



SKAHA MATTERS

"Bringing Community Matters To You"

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Your FREE Monthly
Community Newsletter

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Quick Facts: 3300 copies are printed and distributed each month. All residents and businesses in Kaleden, Heritage Hills, Okanagan Falls, Skaha Estates, St. Andrews, and Twin Lakes receive an issue via Canada Post on the last business day of each month. 35 locations also carry copies.



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



Tickleberry's Ice Cream Laboratory

In January 2015, the co-owners and brother-sister duo, Aaron and Kelsey Hoy, went to Ice Cream University! The pair travelled to Pennsylvania where they attended Penn State's Short Ice Cream Course and learned everything they could to create the best hand-crafted ice cream from cow to cone. Penn State's Ice Cream Short Course is the oldest, best-known, and largest educational program dealing with the science, technology, and sensory of ice cream.

You can now enjoy flavours such as; Maple Bacon Madness, Chocolate-chilled Merlot, Lime in da Coconut, Strawberry Rhubarb Pie, Jelly Donut and Bad Tattoo Bliss ... just to name just a few.

On May 23rd, Tickleberry's celebrated their 25th Anniversary! So, the Hoy Family and all their staff, were ready to serve ice cream at 1990 prices to the huge crowds that stopped by to celebrate with them.

"We would like Okanagan Falls to know that we love being a part of this community. We sure felt the love back on our 25th Anniversary Party!", says co-owner Kelsey Hoy. *"We invite everyone to come and try our new handmade flavours. And, we hope to be here for 25 more years!"*

"Maple Bacon Madness" in the making ...



Hmmm ... It's madness, but we can do it!



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A Little History on Tickleberry's



Dale & Jen Hoy in 1990



The Hoy Family in 2015



Tickleberry's was created in 1987 by Dale and Jenette Hoy. The Yukon, Dale and Jen's home at the time, provided a wealth of wild berries that they lovingly turned into the very first jars of Tickleberry Jams. 'Tickling the berries' off the bushes every fall was always a race between the local bear population fattening themselves up before hibernation and Dale, Jen, and any family or friends who could be persuaded to challenge the bruins in harvesting the fruit. In 1988, while on a family holiday traveling through the Okanagan, Dale and Jen fell in love with the lakes, hills, and an abundance of fresh fruit available. The decision was made to pack up and move the family from Whitehorse to Okanagan Falls and change Tickleberry's from being a part-time to a full-time business. In the Spring of 1990, Dale and Jen were able to open their own Ice-cream Parlor at the present location in Okanagan Falls. With the help of three wonderful children and a much appreciated staff, Tickleberry's makes it's own fudge, chocolates, kettle corn, and serves more than 72 flavours of ice cream. Plus, they also create their own unique local flavours in their new on-site ice cream laboratory. Tickleberry's ownership was recently passed down to brother-sister Aaron & Kelsey Hoy. Tickleberry's is opening a second shop on Penticton's Skaha Beach as of June 13th.

Name Changing History

On Friday, May 22nd, name changing history was made. For the first time ever, an original First Nation place name is now the official name of a provincial park. Okanagan Falls Provincial Park is now called s̓x̓wəx̓w nitk̓w park, which is pronounced "s-wuh-wuneet-kw", meaning "little falls". This area was an important fishing site to the Okanagan Nation Tribe and this historic name represents their tribal territory and rich culture. First Nations history is verbal, not written in books per say, but passed down orally from generation to generation, using place names in the original nsyilxcen language to tell their history story.

Osoyoos Indian Band Chief Clarence Louie and Environment Minister Mary Polak (in photo below), led the procession to the river bank during the Name Changing Ceremony. This was part of an agreement between these two parties to ensure the protection of this culturally significant area remain in name's sake for many generations to come.

The park is open to the public and currently maintained by BC Parks.



JUNE 2015 COMMUNITY CALENDAR

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

Call 250.490.6951 or skahamatters@telus.net

* Event info is included in this issue.



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

Free Listing for Local Non-profit Groups.

Advertise Your Business Event Too!

31 OK Falls Purina Walk for Dog Guides * Lions Parks 9am Celebration of Life Friedel George Busch Linden Gardens 2-4pm	1 OK Falls Senior Centre * General Meeting 1pm Lean & Clean 30 Day Challenge * OK Falls Parks & Rec	2 OK Falls PAC Meeting School Library 6:30pm * Toastmasters Tues 7pm *	3 LA Meeting 11 am * Poppy Cove Mystery * OK Falls Library 2pm OK Falls Legion #227* Drop-in Darts Weds 7pm	4 Wild Goose Winery 25th Anniversary * Open House 12-5pm Word & Song * Kaleden Church 2pm	5 Card Making Class * Kaleden Library 10am Clara Tilbury's Art Show & Sale * Leir House June 5-29	6 OK Falls Senior Centre * Pancake Breakfast 8-10am OK Falls Legion #227* LA Bingo 1pm
7 Kaleden Church Prayer Walk * Linden Gardens 6pm Parks & Rec Staff * Deadline to submit	8 Women's Institute * Meeting 1pm St. Andrew's Specials Mon & Wed with coupon *	9 OK Falls Senior Centre * Tuesday Bingo 1pm 1st 3 Tuesdays each month Tuesdays Pool 6pm	10 Kaleden Women's Weekly Drop-in * Linden Gardens 1pm Ends June 10th for summer	11 OK Falls School * Volunteer Luncheon Industry Night * OFWA at Pub 5:30-7pm June 11, 18, 25	12 OK Falls Legion #227* Meat Draws Fri/Sat 5pm	13 Colour 4 Kids* Run Tickleberry's in Pen* EMF Meeting in Oliver* OK Falls Senior Centre* Annual BBQ 5pm OK Falls Legion #227* Country & Elvis Night
14 OK Falls Legion #227* Fun Sun at 1pm Hotdogs & Horse Racing	15 Skaha Matters Submission Deadline 15th-20th	16 Town Hall Meeting * 7pm Kaleden Hall OK Falls Legion #227* General Meeting 7pm	17 Blood Donor Clinic * Penticton Senior Centre Jun 17-19 - 1:30-5:30pm SO Chamber Event Okanagan Stoneworks *	18 OK Falls Senior Centre * Thursdays Scrabble 10am, Thursdays Bridge 1pm & Thursdays Crib 7pm	19 Free Family Fishing * June 19-21	20 Pharmasave Okanagan Falls Junior Triathlon * Westbench Garage Sale * OK Falls Senior Centre* Drop-in Bingo 1pm
21 Father's Day OK Falls Legion #227* Breakfast 8-11am	22 Kaleden School * Year End BBQ	23 Community Policing 7pm OK Falls Parks & Rec	24 Pharmasave's Customer Appreciation Day * Last Strongstart Day *	25 Last Day of School Tai Chi and Tea + Better at Home Event* Free - Kenyon House OK Falls PAC * Year End Picnic	26 OK Falls Senior Centre* Music & Coffee Wed/Fri 9-10:30am	27 Noble Ridge's Stampede Breakfast 10am - Noon OK Falls Legion #227* Drop-in Darts Saturdays 1pm
28 St. Barbara's Church 1st 3 Sundays at 9:30 4th Sunday at 1pm	29 Watering Restrictions in place until September 30th *	30 LEGO Night * OK Falls Library 6-7pm	July 2015 Special Events July 1 ~ Canada Day Celebrations * July 1 ~ Lakehill Road Walkway Ribbon Cutting * July 2 ~ Magic Show at Kaleden Library July 10 ~ OFWA's "Party in the Park" at Kenyon Park * July 11 ~ Ye Olde Welcome Inn "Show & Shine" Event July 12 ~ Prospera Granfondo Axel Merckx Okanagan* July 25 ~ Wild Goose "Rita Chiarelli Rocks the Winery!" * July 26 ~ OK Falls Heritage & Museum Society BBQ*			

**Tom Siddon**

Director of
RDOS Area 'D'



FROM THE DIRECTOR

s̓wəx̓wnitkw

Pronounced "s-wuh-wuneet-kw"

This new phrase, for those who learn to speak it, is the name that the Syilx (Okanagan) people have given to the Provincial Campground at Okanagan Falls. I think it means "rushing waterfall, where salmon come". On Friday, May 22nd, I was invited to attend the re-naming of this special and beautiful place along the Okanagan River, which has sacred and life-sustaining significance to all the tribes of the Okanagan Nation, who came each year to fish there.

