entries can be done by either emailing myself at [vicreasey@shaw.ca](mailto:vicreasey@shaw.ca), or Wendy at [webusch@shaw.ca](mailto:webusch@shaw.ca). You can also call me at 250-497-8785 or toll free at 1-866-497-8785 or call Wendy at 250-488-7490. You can also just tell us in person that you are interested in receiving our valuable information. Whichever way you decide to let us know, you will receive a ballot to win air seats for 2. Remember, you can always advise us to be removed from our email database, which we will do immediately.

We are looking forward to hearing from you and hope you will be the winner of the free air seats.



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Check all electrical & mechanical functions.



Make sure your safety equipment is on board, up to date, and ready to be used.

## Get Ready ... It's Boating Season!

By Larry Martin

For many of us, the May long weekend was the official beginning of boating season. Before the first trip of the season, I do a check of all the electrical and mechanical functions of the boat. If I don't fix items before the first launch, I find they are still lacking at the end of the season. With four stroke motors, check the oil. Any gas in the tank? I always add fuel stabilizer, so I don't have to wonder if the gas is okay to use. Check all the moving parts of the steering and ensure all of your electric gauges are working. Did I replace the drain plug in the transom? I routinely do this basic pre-trip inspection. I usually take the motors into a professional shop to have them serviced.

Make sure the safety equipment is in good working order. Please note: some items have expiry dates. A new battery for your safety light is commonly over looked. When taking guests on the boat, take a few minutes to point out where your safety equipment is, ensure they have an approved life jacket that fits and a basic understanding of how your boat functions. Each boat is different, thus even an experience boater may have some questions.

For more info, ask Larry at [fs-lemartin@shaw.ca](mailto:fs-lemartin@shaw.ca).

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## What Kind of Homeowner Are You?

with Brian Moen, Realtor with Royal LePage Locations West

If you had to put your home on the market tomorrow, how ready would it be for showing? Canadians move every 7 years on average, so whether you're preparing to sell or happily staying put, it's important to keep in mind what you'll need to do when the time comes:

### 1) After finishing your dinner do you?

- Leave everything on the table and return later to clean up.
- Take dishes off the table and put away leftovers. The dishes you piled in the sink can wait until your favourite TV programme is over.
- Clean the table, put leftovers in the fridge and wash the dishes.

### 2) Your home office has a desk that is:

- Covered with papers and random objects. You can never seem to find important documents when you need them.
- Somewhat organized with enough free space to do work. It may look slightly messy, but you know exactly where everything is.
- Extremely clean and organized. Librarians would admire the efficiency of your filing system.

### 3) In your household you have:

- An indoor pet who seems to shed non-stop and a smoker who often smokes indoors.
- One of the above.
- None of the above.

### 4) How do you accessorize your home?

- With mementos, souvenirs and family photos. You like being surrounded by lots of memories.
- With eclectic artefacts and antique items. Your style is uniquely you.
- With few decorative or personal items. Less is definitely more.

### 5) Which best describes your home?

- You haven't had the time to decorate or organize. In fact, you're using the guestroom for storage.
- The main areas are decorated, furnished and organized, but you haven't had the chance to do the same in the basement or guestroom yet.
- Each room is properly furnished and decorated. You are currently planning your next renovation.

**Mostly A's** ~ Your home may need a deep cleaning and de-cluttering to prepare it for sale. Pack unnecessary items away, making sure counters and tables are free of appliances and personal items. If pets or smokers reside in your home, have the carpets, draperies and upholstery professionally cleaned to rid the house of undesirable odours.

**Mostly B's** ~ There are a few easy steps you can take to make your home more appealing. Clean your home from top to bottom, paying special attention to kitchens and bathrooms. Organize closets and storage areas. Brighten and lighten your home with a fresh coat of neutral coloured paint and fix any minor repairs that you've been neglecting.

**Mostly C's** ~ Your home is in top shape and will only benefit from a little added flair to bring in that sale. Place fresh flowers on the mantle and set the dining room table for a formal dinner. If it's a cool day, light a fire in the fireplace. Look at your home through the buyers' eyes and create an atmosphere that will help them envision themselves living there.

Before any work begins, I would be happy to help you see your home through the objective eyes of a prospective buyer. Making the right impression is critical. It will help you sell your home more quickly and at a better price. Please contact me and let me put my expertise to work for you.

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## Smart meters are coming. Make an informed choice.

Submitted Article

Smart meters will be installed in our area this summer.

Smart meters **invade our privacy** by gathering and transmitting unprotected information of a personal nature not required for billing purposes and without our knowledge or permission. Canadians have a constitutional right to privacy. There is a lawsuit underway to protect our privacy. <http://bcsmartmeterlawsuit.ca/the-lawsuit/>

The World Health Organization (WHO) and physician groups find serious **health issues** associated with Smart Meters. The WHO declared radio-frequency electro-magnetic radiation a Class 2B carcinogen. <https://maisonsaine.ca/sante-et-securite/electromog/smart-meters-correcting-gross-misinformation.html> and <http://www.globalresearch.ca/smart-meter-dangers-the-health-hazards-of-wireless-electromagnetic-radiation-exposure/31891> and <http://www.globalresearch.ca/health-impacts-of-rf-radiation-us-media-blackout-on-smart-meter-dangers/5365598>.

Electro-magnetic sensitivity is considered a disability. If your doctor is treating you for this condition, you have protections under the Charter. <http://www.citizensforsafetechnology.org/uploads/scribd/2014-03-05%20Letter%20to%20Commission%20further%20re%20questions.pdf> and <http://weepnews.blogspot.ca/2012/08/bc-smart-meter-class-action-safe-birth.html>

Smart meters have caused house **fires**, explosions and burned-out appliances. Fires are a particular concern for those of us in unprotected fire zones. <http://emfsafetynetwork.org/smart-meters/smart-meter-fires-and-explosions/> and <http://www.cbc.ca/news/canada/british-columbia/smart-meter-fires-spark-concerns-in-b-c-1.1268202> and <http://globalnews.ca/news/1331918/serious-fire-on-oxford-street-caused-by-smart-meter-installation-gone-wrong/>

BC Hydro commissioned a study of house fire statistics pre and post smart meter installation. Upon careful reading and as stated by the study's authors, the report provides general house fire statistics, does not use accurate statistics of homes pre and post smart meter installations, and does not specifically address the numbers of fires caused by smart meters. One fire caused by a smart meter is too many, especially if it is your home.

Fortis offers a 'radio-off' option, which they can reverse at their discretion. This option does not protect privacy as the reader continues to collect your data, nor does it reduce associated fire hazards.

Fortis offers a fee-based opt-out. Consider filing this No-fee Opt Out letter. <http://citizensforsafetechnology.org/NOFEE-OPT-OUT-PACKAGE--for-FORTIS-BC,2,3345>

It isn't enough to say 'Thank you, no, we don't want a Smart Meter' to the installers. They have been told by owners to leave a property, and then returned, installing a smart meter before the owners knew they were again on their property. You may choose to protect your current meter. Be aware that padlocks are not an impediment to installers.

Send a letter of non-consent to Fortis BC. <http://www.citizensforsafetechnology.org/fortisbc-in-communities-governments,103,0>

Know the facts. Know your rights. Protect your privacy. Protect your health. Protect your home. Make an informed choice.

For more information, visit <http://citizensforsafetechnology.org/uploads/scribd/We%20will%20not%20Force%20You%20flyer.pdf> (page 2) and <http://www.ontariosmartmeterawareness.com/charter-of-rights.html>



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## New Feature at Okanagan Falls Landfill

Besides being able to recycle electronics, propane tanks, cardboard, styrofoam, and glass now at the Okanagan Falls Landfill, you can also utilize this amazing new demolition, renovation and construction (DRC) waste sorting facility, which is one of the first DRC sort facilities in the BC interior. Recyclable DRC materials, such as wood, gypsum, metal, concrete, masonry, mixed with non-recyclable materials will be removed and sorted. It is projected that currently 5,000 tonnes of recyclable DRC materials can be diverted from local landfills each year. Loads of clean, source separated wood, gypsum, metal, concrete, masonry will not require hazard assessment forms and will be received for lower tipping fees. Anyone bringing materials to local landfills should check for updated fees and regulations effective May 1st, 2014.

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## Here's What's Happening at Dogtown in June

Artists from "The Lake To Lake Studio Tour" invite you to visit their Showcase Exhibition at Dogtown Coffee Company in Penticton this June. Pick up a brochure and go visit their studios in person.

The Naramata Arts Studio is pleased to present an Exhibition of some of their members artwork at Dogtown Coffee Company in Okanagan Falls for the month of June. We hope you enjoy the artwork.

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!"



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## Insects Helping To Win The War On Invasive Plants

By Lisa Scott

As many landowners know, established infestations of invasive plants are typically difficult to control and often persist for many years, costing significant time and money. Physical and chemical control measures can effectively reduce infestations in many situations. However, these options can also be impractical, labour intensive and costly. When infestations are large and dense or occur in sensitive habitats, biological control is often the only suitable option for long-term, effective control.

Biological control, or the use of natural enemies for the suppression of weed populations, was first introduced to BC in 1952 with the release of the St. John's-wort defoliating beetle. Since then, more than 60 agents have been established in BC, providing control of approximately 20 different invasive plants. In fact, BC has the best track record in Canada for running an effective provincial biocontrol program.



The Larinus beetle lays eggs in the seedheads of knapweed and also eats the leaves and stems.

In the Okanagan region, biological control is proving especially fruitful. Many invasive species are now considered under control in localized areas due to the establishment of biological control agents. These species include diffuse knapweed, Dalmatian toadflax, purple loosestrife, St. John's-wort, and most recently hound's-tongue.

The introduction of these insect enemies essentially results in the establishment of a predator-prey relationship. In this sense, when the prey (invasive plant) is abundant one year, the predator (insect enemy) will follow suit the next year. Once the prey is successfully reduced in abundance, the predator will also decrease. This cycle is ongoing, except in the rare cases where the bioagents actually kill the invasive plant and are then anticipated to perish themselves.