In future, this lovely camping spot will be managed by the Osoyoos Indian Band under a contract with the BC Parks Branch. The re-naming ceremony took place early on the morning of May 22nd. It was led by Chief Clarence Louie of the Osoyoos Indian Band, accompanied by BC's Minister of the Environment, the Hon. Mary Polak. The ceremony was attended by many elders, leaders, children and families of the Okanagan peoples, accompanied by a colourful party of flags, singers and drummers. Several traditional language speakers explained the historic significance of s̓wəx̓wnitkw as a special place of gathering of the Syilx peoples for hundreds of years. What a great privilege it was to attend this unique celebration of a new beginning for a place so important to the earliest inhabitants of our area.

A Different Sound in Heritage Hills ~ For the past few weeks, as part of the Phase 3 development of Vintage Views, local residents have been subjected to the grinding, clattering, racket of a large rock-crushing operation. The crusher was brought into their neighbourhood without regard for the conditions of approval, which had been agreed to at a December 18th meeting between the owners of the subdivision (Chadwell Holdings Ltd.), and representatives of the Heritage Hills community,

At its meeting of January 8th, the RDOS Board approved the issuance of a Temporary Use Permit for the rock crushing machinery to govern the hours of operation, a shielded location for the crusher, noise control and dust mitigation, along with weekly progress meetings, all to be backed up by a refundable performance bond. To date, no permit has been issued and a number of the specified conditions have not been met. I've been receiving many angry calls from unhappy residents. The out-of-hours noise, and clouds of fine dust are serious concerns, especially for those residents with related health issues.

Our RDOS bylaw officers have visited the site to observe the crusher in operation. If corrective measures cannot be found, I have recommended a legal remedy to this disregard for the peace and privacy rights of the affected residents.

"Smart" Meters ~ In recent weeks, residents may have seen a fleet of trucks operated by Corix Utilities busily installing the new wireless "smart" electricity meters on private residential homes throughout Area 'D'. Despite many public objections to the arbitrary imposition of these new meters, and increasing evidence of potential health and safety risks, Fortis continues to install these uncertified meters on the private homes of electricity users, without consent.

In light of the strong public objection to the installation of these meters in our area, I submitted a resolution to the RDOS Board of Directors on May 21st, calling upon Premier Clarke and BC's Minister of Health to acknowledge the increasing dangers of long-term exposure to wireless radiation in all forms, and requesting the BC Utilities Commission to order an immediate halt to the installation of these advanced utility meters, which emit strong pulses of EMF energy on private residences within RDOS jurisdiction. Those who wish to have their smart meters removed should contact the BC Utilities Commission at Commission.Secretary@bcuc.com or 1-800-663-1385.

After a thorough debate, my Resolution was passed by the Board by a vote of 12 to 5. If you wish to see the exact wording of the Resolution, please refer to the RDOS website or call 250-492-0237.

Kaleden Community News ~ First, I'd like to commend all those dedicated residents of Kaleden who joined the work party to do the annual "spring cleaning" at Pioneer Park on Saturday, May 9th. Thanks to Gail Jeffery and Len Bzdel for keeping everyone busy, and to Kim and Al Denis for organizing the great BBQ lunch.

Kaleden Town Hall on June 16th ~ At the request of the Kaleden Community Association, I will be hosting a Town Hall Meeting at the Kaleden Community Hall on Tuesday, June 16th at 7:00 pm. Several issues will be open for discussion, including, community transit, the HUB social service project, sewer extension and community policing. Our special guests will be RCMP Superintendent Kevin Hewco of the Penticton South Okanagan Similkameen Detachment, and the newly appointed Community Policing Supervisor, Mr. Rick Dellebuur.

Lakehill Road Walkway Opening ~ We plan to celebrate July 1st in Kaleden with a Grand Opening of the new pedestrian walkway along Lakehill Road. MLA Linda Larson will join residents for an official ribbon-cutting at 1:00 pm in front of the Kaleden Community Church. Then everyone will proceed down Lakehill to the new flag pole in Pioneer Park. At 2:00 pm we will raise a new Canadian flag and sing our National Anthem, in honor of the 50th birthday of our beloved red maple leaf. There might even be some special treats for the occasion.

Community Policing and Recruitment Meeting in OK Falls ~ In light of a recent rash of community incidents, including numerous thefts, vandalism and other offences, I have invited Chief Superintendent Kevin Hewco to attend a special meeting with concerned residents to discuss the adequacy of our RCMP services in and around Okanagan Falls. The meeting will be held in the Okanagan Falls Community Centre starting at 7:00 pm on Tuesday, June 23rd. Superintendent Hewco will be accompanied by Mr. Rick Dellebuur, the new Community Policing Supervisor for the South Okanagan. Supt Hewco has also expressed an interest in discussing the possibility of recruitment to voluntary and auxiliary policing positions for interested residents from our area.

July 1st in Okanagan Falls ~ As with raising a new flag in Kaleden, we have also arranged to install a new flag pole in Kenyon Park near the Heritage Walkway. July 1st festivities will get underway at 11:00 am near Kenyon House. As usual, Janet Black and Nancy Wigley have arranged an exciting program to celebrate Canada Day, complete with the Legion Colour Party and Pipe Band, the singing of our national anthem and the raising of a new Canadian flag. There should be the usual treats and games for the children and perhaps a few speeches from the politicians!

Band Shell Opening on May 30th ~ I hope to see you at the official opening of the new Band Shell in Okanagan Falls on Saturday, May 30th. A great program of music and entertainment has been arranged for your afternoon enjoyment. The official opening ceremonies will begin at 2:00 pm. Please come out to thank the Women's Institute and the many other organizations and individuals who have contributed to this lasting venue for the performing arts in Okanagan Falls.

Well, June is upon us!!

Sincerely,

Tom Siddon, RDOS Director Area 'D' // tsiddon@rdos.bc.ca
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Monthly Update From MLA Larson

By Linda Larson, MLA for Boundary-Similkameen

Congratulations to the Okanagan-Kootenay Sterile Insect Release Program on receiving international recognition for its work.

The program won a prestigious Integrated Pest Management Achievement Award. While it started in the late 1970s, it took many years for all levels of government to come on board and financially support this program. The result is the reduction in the use of pesticides to control the codling moth in pears and apples by 96 per cent, saving millions of dollars and improving air quality for us all. Thanks to all involved for their years of dedication to this program.

Telus continues its partnership with the B.C. government in connecting people and communities. There will be \$1 million spent in Oliver, \$1.6 million in Osoyoos and \$1.2 million in Grand Forks over the next few months. Grand Forks also benefits with four full-time Telus jobs in the community and \$73,000 paid annually in taxes.

Tracey Lydiatt of Great Bear Paleo Bites in Oliver was recognized by the Ministry of Jobs, Tourism and Skills Training for being a great new entrepreneur and growing a B.C. business. She has moved from baking in her kitchen to a modern commercial kitchen and a rapidly growing customer base. We all wish her continued success.

Of note, the most recent report by the Canadian Federation of Independent Business puts B.C. small-business confidence the highest in Canada despite the many challenges they face in skilled labour shortages and sluggish demand in the domestic market. Entrepreneurs like Tracey are the bright spot in our economy.

INDUSTRY NIGHT

at the Okanagan Falls Pub
Thursdays 5:30-7PM
Starting June 11th

Winery staff, vineyard workers, winemakers & friends come mingle with fellow wine industry staff. Enjoy a selection of wine samples from our Okanagan Falls wineries!



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While it may seem strange to celebrate oysters in the South Okanagan, that's just what the South Okanagan Chamber of Commerce did for the week ending April 25. There were several events throughout the week ending with the Oyster Pearl Gala. Congratulations to the Chamber for coming up with such a unique tourism event, and judging by the crowds on the Saturday night it was a huge success.