Biological control is proving to be one of the most effective means of controlling invasive plant outbreaks that have reached significant proportions. Agents are self-propagating and self-dispersing, thus supporting a long-term, cost-effective and environmentally friendly means of control. And, rest assured that these beetles prefer their host plants over anything else and will not decide that your garden plants taste better!

For further information on invasive species, go to [www.oasiss.ca](http://www.oasiss.ca) or contact the Program Coordinator for the Okanagan-Similkameen, Lisa Scott, at 250-404-0115 or email her at [oasiss@shaw.ca](mailto:oasiss@shaw.ca).





## You Deserve Happiness!

By Wendy MacKay

You are deserving of happiness! No matter who you are, where you live or what your life throws at you ... you deserve to live in joy.

Do you believe this? Do you believe happiness is your birthright? Do you believe you deserve to laugh, have fun and enjoy life? Are you currently experiencing joy in all your relationships with family, friends and acquaintances? Is your career fulfilling? Does it excite you to wake up each morning, excited about the day?

Happiness is a state of mind, a feeling of wellness that is positive. Happiness is an emotional vibration that emanates from within. Each and every one of us has a choice of precisely how we want to feel in any given moment.

If you feel you're lacking laughter and joy in life, what could you do different? How can you begin right now changing the things that haven't been working for you and begin doing what you have always said you wanted to do? Start now! Take the time to actually sit down and write out your 'Bucket List' of activities you want to do and make a date with yourself to do them. Stop making excuses and start taking action.

How you feel, what you do and why you do anything, begins with you. Accept full responsibility, stop procrastinating and make a conscious deliberate decision with a specific detailed plan of action and just do it. Live, love, laugh and feel hot-healthy-happy. Enjoy life for it is yours to live fully.

## What Moves You?

By Lynn Andersen, GCFT (Guild Certified Feldenkrais Teacher),  
Advanced Level Training in Somatic Experience Trauma Recovery Program

When you think of movement, you may think about what shows up on the outside ... the external part of movement. The focus is often on your muscles and being stronger in order to move well and easily. But, is that really all that moves you?

The internal parts to movement need to be factored into any improvement process. Movement starts with your desire. Your intention. The muscles are responding to messages delivered by your nervous system and designed by your brain. Your brain takes your desires and turns them into action, using all your life's experience. The top priority is doing what you need to do in this moment safely. What you believe is safe depends on your history, so your past experiences contributes to what you can do now.

So, movement requires more than muscles. Your brain and your nervous system are involved. What they require needs to be addressed when creating pleasurable and functional movement. Both The Feldenkrais Method ® and Somatic Experiencing ® include these internal parts of action, as well as body mechanics to get the benefits you want. Better results by using everything that moves you, body and brain.

Explore this unique approach and create a freer moving pelvis. Attend the Saturday, June 28th morning workshop called, "Hip Hip Hooray", from 9-12:30pm in Oliver. Wide range of abilities welcome. Contact Lynn at 250-498-4855 or [lynn@selfsense.ca](mailto:lynn@selfsense.ca) for more information and to register, as required. Early Bird discount available until June 12th.



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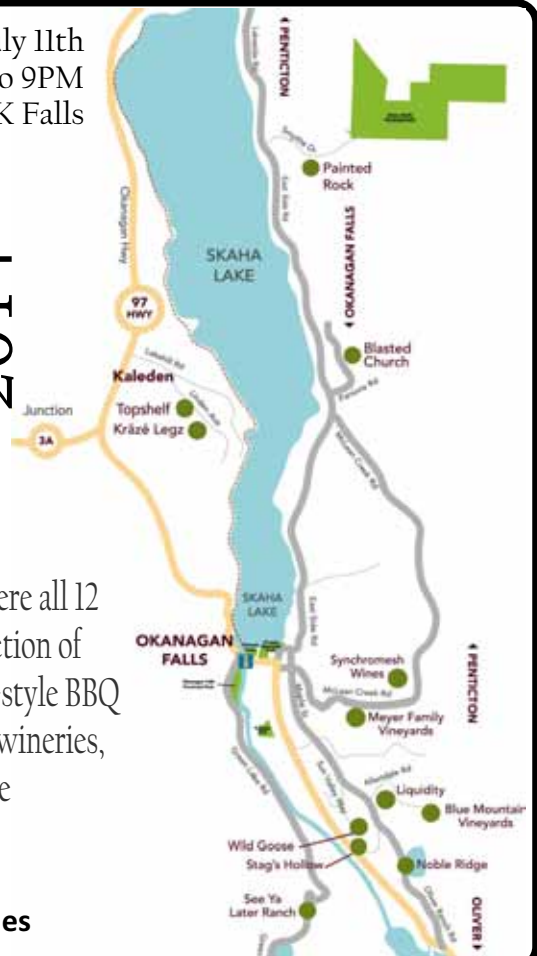