The Grand Forks ATV club will receive \$152,902.23 from the Ministry Of Social Development and Social Innovation to provide work experience for four eligible individuals over the next few months working on special projects. They will help construct nine new camping sites within the Blue Joint Recreation Area, and enhance the trail network in the Granby Wilderness Park and the Grand Forks Secondary School Wolf Trail.

Soroptimist International of Osoyoos hosted its Western Canada conference at Spirit Ridge April 30 to May 2. More than 100 women attended to celebrate the work of soroptimists locally and worldwide. Thanks to all the members of the Osoyoos Soroptimists who did the work of organizing and hosting and will celebrate 30 years of service to their community next year.

A Fire Smart Award of \$500 was awarded to the Anarchist Mountain FireSmart Committee, one of only 24 awarded across Canada, for a community event to clean up Sasquatch Pond Park. Volunteers removed brush and other potential flammable materials on May 2, which was National FireSmart Preparedness Day. The community at Anarchist continues to be a leader in keeping their forested community safe from wildfires. Congratulations on your recertification and thanks to Denis Thomson and everyone else who participated.

Homes in the interface areas and Communities like Anarchist who have mostly trees as their neighbours need to learn how to make their homes safe from potential fire events. I will continue to encourage those pockets of development in fire hazard areas to become FireSmart like Anarchist Mountain.

As we move into the warmer, drier season, please use water wisely and watch out around playgrounds and parks as more children take advantage of the better weather.

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Area 'D' Economic Development Office

with John Powell

Many of you will already be aware that the former Weyerhaeuser site in Okanagan Falls has now been purchased by Shuttleworth Properties Inc. While the purchase of this site has taken longer than any of us would have liked, I really believe that we have turned a corner and have much to look forward to in our area.

John Powell

In recent weeks, many of you have inquired about what Shuttleworth Properties intends to do with the land. Progress is being made on this front. I'm working with several businesses who are interested in Okanagan Falls, and specifically the former Weyerhaeuser property, as a location for their business. While there is still a lot of work to be done, I am excited that the groundwork I have been doing, in recent years, to target specific industry sectors has resulted in the sustained interest of these businesses. I hope I'll have some positive and definitive news to pass on to you in the coming months.

While conversations tend to revolve around high profile new businesses being attracted to town, it is important that we recognize the enormous contribution that many of our existing businesses make to our local economy. Studies indicate that in any given community, up to 70% of new jobs are created by growing existing businesses in the community. Existing businesses are a vitally important component of our economy. These businesses have demonstrated a commitment to our area and the community and will often have deep roots and ties to the area. As well, the success and welfare of these existing businesses will help to create a more prosperous and vibrant local economy. In turn, successful businesses will be more likely to provide positive testimonials for new businesses who are thinking of coming here.

As highlighted in a previous edition of Skaha Matters, I am now a director on the South Okanagan Chamber of Commerce board - in part, to ensure that our voice is heard both in the region and BC wide. I have secured three business after business events in Okanagan Falls between now and Christmas. The next one will be hosted by Rob and Lori Oliver at their business, "Okanagan Stoneworks", which is located next to the historic Keogan Chimney off Highway 97 to the South of Okanagan Falls. **ANYONE** is welcome to attend this Free event at this business between 5:30-7:30pm on Wednesday, June 17th. We hope to see you there. Visit their website at www.okanaganstoneworks.com to view some of their fabulous creations.

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In recent weeks, I have co-hosted two 12@12 Business Lunches at Wild Goose Vineyards and Winery, for existing local businesses in Area "D". The first of these lunches focused on the tourism and agricultural sectors in Area "D". In addition to myself, Bonnie Dancy from the South Okanagan Chamber of Commerce and Mary Ellen Heidt from Community Futures, along with 9 businesses from around Area "D" attended to share their industry issues, concerns, ideas and solutions. The second lunch focused on the retail and town centre businesses in Okanagan Falls. I will be posting the minutes from these meetings on our website at www.okfalls.ca.

In response to concerns raised at the first meeting, by the ranchers, orchardists, hoteliers and wineries relating to seasonal employment, I worked with the YMCA and Work BC to organize a Job Fair in Penticton that focused on finding seasonal staff to fill seasonal positions in Area "D". This fair took place on Friday, May 22nd. At this event, I interviewed many candidates and have resumes for potential employees in the retail, tourism and agricultural sectors. If you're looking for staff, please let me know. Crime and policing were also major concerns expressed by local retailers at the second meeting. This important issue will be discussed at our upcoming Town Hall Meeting in Kaleden on June 16th, as well as at the Community Policing Meeting in Okanagan Falls on June 23rd.

I am working on plans for Phase Two of the Okanagan Falls Town Centre Revitalization planning process. With the completion of phase one in 2014, this second phase will focus on a two-day integrated design workshop, which will lead into the development of a detailed and actionable implementation strategy. We anticipate that this will get underway in September 2015, once the Summer Holiday Season winds down and before the Snowbirds fly South.

The Regional District of Okanagan Similkameen (RDOS) are continuing the Electoral Area 'D-1' **review and update** process for the Kaleden - Apex Official Community Plan (OCP). Work is now underway on a preliminary draft of the revised OCP. Sections of it will be reviewed through the Summer with the Citizens Committee, RDOS staff and other stakeholders. Some sections will be released on the project website, like the revised OCP Vision, for public comment and review. Also, throughout the Summer, a second community survey and another open house will take place. We encourage you to review the Area "D-1" OCP website at www.d-1update.ca and keep an eye open for community posters and other lines of communication.

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

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

Okanagan Falls Irrigation District News

with Bob Daly, OFID Chair

The main news for June is bringing the new well (Well #6) on line in the Upper Zone. After a series of testing and training, the well will be operational this month. The well is located on the East side of Maple Street, just South of UEE. The well has a stand-by generator so in the event of a major power failure, it will remain operational. This has been a major project of OFID this year.



The new Well #6 in Okanagan Falls will be operational in June. Above is OFID Operator Ken Peters reviewing the operation manual and familiarizing himself with electrical panels in Well #6.

Sprinkling Restrictions ~ During the summer months, water consumption more than triples that of the rest of the year. With the extended hot and dry weather we have been having and may well continue having, it is critical to adhere to the sprinkling restrictions:

Effective May 1st to September 30th, sprinkling/watering is only allowed on the ODD/EVEN address system.

No watering is allowed between the hours of 12 noon to 7pm daily.

Automatic irrigation systems must be programmed to run during the off peak hours of midnight to 6am on your odd/even address matching the designated odd/even date.

Strata complexes, please use the street address, not the unit number to determine your watering day.

We will be carefully monitoring the water levels in all the wells, as we go into summer. Thank you for your cooperation.

Band Shell Opening ~ We hope to see you Saturday, May 30th at the official opening for the Centennial Park Band Shell. From 1:00pm on there will be live music, with the ribbon cutting ceremony and speeches at 2:00pm, followed by more music for the rest of the afternoon. Bring your lawn chairs and picnic lunches for a great day in Centennial Park.



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Information Centre Update

with Barb Aschenbrenner,
New Information Centre Manager

Monday, May 4th was the opening day of the Okanagan Falls Visitor Information Centre for the 2015 season. Since then, we have had people from Germany, Holland, USA, and many locations in BC and Alberta, and beyond. It's wonderful to meet all these people and share our beautiful area with them.

We've had numerous cyclists stopping in and picking up our new Regional Bike & Hike Map. It's pocket size, but opens up with full details of the local trails from Osoyoos to Peachland, with lots of valuable information included. The cost is only \$2 and its very worthwhile.

Did you know that in 1929 a group of folks from Okanagan Falls went to a deserted mining camp in Fairview just outside Oliver. There they used four sticks of dynamite inside a church to loosen the nails and then dismantled the walls, floor and brought it to Okanagan Falls and rebuilt it. The only thing they lost was the steeple. Today this rebuilt church still stands and is used by the United Church Congregation.