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If you have a child entering Kindergarten in September 2014 (born in 2009), we would love to have you register at Okanagan Falls Elementary School. Please contact our office at 250-497-5414 to register for full-day Kindergarten and you will be eligible to attend our **Welcome to Kindergarten Session on Friday, June 6th!**

### **"It Takes a Community to Raise a Child"**

Contact us today if you wish to register your child for our optimal learning experiences or if you can share a moment of your time to contribute to our StrongStart, Preschool, & K-7 Community School. Please visit our website today. [www.sd53.bc.ca/OkanaganfallsElem](http://www.sd53.bc.ca/OkanaganfallsElem)

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## **Okanagan Falls PAC Update**

with Carrie Ferguson, Parent Advisory Council Chair

The end of the school year is here, and so is the end of the term for the outgoing PAC Executive. Your newly elected PAC Executive is: Deborah Rivest - Chair; Amanda Krisa - Vice Chair; Lorna Wilson - Treasurer; and Janice Stevens - Secretary. Warm thanks to our outgoing PAC Executive (Carrie Ferguson, Niki Holt & Karen Pearce). To celebrate the end of the year, please join us on Thursday, June 26th for our B.Y.O.P. Celebration in Kenyon Park. That's Bring-Your-Own-Picnic! We will have music, life guards (times to be confirmed), cupcakes, and laughs. We hope to see all of our Okanagan Falls Elementary Families for this casual send-off into summer.

Enjoy your summer vacations and play safe! See you in September!



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

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Join us on Thursday, June 12th for our special "Library Lego Night" from 6:30-7:30pm. Registration is required. Please bring your best building skills and a smile. Save the dates for our "Kaleden Summer Reading Club" being held from 6-7:30pm on Thursday, July 3rd, Tuesday, July 8th & 22nd, and Tuesday, August 5th & 19th. Please contact the Kaleden Library at 250-497-8066 for more information and to register for both the Library Lego Night and Summer Reading Club.

**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

Registration for our Summer Reading Club starts June 20th. For more information, please visit our website at [www.orl.bc.ca](http://www.orl.bc.ca).



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## **Okanagan Falls StrongStart Centre**

with Samantha James

During the month of June, we are learning all about Water! We have Infant Development here on Monday, June 2nd at 10:30am and Storytime with Georgia on Wednesday, June 11th at 9am. We will be joining our Preschool and Kindergarten friends for "Bubbles & Chalk Day" on Monday, June 9th at 10:30am. Our Year End Party will be Wednesday, June 25th. I hope everyone has a happy and safe summer and I look forward to seeing you back in September.

The Okanagan Falls StrongStart Centre is a free drop-in early learning centre for children 0-5 years of age. We are located in the Okanagan Falls Elementary School and are open Monday, Wednesday and Friday from 8:30-11:30 am and Tuesday and Thursday from 12:00-3:00 pm. Calendars are available to know daily activities in advance, so you and your little one can come prepared. For more information, call Sam at 250-809-2802.



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## **OK MINI SCHOOL**

OK Mini School is a licensed preschool for 3 and 4 year olds. We are located in Room 8 of the Okanagan Falls Elementary School. We offer a quality preschool program that helps prepare children to become life long learners. We are currently accepting registrations for the 2014/2015 school year. For more information, call 250-497-5576 or email [Bonnie.OKMiniSchool@shaw.ca](mailto:Bonnie.OKMiniSchool@shaw.ca)

## **Okanagan Falls Out of School Care**

Our licensed program provides a safe and caring environment for children aged 5 - 12 years. We offer care from 2:25 - 5:30 pm on days when school is in session. We offer full-time care and accept part-time and drop-in, if space is available. Pre-registration is required before children can attend the program. We are located in Room 8 of the Okanagan Falls Elementary School. For more information, please phone 250-809-7322 or email to [Bonnie.OKMiniSchool@shaw.ca](mailto:Bonnie.OKMiniSchool@shaw.ca).



## School Trustee Report for SD67

with Ginny Manning

Policy 700 Public Use of School District Facilities and Grounds has been updated and the draft revision is now out for comment. Information on how to comment will be on the school district website, [www.sd67.bc.ca](http://www.sd67.bc.ca)

Student activity fees will remain the same as last year. The Elementary Principals and Vice Principals group requested approval to implement an activity fee for Elementary schools. The fee would cover goods and services provided through the school for personal use beyond the provision of basic education requirements, such as planners, dramas, visiting artists, coaches, etc. After considerable discussion around the board table, it was decided not to approve the request. Trustees felt that the fee could cause considerable hardship for some families in the district and create inequities between schools.

The 2014-15 Preliminary Operating Budget was approved at the May Board Meeting. The district was faced with a \$950,000 shortfall. A plan was developed to deal with the shortfall and was presented to all stakeholder groups and the public for input and feedback. Upon receiving the feedback, adjustments were made to address a number of concerns raised through the consultation process.