Volunteers are wonderful people and I would like to welcome all our new ones to the Visitor Information Centre this season. Thanks for your time. To our residents, please pop by and say 'hi' and see all the new brochures we have from all over the province.



On Monday, May 4th, the Okanagan Falls Visitor Information Centre's volunteer staff, along with Director Tom Siddon and his wife Pat, boarded a tour bus compliments of Top Hat Tours. The group visited some of our local wineries of the Okanagan Falls Winery Association, so as to better represent our wine industry to our visitors.



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Celebrate Canada Day in Your Community!

With this the 50th Anniversary Year of our Canadian Flag, both communities are celebrating by installing a new pole and 'raising the flag' in both of our waterfront parks. A Piper Band, along with the Okanagan Falls Royal Canadian Legion Colour Party, will be on hand in both locations to help us celebrate!

Okanagan Falls - Canada Day Ceremony at 11 am in Kenyon Park, with IGA's Cupcakes & BBQ to follow.

Kaleden - Join us for the Grand Opening and Official Ribbon Cutting of the Kaleden Lakehill Road Walkway starting at 1:00 pm in front of the Kaleden Community Church. Then make your way to Pioneer Park for our Canada Day Ceremony at 2:00 pm, with Watermelon & "Art in the Park" to follow.

* WANTED: Special Event Workers and Recreation Program Leaders! *

Okanagan Falls Recreation is currently recruiting for Children's Program Leaders and Special Event Support Workers. If you are creative or athletic, or have a skill to share with your community, we'd love to hear from you. This is an opportunity for us to build programs with and for your community. These are casual positions under contract, and open to both experienced adults and junior leaders. We are also accepting young people seeking volunteer experience 11-14 years of age. Please email a letter of introduction with the subject line: Recreation Opportunity and your name to jblack@rdos.bc.ca. Briefly share your experience and qualifications, interest and availability. Deadline June 7th, 2015.



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Kaleden Update

PARKS & RECREATION

By Kim Denis, Kal-Rec Commission Member

Community Foundations are all about people giving back ~ We are pleased to say that the Kaleden Community Association received a \$5,000 grant to be used for the construction of a handicapped accessible washroom at Pioneer Park.

 The Community Foundation of the South Okanagan Similkameen is committed to working with donors and service providers to build better communities for all. Known as a 360 degree funder, the Community Foundation is proud to support every area of need in a community, whether it is social services, animal welfare, or the environment. The Foundation seeks to be innovative, demonstrate leadership, and continually increase its impact to make our communities healthier and happier places to live, work and play. One of the primary tools for change is an endowment fund of more than \$10 million, which has now granted almost \$2 million to local community projects since 1991, all while preserving the original donations.

Kaleden Town Hall Meeting - Tuesday, June 16 at 7 pm



The RDOS and Kal-Rec will be holding a public meeting in the Kaleden Hall on Tuesday, June 16th starting at 7 pm. Please come and discuss issues that matter to you. You will be able to ask questions as well. It is time to make all our voices heard.

Kaleden Recreation Programs ~ We've wrapped up our 8 week Kaleden Active Kids Program and had a great turnout of smiling faces. Our recreation coordinator, Janet Black, is working with the Commission to plan some new activities and programs for Summer. We also put on a Pre-school Tumble Bumble Program, but unfortunately got the timing wrong. Are parents of little ones looking for active programs? Kindly drop Janet an email at jblack@rdos.bc.ca, if you have some thoughts on that. Plans are underway for a few special art and activity events at the beach this summer. Our calendar of events will be out mid-June, and we hope to have a little something for all ages.

As we lead into fall, we'd like to offer programs for all ages and we've begun the process of networking with the community to determine interest. Watch for a survey coming out this summer that will really help us understand which programs you would most like to see.

And finally, Abby Winstone has said good bye to Parks and Recreation, and we wish her all the best. We are recruiting for program and event workers, with the hopes that there are talented and qualified people right here in Kaleden that might enjoy an opportunity to lead a program with children and families. Please contact Janet at jblack@rdos.bc.ca, if you are interested in a part-time contract position in this regard.

INNER BLISS BELLY DANCING by Jenny
Reiki & Ra-Sheeba Master ~ Professional Teacher/Performer ~ Egyptian
Drop in Wednesdays at 7:15 pm / DPA Sat Mkt June 27th
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Lakehill Road Pedestrian Walkway

Thank you for your patience during the construction of the new Lakehill Road Pedestrian Walkway. What a great job Grizzly Excavating has done! It is so nice to have a safe path to connect our community.

While many have already been enjoying the new walking surface, we invite the entire community to join us on Canada Day for the Official Ribbon Cutting Ceremony with MLA Larsen, RDOS Area D Director Tom Siddon, along with the Kaleden Parks & Recreation Commission and many of your neighbours and friends.

We will meet at the Kaleden Community Church Parking Lot at 1:00 pm on Wednesday, July 1st. After the Ribbon Cutting, we will make our way down to Pioneer Park for the Canada Day Celebrations and the raising of the Canadian Flag and National Anthem. There will be watermelon and "Art in the Park" to follow. We hope to see you there!



Take the Lean & Clean 30 Day Challenge!

Starts June 1st

With Certified Fitness Instructor
Kathy Orioli

& Registered Holistic Nutritionist
Shelly Covert

See okfalls.net for details



250.497.8188

info@okfalls.net

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Okanagan Falls Recreation Building Partner's For Summer Programs

with Janet Black

We are pleased to announce that our partnership with the Boys and Girls Club continues again this summer for those 5-12 years of age. When we announced to the kids that Forrest Cooper was returning as camp leader again, there was a collective shout of "Yippee" heard across the school yard. Welcome back Forrest!

We have limited the camps to 6 weeks this year so as not to stretch enrollment too thin, and have special guests and themes to make every session special. Please register as early as you can, so they can provide great staffing ratios and plan ahead.

We also welcome volunteer leaders to join us (13-16 years of age). We have a lot of variety and choices when it comes to your work experience placement and it can be a great start to your resume and to build your first references. Give us a call if you are keen on learning and working with a great team this summer.

Thank you to IGA for sponsoring our new 'What's on Wednesdays?' Summer series. This will be a series of all-age's special events, from art to reptiles to tie-dye. Hosted by the beach in Kenyon Park Wednesday afternoons. The kick-off is on July 1st with a Canada Day Flag Raising Ceremony & Barbeque. We hope to see your kids there! Kathy Orioli and Shelly Covert have also joined forces with us to present their new "Lean and Clean 30 Day Challenge". This is a fun, motivating outdoor training program designed to challenge all aspects of your health and fitness. With expertise in both outdoor fitness and holistic nutrition, these local ladies can help you reach your health goals with professional guidance and knowledge. The Challenge starts June 1st, so if you are reading this, this is a chance to be spontaneous and jump in with both feet.

And finally, we find ourselves saying good bye and wishing Abby Winstone much luck and happiness in her future ventures. Abby has been an important part of our children's recreation team for the past few years and will leave big boots to fill. To that end, we are putting out a call for children and youth program leaders in the areas of physical activity, sports, games, creativity and special events. If you have a passion, talent and/or experience working with children, families or youth, we'd love to chat about your contribution to the community of Okanagan Falls Recreation. These are paid position under contracts and can be flexible, short or long term, and in your topic of interest. Please email iblack@rdos.bc.ca by June 7th.

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Summer Fun Camps



DAY CAMPS For 5-12 year olds
Camps Run July 6-31 & Aug 10-21
9:00-4:00 Monday-Friday

(*Early bird drop offs can be arranged with Okanagan Falls Recreation)

For Registration Information:

Boys & Girls Club 250-493-0512 x122

Or OK Falls Recreation 250-497-8188

Email: info@okfalls.net

\$32.50/single day or \$132.50/week

(Plus \$10 annual membership to the Club)

Theme Weeks ~ Something For Everyone!

July 6-10	Creatures & Critters ~ All things slimy, fluffy and weird!
July 13-17	Cartwheel Club with Coach Janet ~ Gymnastics lesson for 1.5 hr/day
July 20-24	Foodies ~ Cooking, creating and kitchen wizardry!
July 27-31	Wild about Water Play!
Aug 10-14	Creativity Camp & Theater Games with Special Guest Grace Overhill
Aug 17-21	We Love Lego!