The budget necessities were twofold. The district was faced with covering the unfunded salary and benefit increases negotiated by CUPE in its last round of bargaining in the amount of \$330,000. This was accomplished through reductions in supplies, services and some clerical and custodial time, along with the reduction of one delivery driver through attrition. The remaining \$620,000 needed to balance the budget was found by further reductions in staffing, supplies and services. Some of the staffing reductions are a result of district enrolment decline. Unfortunately, this is not a good news budget, as once again the district is faced with having to make cuts. Every attempt was made to keep the reductions away from the classroom, as much as possible; however, we are at the point where there is little left to reduce. The Board has and will continue to lobby the Ministry of Education for fair and equitable funding for our students. The senior staff also continues to advocate for appropriate funding through their provincial organizations.

Princess Margaret students, Sinclair Lovatt and Nikita Pickard, have organized the "Color 4 Kids Run" on Saturday, June 7th. All proceeds will be going to the Children's Hospital. Both students have a long personal history with the hospital and would like to give back. Please contact Princess Margaret School for more information.

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



## Kaleden Bursary

The Kaleden Bursary Committee is offering several bursaries to Kaleden and area students who are graduating from Grade 12 and pursuing further education. If anyone would like to sponsor a bursary this year and help our students, please contact myself, Darlene Bailey.

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

- Plans for further education (university, college, technical school) and type of education being pursued.
- How long you have lived in the Kaleden area (including Twin Lakes/White Lake Road).
- Any community involvement.
- Hobbies, interests and volunteer/work experience.
- Include your mailing address, house number, phone number, and email.
- If you are successful in being awarded a bursary, you have two years to claim it from the date awarded.

**Applications must be received by June 30, 2014 and should be submitted to:** Kaleden Bursary Committee, Darlene Bailey, Box 239, Kaleden, BC V0H 1K0. Email to [don\\_bailey@shaw.ca](mailto:don_bailey@shaw.ca) or phone 250-497-8140 for further information.



## Blood Donor Clinic

**Thursday, June 19th & Friday, June 20th**

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!*

## Kaleden Elementary PAC Update

with LeeAnn Thompson, Chair Kaleden PAC

Wow, June is here! Children are getting excited and counting down the last few days before summer. At the schools I am not sure who is more excited, the teachers or the children. The last few tests, one last report card, and then two months of beautiful summer.

The end of May saw some fun events for the school: The Children's Festival was a hit and was enjoyed by all of the children in the school; Let's not forget another successful Kaleden Run and the Grade 3, 4 and 5 students who participated in our cross country running program. Our Annual Talent Show and Spaghetti Dinner was also an amazing event. Wonderful talent and great food for all!

June looks to be filled with just as many fun events for the kids. The Grades 5's will have their Graduation Luncheon at Linden Gardens, plus an overnight camp out in Keremeos at the Grist Mill. The school will have a fun filled sports day, with hot dogs provided by Penticton Electric. (This is not just an event for the school. All parents, grandparents or any care giver may attend and cheer on your children and enjoy lunch with them.)

As a PAC, we try to wrap up our fundraising effort at the end of each year. But this year, we have an amazing opportunity to be a part of an organization called SOKAP. This is a way to order local food products and other household items on-line. And, within two weeks those products will be delivered to the Kaleden Store for easy and hassle free pick up. As a fundraiser, for every item ordered on-line the Kaleden Elementary School PAC receives a percentage. The on-line products will be competitive with good if not better prices than your big grocery stores, and you are supporting a smaller chain store and the school. So, check it out at [www.sokap.com](http://www.sokap.com) and order some products.

I want to send out a huge thank-you to our Volunteer Fire Department who come out year after year to support the Kaleden Run by providing first aid. And, a huge thank-you to all the volunteers that make every activity possible in and outside the school.

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## Kaleden Museum Ready For Donations

The Kaleden Museum is well underway in the meeting room of the Kaleden Community Hall. The Acquisitions Committee, comprised of Fred King, Ray Findlay, Sue Kelly and Mike Gane, are requesting any items over 50 years of age, when they become "antique", such as paper items, medals, certificates, photos, tools, etc. The Kaleden Museum collects artifacts, archival and informational material relevant to and illustrative of the community and history. Artifacts collected illustrate the history of individuals, social groups and organizations, their lives and livelihoods in Kaleden. Once an item is donated and the gift form is signed, the Acquisitions Committee accepts the item, fills out a conditions report, fixes the item (if needed), catalogues it, and then puts it on display. Custom-made cabinets are ready to be filled! If you have something of Kaleden's history that belongs in a museum, now is your chance! For more info, call Meredith at 250-497-6995.



L to R: Win Findlay, Jane Bland, Ray Findlay, and Fred King observing a 1960's "wobble pump". This item was gifted to the museum, but hasn't been accepted yet.

## OK Falls Heritage & Museum Society

with Marla Wilson

What a wonderful afternoon for our "Spring Fling" on May 17th. The weather even almost cooperated with just a few sprinkles, rather than the thunder storms that had been predicted. The Museum, Bassett House, Kenny McLean Trophy Room, and the Thriftee Shop were all open for the public. Donna May Thompson cooked hot dogs on the barbecue and there was also lemonade, iced tea, orange drink and chips for all. Homemade ice cream was served up in cones.