Keogan Sports Park was busy with a flurry of action this Spring. Above - Preschool T-ball was as much fun to watch, as it was to play. Below - The older kids loved their time on the field, sharpening their skills & knowledge of the game. Special thanks to Value Contracting & Easy Lock Self Storage for sponsoring the T-shirts again this year.



PHARMASAVE



Pharmasave Okanagan Falls Junior Triathlon ~ June 20th

with Niki Pierson, Race Co-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 20th 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 & Infrastructure to close the roads from 7:30-11:30 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

We have well over 200 children registered, with a growing wait list. If your child will be unable to attend, please contact Myleen at okfallsjrtri@gmail.com or call 250-490-6951, so that another child may participate. 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, Keremeos, Cawston, Oliver and Summerland). 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 Okanagan Falls, Unit Electrical Engineering (UEE), Okanagan Falls IGA, the RDOS Economic Development Office, Meyer Family Vineyards, Fortis, Noble Ridge Vineyard and Winery, Okanagan Falls Parks and Recreation, Interior Savings Credit Union, Easy Lock Self Storage, Skaha Matters and Caitlin's Homestyle Diner. 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 contact Lorna Wilson at praggy@hotmail.co.uk; alternatively you may leave your information at Pharmasave Okanagan Falls.

Whether you are a sponsor, a volunteer, an athlete's family, or just a spectator, we would love to see you at Kenyon Park cheering on the little athletes. The little ones, who range in age from 2 to 13, need all the friendly faces we can find! There will be goodies for sale in the morning and our hot dog BBQ will be up and going at 10am. We hope to see you on Race Day!



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Sinclair Lovett at last year's run.

"Colours 4 Kids" Run ~ June 13th

All proceeds to be donated to BC Children's Hospital in Vancouver.

This is a family oriented, fun event! Walk, run or dance the 5 km (or do any part of the route) along Skaha Lake Beach in Penticton. And, during the event, get blasted at each station with a different colour of biodegradable corn starch.

This is the 2nd year for this event, initiated by Grade 12 student Sinclair Lovett of Kaleden in memory of her sister. However, this event is to honour every child and their family who have been touched by the need to access services at Vancouver's BC Children's Hospital. This is to say thank you to those who have helped our ill children.



More Information and How To Register? Registration forms are available in the school offices of: Okanagan Falls Elementary School, Tuc El Nuit (Oliver), Oliver Elementary School, Osoyoos Elementary School, Osoyoos Secondary School, SESS (Keremeos), Princess Margaret Secondary, Summerland Secondary or at Peach City Runners in Penticton. The cost is \$20/person or if you book with a group of 4, it is \$15/each (must register at the same time and please clip forms together).

Drop off completed registration forms with payment to:

- Peach City Runners in Penticton,
- Princess Margaret Secondary School Office
- Summerland Secondary School Office

Same day registrations are accepted at the race; however, getting the race package of T-shirt and paint may not be available on that day. So, please register early!

Join the "Colours 4 Kids" Run on Saturday, June 13, 2015 at Skaha Lake Gazebo (by the Marina). 8:30 - 9:30 am Registration (to register day of the race), 9:30 am Stretch & 10:00 am Start!

For more information, contact Sinclair Lovett (Grade 12 Princess Margaret Student) or Mrs. Sandra Richardson, VP, Princess Margaret Secondary School at 250-770-7620 or colours4kids.info@gmail.com

Gold Medal Powerlifter ... At 47!



Bonney Rempel, originally from Okanagan Falls, started a new sport called "powerlifting" at age 45. She happened upon this sport by chance after impressing someone with her strength, who then suggested she give powerlifting a try. So, Bonney decided to enter BC Powerlifting in July 2013. Good decision, because in less than two years she's won a pair of Gold Medals at the Canadian Powerlifting Union (CPU) National Championships held April 7-10, 2015 in St. John's, Newfoundland.

Powerlifting is a combination of squat, bench and deadlift. It is not Olympic lifting that you may be familiar with.

Bonney dominated the 84-plus kilogram Masters (ages 40-49) Classic (unequipped) division. Her

bench press lift of 102.5 kg set a new Canadian Master 1 Record and Provincial Women's Record. She also set a Canadian Master 1 Record and Provincial Women's Mark with a 170 kg squat lift. To go along with a 150 kg dead lift, Bonney's total weight lifted at 422 kg, set new standards both Provincially and in Canadian Master 1.

"I was always strong, but it wasn't something women did," the 47-year-old Bonney said. "I am not as worried today about what people think, but certainly wish I would have started this at a younger age."

Since Bonney started training at Pro Trainers Gym, she's made great strides under the guidance of trainer Mitch Walls, who's competed in both national powerlifting and bodybuilding. "His gym is very unique. He holds your chart when you come in and tells you what machines you should be doing, at what weight, for how long, and how many reps", says Bonnie, "but powerlifting relies on a lot of technique and mental preparation, which I attribute much to Mitch for my success." Bonney has now been accepted onto the Canadian Team and aspires to break a World record (without injury) before this year is over. She trains four days a week, two-and-a-half hours a day at Pro Trainers Gym in Langey, where she now resides with her husband Brad.

Top Photo - Bonney practices her squat technique using a 415-pound bar with assistance from her trainer Mitch Walls. Bottom Photo - Bonney sits on the 2015 CPU Nationals podium with her Gold Medals.



The Giant Sand Maze was a huge hit during Okanagan Falls Parks & Recreation's "Family Fun Day" held at Kenyon Beach on Saturday, May 23rd. This was the first of many fun events that will take place in and around the Skaha Area. Thanks again to Volunteer Tyler Laramée for designing and creating the Sand Maze. Watch for his second Maze Creation on Canada Day. More 'fun in the sun' to follow this Summer!



Are you over 50? Just \$15/yr to join!
 Enjoy activities that interest you.
 Meet new people. Get out and have FUN!
Become a member of the OK Falls Seniors Centre!
 Call Audree at 250-497-5572 or Janet at 250-497-5521



Volunteers Needed!

One of the top cycling events in North America returns to the South Okanagan for a 5th straight year, and event organizers are looking for a few good volunteers.

The 2015 Prospera Granfondo Axel Merckx Okanagan (PGAMO) rolls on Sunday, July 12th and this year's event promises to be the best yet. In addition to the main ride on Sunday, the Granfondo Weekend features many activities starting on Friday, July 10th.

"Event volunteers can expect an exciting, social experience all weekend with front-row seats to one of the largest cycling events in Canada," says volunteer manager, Susan Robinson. "We can accommodate your specific volunteer interests, and help make it a weekend to remember."

All volunteers will receive a complimentary t-shirt, and an invite to the volunteer appreciation dinner following the event weekend. There are several volunteer positions to choose from, including course set-up, package assembly, as well as aid station and Start/Finish line volunteers, among others. Available positions start on Wednesday, July 8th through to Sunday, July 12th.

To check out all available volunteer positions and to sign-up, visit: <http://granfondoaxelmerckx.volunteerhub.com/Events/Index> or e-mail Susan Robinson at: susan@granfondoaxelmerckx.com.

For more information on the 2015 PGAMO, please visit our website at www.granfondoaxelmerckx.com.



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Kids On Bikes!

It seems there are way less kids out riding bicycles than in years past. Could this be due to technology? Perhaps. What a joy to see these kids choosing to be active on a sunny afternoon versus sitting inside and gaming away the day. Way to go kids on bikes ... Ride them more!

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

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Perry Tompkins, Pharmacy Mgr

Live Well HEALTH TIP

brought to you by
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It's the start of summer and seasonal allergies are back. And in some cases, with a vengeance. I myself have been living on antihistamines for about 3 weeks, what with all the flowers, grass and pollens circulating. For myself and many others, the warmer temperatures have always brought with them the bitter sweet feeling of knowing congested, runny noses, sneezing, and itchy watery eyes weren't too far away.