Heather Jackson took photos of people in period costume on the front porch of the Bassett House. Her printer provided a photo for each person who had their picture taken. Thank you so much Heather for the great pictures! Also, Grant Henderson brought his music and speakers and sang a nice selection of songs throughout the afternoon. Much thanks to him and his music.



Donna Mae Thompson, Carol Haddow & Elaine Tasker in period costumes.

The Wheelchair Ramp into the Bassett House is completed and new railings have been put up on the deck at the back of the house. It is a nice addition to the museum complex.

It was a very grand opening for our Museum for the summer. For now, the Museum will be open Tuesday, Wednesday, Friday and Saturday from 10:00 am to 3:00 pm. The cost to see the Museum is \$2.00 per person or \$5.00 per family. Tours start in the Thriftee Shop.

Many thanks to all who participated in the events. Remember, the last Heritage Society General Meeting for the summer will be Wednesday, June 25th at 7:00 pm in the Club Room of the Community Centre. There are no general meetings in July and August.



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## Okanagan Falls Helping Hand Update


with Fred Lindsay, Helping Hand Volunteer

2014 marks the 28th year that Helping Hand will have provided Christmas Hampers, as well as Emergency Hampers, for those in our community in need of assistance. We are very thankful for the financial support and donated food items from individuals and community organizations. Also, thanks to all the volunteers who come out year after year to prepare the hampers. All our members are volunteers. Skaha Matters provides us with a means of communication to the community and the Community Church provides us with space for storage and packing, so virtually all of the money and food items donated go to the hampers.

Our annual meeting will be held in July and the planning and organizing of the Christmas program starts in September. If you would like to become involved in this community program, or are in need of an Emergency Hamper, please call our contact number and leave a message. Your call will be returned. Have a Great Summer!

**Contact Number for Okanagan Falls Helping Hand: 250-486-2767**

### 2014 REGIONAL HERITAGE STRATEGIC PLAN



TO ALL POINTS IN:

PENTICTON, NARAMATA, KEREMEOS, OK FALLS, OLIVER, OSOYOOS, HEDLEY, PRINCETON

KVR Little Tunnel above Naramata Photo Courtesy of Penticton Museum and Archives PMA6151

## COME BE PART OF HISTORY!

UP COMING OPEN HOUSES:

May 28 4:00-8:00 Leir House - Penticton      May 30 4:00-8:00 Keremeos Grist Mill  
May 29 4:00-8:00 Osoyoos Museum      May 31 10:00-2:00 Princeton Museum

For More Information go to our Website: [www.rdos.bc.ca](http://www.rdos.bc.ca) or Call Toll Free: 1.877.610.3737



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## Okanagan Falls Women's Institute

with Eleanor Walker

It has been an exciting and interesting month for the WI. The Spring Conference was held on April 28th. It was considered a successful event and a good finish for the month. Then, it was Museum Month for the WI. Instead of a regular meeting, they attended the Gala Summer Opening of the Museum and Bassett House on May 17th. Imagine ... home made ice cream! Yummy, thanks Marla. As well, free food and good company. Then, the community revitalization "Visioning" event open house on May 21st. Naturally, this was of great interest to this group, given their long history of contributions to the community in the form of parks, green space, and community halls, and their continued support to build the band shell. This certainly fits in well with the revitalization plans.

It was an exciting day for the committee to learn that the South Okanagan Community Foundation has promised \$10,000 toward the construction of our Band Shell. A meeting with officials at the RDOS was extremely helpful, providing information about who to contact, and what our next steps should be in order to complete the building permit process. Talks with the architect and engineers is underway, as are consultations with local firms who have indicated their support. It is encouraging to have so much positive support.

The next regular meeting will be on June 18th, and it is the last meeting for the summer. At that meeting, we will be hearing reports from Thelma Detjen and Diane Huey, who are attending the Provincial conference in Kelowna at UBCO on June 6th, 7th and 8th.

Have a happy summer, everyone, and reconvene with us in September. New members and new ideas are always welcome.

### Main Street Consignments

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## Ladies Auxiliary of Branch #227 Update

with Audrey Steeves

Certificates of Appreciation were presented at the May meeting of the Ladies Auxiliary to Merle Laidlaw and Wendy Hughes for their various services to the Auxiliary over the years. Thank you's were also received for the donations that had been given to various charities.

At the recent Zone meeting held at LA Br #40, it was reported that since the 2013 Provincial Convention held at Whistler, the Ladies Auxiliary had lost 55 members bringing the total of the Auxiliary members in BC to 2,835. Should that number fall to 2,000 the BC Provincial Command will lose its Charter. The 2016 LA Provincial Command Convention is slated for Parksville, BC from May 3-6. Okanagan Falls LA were the winners of the Attendance Plaque. The next Zone meeting will be held at LA Summerland on September 21st at 11am.

Help was arranged for the Friday and Saturday Night Meat Draws and also for the May 16th LA Friday Night Dinner.

President Louise Sax expressed her thanks and appreciation to all who had worked at the Branch Sports Banquet, also at the successful Pancake Breakfast, Bake Sale and Garage Sale. It was a lot of work for a small number of members.

June 4th will be the wind up of regular meetings until September. Please note that the meeting will be at 11am at the Legion Hall followed by Lunch at Shades Restaurant in Penticton. Car pooling will be arranged from the Hall.

Though no regular meetings will take place in July and August, the Auxiliary will be very busy with catering for a Wedding Reception in July and a 3-day Family Reunion in August, entailing snacks, breakfasts and lunches. These events will need as many LA members as possible to help with these events.

Meeting winners were Lana Maber and Dorothy Guillon.



### OK BARBER SHOP

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## Okanagan Falls Seniors Activity Centre

with Di Stewart

We're holding our Annual Barbeque at the Seniors Centre on Saturday, June 14th at 5:00. Bring a salad or dessert to share (pot luck), as well as your own plates and cutlery and the Centre will do the rest. We are cooking up hamburgers and hot dogs with all the fixins for all you cowboys and cowgirls, so be sure and come in your best western duds and be ready to have some fun.

### MARK YOUR CALENDAR

**Pancake Breakfast ~ 8-10am Saturday, June 7th**

**Annual Barbeque ~ Saturday, June 14th**

**Evening Pool ~ 6:30pm Tuesdays**

**Tuesday Bingo ~ 1pm the first 3 Tuesdays of the month**

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

**Scrabble is cancelled until September.**

**Bridge ~ 1pm Thursdays**

**Crib ~ 7pm Thursdays**

**Drop In Bingo ~ 1pm Saturday, June 21st**

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

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

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## The Royal Canadian Legion Branch #227

with Barbara Few

June is the month of the Elvis Festival in Penticton. Come and enjoy our Elvis Show with CHRIS KELSO as Elvis, along with TERRY BREMNER singing country music. This live musical performance is at the Legion on Saturday, June 21st following our regular Meat Draw, which starts at 5 pm and supper is at 6:30 pm. If you want to, dig out your sequin show suit, leather outfit, or Hawaiian floral shirts and leis to join in the "Elvis" theme of the evening. We hope to see you there!

### Dates to Remember:

Wednesday Nights ~ Drop-in Darts

Fridays & Saturdays ~ Meat Draws at 5 pm

Saturday Afternoons ~ Drop-in Darts & Pool

Sundays ~ 1pm Fun Time with Hotdogs, Horse Racing, etc.

Tuesday, June 17th ~ 7pm General Meeting in new meeting venue

Saturday, June 21st ~ Chris Kelso & Terry Bremner Play Live

Sunday, June 22nd ~ 'All You Can Eat' Pancake Breakfast from 8-11

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## Local Church Directory

### Kaleden Community Church

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

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

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

**Wednesday Worship in Prayer ~ 7:00 pm**

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.

**Welcome Newcomers to Okanagan Falls!** Please join us for our **Potluck Breakfast**, where all are welcome to attend, held on the 2nd Sunday every month beginning at 8:15am with service to follow.

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 3 Sundays of the month. The 4th**

**Sunday of the month Service will be at 1 pm.**

Coffee and social time after the Church Service.

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

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## Wishbone Day in Kaleden

with Lisa Needoba

In the pouring rain on Sunday, May 4th, a sea of yellow swarmed Kaleden's Pioneer Park, as supporters of individuals with Osteogenesis Imperfecta (or OI), gathered for the 3rd Annual Wishbone Picnic, an international awareness day for OI. This was the first year we added a Fun Run, Walk, Wheel or Bike, and nearly 100 people turned out on a rainy spring day. A common saying in the OI community is "OI CAN AND I WILL" and it was clear that this day's crowd caught the spirit.

Osteogenesis Imperfecta is a rare genetic condition that affects the body's production of collagen, most notably causing brittle bones. Scientists have identified at least 8 different types, each carrying their own characteristics and varying levels of severity or fragility within each type. Medical advancements in the last 15-20 years have dramatically improved chronic pain and mobility for people with OI; however, patients often travel great distances to find medical professionals familiar with the condition. Activity is important to strengthen the skeleton when individuals are well. Fractures are most common during the growing years, and slow considerably in adulthood. Approximately 1 in 20,000 people have OI, although some so mild they may not be aware of it.

For our family, Wishbone Day is about celebrating the amazing people we have come to know because of OI, who have changed the way we see disabilities from limiting, to opening a door to community, valuable perspectives, and diverse ways of being and looking. Our 2.5 year old son Shae Watson, was born with Type III/IV in 2011. Despite an in utero diagnosis, he had his first femur breaks at one and three weeks of age, from things like gently rolling him to his side to breastfeed. Breaks are unavoidable. So, we have learned to follow Shae's lead, and let him show us what he is capable of. It is easy to be over protective, but the incredible OI community we found online has taught us that we won't do him any favours by holding him back. As hard as it is, we know we have to let him discover the world, and learn his own limits, rather than constantly tell him what he can't do. With the support of world leading medicine at Shriners' Hospital in Montreal, Shae has become a ruckus 2 year old, gradually learning to walk, run, hop and ride a tricycle despite over 15 fractures since birth. When he fractures, we tend to his injuries, and as soon as he is able, he starts to scoot, slowly weight bear, and get back to walking as soon as he can, sometimes days, sometimes weeks later. We are known to be seen with Shae's older brother and sister at the park, out camping, or off to music festivals, whether Shae has a break or not. We carry on, because that is the example we see by OI'ers everywhere.