Fortunately, antihistamines are available and remain an important tool for managing allergy symptoms and many patients will use these on an intermittent or daily basis throughout the summer months. Often I'm asked which antihistamine is the best. The reality is that there is not one product that will work for everyone. However, there are some that may be more suitable for certain patients. Generally speaking, newer antihistamines like Alerius, Claritin, Reactine and Allegra have fewer side effects compared to older antihistamines like Benadryl or Chlor-Tripolon, the latter tending to be sedating and may cause dry mouth, dry eyes, constipation and can make urinating difficult. That being said, older antihistamines can be helpful if post-nasal drip and cough are present. Decongestants are also often used to treat stuffy nose and are effective, but require cautious use in certain groups of patients. If a 1 week trial of a particular antihistamine hasn't been effective, sometimes trying another can help. However, some cases of allergies benefit most from steroid nasal sprays (e.g. Nasonex, Avamys) that are available from your doctor, particularly if you have significant congestion and/or post-nasal drip and cough.

So if allergies are interfering with your summer, maybe it's time to consider trying an antihistamine. Please be sure to consult your pharmacist before selecting a product to ensure it's compatible with your medication, history and symptoms, and hopefully we can help you get back to enjoying the long days and beautiful nights!

P.S. Check-out our new website at www.isit4real.info today!

***"When my father didn't have my hand ...
he had my back. ~ Linda Poindexter***

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Assessing Adrenal Health

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



If there is one piece of advice I could give to improve the health of everyone, it would be to please lower stress levels. Why is stress so hard on health? Well, stress can be good if we respond to it in healthy ways, or not so good if we respond to it in unhealthy ways such as internalizing it and allowing it to trigger ongoing physical reactions that lead to cellular damage. That is to say, the conditions of life that cause stress harm us only if we react to them in harmful ways. Physically, we are optimally

wired to cope with sudden stressors by way of our "fight or flight" system. However, if this system gets 'stuck on', so to speak (I liken it to the gas pedal being stuck on and the brakes not functioning!), then the adrenal glands which produce hormones that manage stress can become over worked and in time, drained and fatigued. Then when the next big stressful event occurs, our reaction is less robust and we do not cope as well. We need periods of rest and relaxation between periods of high activity to repair and regenerate these vital glands. We also need methods of relieving stress. I have noticed a trend towards de-stressing activities, such as yoga and meditation recently. This is a reflection of our collective recognition of the negative impact of stress on our lives and the need to manage stress in healthy ways so that we stay vital and strong.

Since our adrenal glands release hormones both to deal with stress (adrenaline and cortisol) and hormones to repair and heal (DHEA primarily), when the adrenals are out of balance or fatigued we develop symptoms of poor coping, as well as poor maintenance and repair of tissues. It is important to note that the DHEA/Cortisol ratio is the most important immune regulator in the body. Symptoms of poor adrenal gland function include;

- Fatigue or chronic fatigue syndrome
- Insomnia ("tired but wired")
- Sweet and salt cravings
- Exercise intolerance (feeling worse or exhausted after exercise)
- Heat and cold intolerance
- Poor concentration and memory
- Excess sweating or no sweating
- Anxiety, panic, worry, fears, insecurity, depression
- Low blood pressure and palpitations
- Thin skin, thin bones (osteoporosis)
- Blood sugar dysregulation
- Food intolerances
- Immune deficiency leading to chronic infections or autoimmunity

Measuring adrenal function can be accomplished with a saliva test. Kits are available to collect several saliva samples throughout the day (since the adrenal hormones are released in a circadian or 24 hour pattern, one sample is not adequate to determine overall functioning). This is a very good test to determine both cortisol and DHEA levels.

Treating adrenal gland dysfunction is multi-faceted. Learning how to worry less, trust more, manage the pace of life and take regular breaks, feel joy, sleep well, exercise regularly, and become more "present" are goals we can all achieve with attention to them. We also know that certain nutrients are vital to adrenal health as are certain dietary patterns. Particular herbs support and balance the adrenal glands and have been used throughout history to improve vitality, health, and longevity. And, if required, bio-identical adrenal hormone therapy is used to temporarily replace the hormones that are missing and allow the adrenal gland to rest and regenerate.

Naturopathic Doctors have a particular expertise in dealing with adrenal issues. If you think you may be suffering from adrenal fatigue, see an ND for a complete work up.



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Brain tumors, Alzheimer's dementia, sleep disturbances, decreased memory, male infertility, immune dysfunction, childhood learning and behavioral impairments - are all linked by scientific studies to **Electromagnetic Fields (EMFs)**. The World Health Organization has classified EMF-producing wireless devices as **possibly cancer-causing**.



Dr. Malcolm Paterson

Dr. Malcolm Paterson, PhD, whose career in cancer research spanned over 40 years in 5 countries on 3 continents, will review the health-related science of wireless devices including **mobile phones, WiFi in schools and smart meters**.

Learn the science-based facts and what you can do to **protect** your and your family's **health**.

Join Our Informative Community Meeting Saturday, June 13th ~ 9:30am - 12:30pm

Oliver Community Centre - 6359 Park Drive in Oliver

This will be Dr. Paterson's **last community information meeting** in our area. He will be discussing recent developments, including the **Canadian Medical Association Journal's article labeling Health Canada's Safety Code 6 a "public health disaster"**, being invited to be a signatory on the **appeal to the UN for stiffer regulation of wireless technology** by over 200 scientists from 39 nations.



4TH ANNUAL PARTY IN THE PARK

Friday, July 10th 5-9pm

Kenyon Park, Okanagan Falls

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4th Annual Party in the Park

Come celebrate Summer in the "Heart of Wine Country" with the Okanagan Falls Winery Association's 4th Annual "Party in the Park" held on Friday, July 10th at Kenyon Park in Okanagan Falls.

All 13 of our premier wineries will be pouring a selection of their wines at a festival tasting, followed by BBQ Buffet Dinner prepared by Chef Jordan Ash of Flambé Catering. Enjoy the sounds of local band "UnCorked", while enjoying the views from the shores of Skaha Lake! You'll even go home with your own wine glass to keep you in the spirit of summer picnicking!

Event Program:

- 5 - 7 pm ~ Taste & learn about each winery's specialty
- 7 - 9 pm ~ Dinner Buffet & Live Music

* Wines by the glass will be available at a nominal fee

Dancing and general merriment will be encouraged! Participants must be 19 years of age or older & 2 pieces of ID will be required at the gate.

Tickets are \$55 + GST per person and can be purchased online at <http://ofwapartyinthepark2015.eventbee.com>. You can also visit any of our 13 member wineries and purchase your tickets in person.

Local Shuttle Companies:

For your convenience we have arranged for shuttle transportation for \$25 per person round trip from either Penticton, Oliver or Osoyoos

Grape Friends & Lounge ~ \$25 per person round trip from your door in Penticton. To book call Karen at 250-328-2008 or email grapefriendstours@gmail.com.

Landsea Okanagan ~ \$25 per person round trip from select locations in Oliver and Osoyoos. Book online at landseaokanagan.com or call 250-495-7565 or Toll Free at 1-844-OSOYOOS.

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How Smoking Affects The Resale Value of Your House

with Brian Moen, Realtor with Royal LePage Locations West

(As written in the First Foundation Blog)

I came across an article posted on twitter from the Edmonton Journal called "Smoking in the home burns up resale value: survey". (Updated April 2014, please note the article has been removed from the Edmonton Journal Site. I could not find a suitable alternative.)

I found it very interesting and thought I would dig a little deeper, but first here is a quick summary of the key points from the survey:

- Smoking in a home can reduce the value of the property on resale by 29%.
- An overwhelming majority of Ontario REALTORS® surveyed believe it is tougher to sell a home that has been smoked in.
- 56% of buyers are less likely to purchase a home that has been smoked in.
- In Canada, an estimated 15% of homes have at least one person who smokes regularly.

The Trouble with Smoking in Your House

"Smoking stains carpets, and leaves a smell that can be hard to eliminate. Many prospective buyers are really put off by homes that have been smoked in and they can be very challenging to sell." ~ David Visentin

I gave a call to Regina REALTOR® Rhonda Garratt from Royal LePage Regina Realty to discuss her experiences showing houses that have been smoked in to potential buyers. "Smell is usually one of the first things you notice when showing a house, and it doesn't get much worse than the smell of smoke." Rhonda went on to tell me that a lot of people will try their best to conceal the smell, but that usually leads to the use of heavy deodorizers which can possibly affect people with scent sensitivities or allergies. You have to ask yourself, if the home owner is trying to hide the smell of smoke, what else are they trying to hide from me?

"From my experience, if the property has been smoked in, the showing is usually over before we get into the living room". ~ Rhonda Garratt
So, in addition to the estimated 29% reduction of value upon resale, if you smoke in your house you also have to factor in the cost of limiting yourself to a diminished potential buyers group. This means your house could sit on the market for longer period of time. Ugly.

Smoke Remediation

Okay, so lets say you didn't know any better and have smoked in your house (but now you do know and will never smoke in a house again), or you have a rental property that has been smoked in by tenants, or you are selling a house for a family member who was a chain smoker, there are a few things you can do.

Here is a great resource on the "How to get rid of things blog" - called "How to Get Rid of Smoke Smell". Blogger Jonathan Hatch cites using vinegar, carpet shampoo, baking soda, fresh air and cleaning products with charcoal as a start. "Fresh paint and a bottle of Febreze doesn't cut it, to remove the smoke smell you almost have to do a complete overhaul of the property". "All fabrics should be cleaned and sanitized, carpets shampooed and walls painted, also consider removing the furniture that was smoked on", Rhonda Garratt added in our conversation.

Final Thoughts

I figured because everyone else got a quote on this post, I would throw in my two cents. As it relates to selling a property that has been smoked in, this is how I see it.

"First impressions mean a lot, viewing a property that has been smoked in is like going on a blind date with someone who has BO. You might be polite and finish the date, but chances are, you are moving on to the next showing". ~ Jackson Middleton

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School District No. 53 Board Report

with Sam Hancheroff, Vice-Chairperson

Two important items for this month's report:

The first is a big **Thank You to Okanagan Falls PAC** for their steady, hard working support this school year. Over the last couple of years, due to PAC support, the school now has Smartboards in every classroom, new playground equipment, an improved stereo system, and self-regulation tool kits in every classroom. As a PAC member, you have a voice to help support your child in school and be part of the plans, improvements, and programs that affect your child. Thank you for your support ... it is a greatly valued role.

Secondly, earlier this month, Marieze Tarr, Chairperson for SD No. 53 wrote a letter to The Honourable Minister Fassbender, Minister of Education regarding our concerns regarding Bill 11. I have included it here for you to read:

"We wish to express our concern regarding the potential impact of Bill 11 on the co-governance role of trustees. As locally elected school trustees, we make decisions based on the best interests of students in our local communities. When elected, we were entrusted by our communities to respond to the needs of students based on the unique needs of our communities and we feel deeply accountable to the people we serve. Due to the lack of discussion prior to the introduction of the Bill, the government's intent is not clear and is left up to speculation. This is not conducive to building a strong and healthy relationship between co-governors. We are concerned that the proposed changes in Bill 11 will erode the autonomy of locally elected school boards.

Our district has been proactive in reviewing areas of our budget for savings and has demonstrated leadership in shared services. We have seen a reduction in our expenses of \$1,021,100 since 2009 through the following reductions:

Implementation of school staffing formulas to reflect declining enrolment \$400,000

- Custodial staffing reductions - \$60,000
- Transportation savings through reorganization - \$60,000
- Shared services/reduction in senior administration since 2009:
 - o Secretary Treasure shared with SD74 - \$75,000
 - o Direction of Facilities shared with SD74 - \$65,000
 - o Assistant Superintendent salary and benefits - \$145,000
- Reduction in administration of accounts payable and payroll - \$95,000
- Other shared services: Telus Government-initiated shared services - \$35,000
- Equitrac - photocopying budget savings \$10,000
- Reduction in contracts with Family Therapy & Drug & Alcohol services - \$76,100

We have tried our best to be proactive and to keep cuts out of the classroom, so that we do not impact student learning. Unfortunately, some cuts like those in contracts with Family Therapy and Drug and Alcohol Services will impact our students.

The Board of Education of School District No. 53, teachers, support staff, parents and students, hope that there will be no further cuts to our education budget, as there are no more "extra dollars" that we can cut without impacting the quality of education for our students.

We are very proud of the education system in BC, but we would like to make it clear that with continued rising costs and a lack of corresponding funding increases, it will not be long before the quality education system that we are so proud of will be impacted in a negative way.

In our view, it is unfortunate the government representatives leave the public with the impression that school districts are not open to shared services. In districts such as ours, this statement could not be further from the truth. Our Board continually reviews how to direct resources to students in the classroom and the Ministry's ongoing focus on the school district administration, a small portion of our total budget, is not conducive to positive relationships with our parents and communities."

If you have questions regarding the previous letter, please contact me and I will do my best to answer them.

Finally, as we enter into the last month of the 2014-2015 school year, I wish all our students and teachers an excellent last month of learning, of physical activity, and of social awareness with friends and colleagues.

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



Ms Lisa McCall MA BED
Principal

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Okanagan Falls Elementary School Principal and students experienced first hand what life in a wheel chair at school is like. They also got to play wheel chair basketball.

Okanagan Falls Elementary School "Our exciting last couple months!"

By Jaylyn Askeland, Grade 7 Student

In the last couple months, we have had a Drumming Work Shop with Bobby for our 4, 5, 6 and 7 classes. We had an amazing PE class with the wheel chairs. Each class got a chance to play wheel chair basketball and following that multiple people from each class got to spend the whole day in a wheel chair. It was a neat experience for both the kids who had to spend a day in the wheel chairs and the kids you had to work around someone in a wheel chair and getting a chance to see their struggles.

Since April, the Grade 7's have been fundraising for their year end trip. So far, they have raised over \$1,000. So, thank you for supporting us in our bake sales, bottle drive and car wash.



Hot Lunch Fridays

A special thank you to Wedgie's Pizza and Carole's Pasta Deli for supplying a wonderful Hot Lunch Program to Okanagan Falls Elementary School on Fridays for the past 5 years.

Carol and Carole have been serving Pizza, Pasta, and a Salad on rotation each week.

On left - Here is Piper with a smile for her fresh hot pizza. Thank you ladies!



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 last 3 spots in our Mon/Wed/Fri class for the next school year. For more info, call 250-497-5576 or email Bonnie.OKMiniSchool@shaw.ca.

Okanagan Falls PAC Update

with Deborah Rivest, Parent Advisory Council Chair

Okanagan Falls PAC would like to thank the out going Volunteer Executive, being Amanda Krisa, Lorna Wilson and Janice Stevens. We appreciate their dedication and hard work this past year.

Welcome to the new 2015/2016 Executive voted in at our May Annual General Meeting: Deborah Rivest - Chair; Kristine Robbins - Vice Chair; Sarah Isaksen - Treasurer; and Lindsay Hainstock - Secretary.

We are all looking forward to June and the fun activities scheduled for our children before the end of the school year. On Tuesday, June 9th, is our School Track Meet, where PAC will provide hot dogs, juice and chocolate milk to all students, staff, and volunteers. On Thursday, June 25th, which is the last day of school, we will host our "Bring Your Own Picnic" once again at Kenyon Beach from 5-7 pm. PAC will provide popcorn and juice. We hope to see you all there!

We invite ALL parents to join us for our last PAC Meeting of this school year on Tuesday, June 2nd at 6:30 pm in the school library. Free child minding is available. If you have any questions or ideas, please call Deborah at 250-497-5384.



Volunteer Appreciation Luncheon Invitation

Calling all Okanagan Falls School Volunteers & Helpers! Please join us on Thursday, June 11th from 12-1 pm for an appreciation

luncheon in our library. Your contributions are the heart and soul of many school programs and we at OKF School are sincerely grateful for your dedication to making a difference in the learning and lives of others. Please RSVP by Monday, June 8th by calling 250-497-5414 or email lmccall@sd53.bc.ca. Thank you!