Another child with OI was in the crowd that Sunday. Colette Thompson, granddaughter of Nel and Alphons Witteman of Kaleden, is 14 years old and has Type I OI. Colette has been through 30 breaks now, but she too, gets out there anyway - climbing trees with a full-leg cast as a 10 year old, performing in a Kelowna Actors Studio musical last summer with a broken arm. This week, just healed from femur re-rod surgery, Colette is performing once again after a full year of acting rehearsals in the student edition of Sweeney Todd the Demon Barber of Fleet Street at the Kelowna Actors Studio. She does not let the bone disorder stop her. In actuality, it has made her bolder and more determined to make the very best of life, live it to the fullest, and when a setback happens, she knows she'll get through it.



Colette Thompson & Shae Watson, two local kids with OI, enjoy a yellow lollipop together at Wishbone Day.

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It is with great sadness that we announce the passing of

### Wally Clermont

**December 2nd, 1924 - May 2nd, 2014**

Wally was a resident of Okanagan Falls.

Our beloved mother, grandmother, Wally Clermont passed away on Friday, May 2nd, 2014 after a short battle with cancer. She is survived by her sons Manfred, Helmut, Hubert and Klaus Clermont, as well as by her daughter Irene Kellermayer and 22 grandchildren. She was predeceased by her husband Karl and her children Renate Steiner and Karl Clermont Jr.

Wally was born in a small village in Bavaria. She was the youngest of three children. She lost her two elder brothers during the war, as well as her father. After the war, she married Karl Clermont. They had 7 children together. In the early 80's, the family moved to Okanagan Falls from Germany, where they have been running an Orchard since. Wally was loved by all and will be dearly missed.

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Privileged to have been entrusted with Wally's final arrangements.

Our sincere condolences go out to all the family and friends.



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## 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 the Kaleden community for their continual support and donations to the Kaleden Fire Department's Annual Yard Sale. Without your support, it would not happen, nor would the fundraiser for our bursary. Thanks again Kaleden!  
~ from Darlene of Kaleden

**Flowers** to the Okanagan Falls Legion for hosting a First Responders Appreciation Supper in late April. President Myrt Niles presented certificates of appreciation to a representative from each of the five organizations which service Okanagan Falls and Kaleden. Thank you for honouring our emergency personnel!  
~ from Skaha Matters

**Fish Heads** to the locals who speed down Ponderosa Avenue in Kaleden. Would signage help to remind you that 'children are at play' in Pioneer Park? Please slow down!  
~ from Alexandra of Kaleden



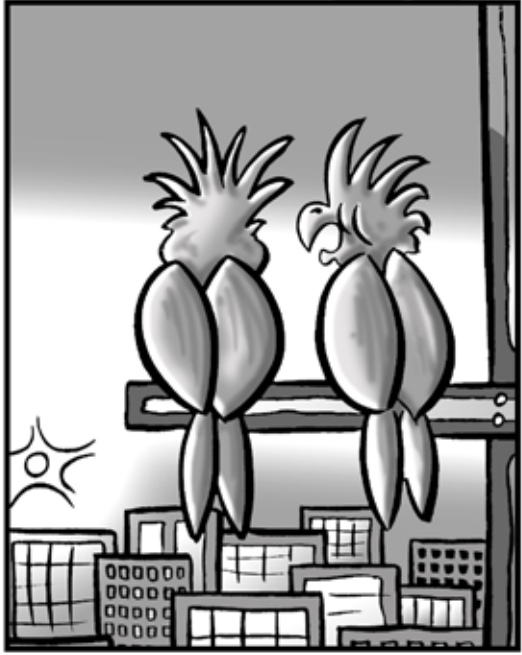
## Multi-Family Garage Sale

1333 Willow Street, Okanagan Falls  
Saturday, June 21st ~ Starts at 8:30am  
NO Early Birds Please! Tools, furniture, appliances, etc.


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Rebel 7

**Skaha Matters Quick Facts:**



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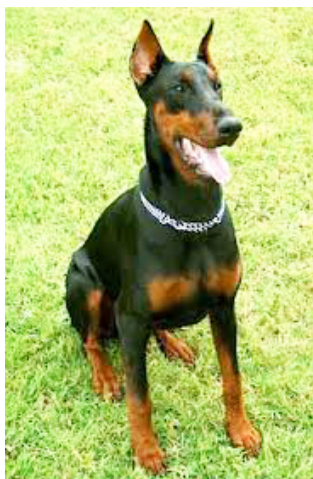
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