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Okanagan Falls StrongStart Centre

with Samantha James

During June, we will be talking about Summer and Sun Safety. Our scheduled guests are: Infant Development on Wednesday, June 3rd at 10:30 am; Health Nurse on Monday, June 8th at 10:30 am; and Storytime with Georgia on Wednesday, June 10th at 9:00 am.

Join us for our "Annual Bubbles & Chalk Day" with OK Mini School and our Kindergarten class on Wednesday, June 17th at 10:30 am. Our last day and End of Year Party is on Wednesday, June 24th, where we will spend the day outside having fun!

I hope everyone has a safe and happy summer. We will re-open after Summer Holidays on Wednesday, September 9th.

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

Little Free Library

with Samantha James

What is a Little Free Library, you may ask? It's basically a "take a book, return a book" gathering place where neighbours can share their favourite literature and stories. It's actually a worldwide plan to have books available for everyone 24 hours a day. A Little Free Library is a box full of books where anyone may stop by and pick up a book (or two) and bring back another book to share.

Did you know that we have 2 Free Little Libraries right here in Okanagan Falls? One is at the Elementary School outside the Strongstart Room and the second at Kenyon Beach on Heritage Walkway near the Salmon Chief. So, please share the love of reading with others in our community and with those that visit our area too.

A special thank you to Deb and Mike Hamilton for donating the wood, to Jay Mallach for building the libraries, and to the Junior Artists of Okanagan Falls Parks & Recreation for hand painting these kiosks.

For more information, or to build your own little free library, please go to www.littlefreelibrary.org.



Peyton and Nathan at the "Little Free Library" outside the StrongStart Room at the Okanagan Falls Elementary School, where they both found a great new book to read. You can visit the 2nd location of the Little Free Library at Kenyon Beach on Heritage Walkway near the Salmon Chief. Please feel free to borrow or leave books any time!



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---	---



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

Join us at the Kaleden Library for a Card Making Class! On Friday, June 5th at 10:00 am, we are hosting local artist, Alyce Karr, who will teach us how to make an original 3-D Birthday Card for a friend or relative. Alyce has created her own unique card designs and sold her cards at the Penticton Farmers Market and Heritage Inn Christmas Market. Please bring your own scissors and/or x-acto knife for cutting purposes. Pre-registration for this FREE program is a must, as space is limited. Please call the Kaleden Library at 250-497-8066.

Mark down Thursday, July 2nd for a Magic Show at the Kaleden Hall, as an introduction for our Summer Reading Club this year! This FREE event is open to all ages. Save these dates for our exciting Summer Reading Club programs: Tuesday evenings 6:00 - 7:30 pm, July 7th and 21st, August 4th and August 18th. Our theme this year is **"BUILD IT!"** and we have some exciting programs lined up, kids can register at the library starting June 19th!

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

Please join us for a Poppy Cove Mystery Tour with guest author Barbara Jean Coast featuring "Strangled by Silk" on Wednesday, June 3rd at 2:00 pm.

Summer Reading Club theme this year is "Build It". Join us Tuesday evenings this summer for reading, crafts, prizes and fun! Registration begins Friday, June 19th at the library for children ages 5-12 years. A special addition to our regular programming will be Community Readers every other Tuesday evening.

"Lego Night" returns on Tuesday, June 30th at 6:00 pm. Bring your imagination to build a Lego creation! Duplo is also available for younger siblings.

Okanagan Regional Library's theme is "Year of the Wise". We are looking for seniors who are willing to share their talents, skills, and knowledge with others young and old. We would be happy to set up a program or information session with you to share at our library. Please contact the library for further information.

A Book Club is in the works starting in the Fall of 2015. Please contact the library if you are interested in joining.

School Trustee Report for SD67

with Ginny Manning

The decision of the Appeal Court of British Columbia on Class Size and Composition came down April 30th on the side of the Government in a 4 -1 decision. The BCTF has announced that it will apply to have the case heard in the Supreme Court of Canada.

Policy 730 Integrated Pest Management was reviewed with no changes and a new Policy 540 Employee Travel, Insurance and Expenses is out for comment on the school district website.

Trevor Knowlton from Summerland Secondary School is piloting a new distributed learning course (available through ConnectEd Distributed Learning). Code67.ca is available to all high school students and is an introduction to computer coding and related technologies. This course gives students robust online learning activities, exposure to open source or free learning resources and partnerships with universities.

Myron Dueck, Vice-Principal at Summerland Secondary School, has been working for a number of years on changing assessment practices. He has recently published a book called "Grading Smarter Not Harder" and has speaking engagements around North America. He believes that assessment is multi-faceted - not just about tests, grades or assignments, it is also about individual students and how they learn. Through his work, Myron concludes that a student's success should be determined by the quality of their work not just by letter grades, which can be detrimental to their success and as students become accountable and responsible for their work the more success they experience.

School Completion Helping Teachers, Judith King and Jeff Fitton, presented an overview of school completion initiatives around the district. They have been working with educators looking at teaching and delivery strategies to meet students where they are in their learning, as opposed to students changing to meet the strategies. They have provided professional development opportunities looking at literacy and different and interesting ways to get students connected and interested. They are also working on co-planning and co-teaching to help meet the needs of all students, so students do not need to be pulled out of the classroom.

Principals Darcy Mullin and Jason Corday proposed field testing Fresh Grade as an assessment option for educators. It is an innovative program that has the potential of providing ongoing formative feedback to students and parents in terms of student progress towards learning outcomes. It will open up a three-way conversation between teacher, student and parents. It allows for an electronic portfolio to be built that is accessible to everyone - changing the way we talk about assessment. If fully implemented, it may lead to formal report cards becoming redundant as there would be continuous communication throughout the year.

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



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Great Things Are Happening At Kaleden Elementary School!

Things are winding down for the year here at Kaleden Elementary School. Great News! "Kaleden After School Care" is a go for the next school year! Please pick up your registration form at the school office. Now is the time of year when we reflect on the achievements and successes that all students have made academically, socially and emotionally. One particular thing to celebrate is the Kindergarten graduation from the FUN FRIENDS Program. The FUN FRIENDS Program is co-funded through the Ministry of Education and the Ministry of Children and Families. This program teaches our youngest students important coping and resiliency skills. Some of these skills include learning how to be brave, cope with challenges, identify and express feelings in pro-social ways, think in positive ways and identify support people in their lives.



Kindergarten students celebrate completion of the FUN FRIENDS program by dressing up as their favourite hero.

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Kaleden Elementary PAC Update

with LeeAnn Thompson, Chair Kaleden PAC

Not sure where the time goes. But, here we are, it is June! Kids are starting to feel the summer approach with the beach and the water calling their names.

As a PAC, we are happy to announce that all the fundraising efforts this year have allowed the children many wonderful opportunities, such as tubing up at Apex, cross-country skiing for Grade 4 & 5's, swimming for the Grade 3's, Safety Village for the Kinder's and Grade 1's and many more wonderful events.

I personally would like to thank all of the fabulous volunteers we have all year round, from the hot lunch mom's, to the lobster fest team and so many more. The children do benefit from all your hard work.

To wrap up the year, PAC and the teachers are organizing a fun day with Par-T-Perfect at the school on Monday, June 22nd. This is going to be a fun filled event with a water slide, bouncy castle, BBQ and small concession for the kids to enjoy.

I want to wish everyone a safe and joyful summer and PAC will be back for another fun year starting in September. And, to our entire Grade 5's going off to Middle School ... Enjoy your new adventure and come back and see us!

June is also the end of this PAC year. As many people know, this is my last year as PAC Chair, it has been a fun few years. Good luck to the new PAC administration.



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 July 3, 2015 and should be submitted to: Kaleden Bursary Committee, Darlene Bailey, Box 239, Kaleden, BC V0H 1K0. Email to don_bailey@shaw.ca or phone 250-497-8140 for further information.



Piano and Theory Lessons in Kaleden

Members of BC Registered Music Teachers

Dillys Richardson, ARCT

Carmen Leier, ARCT

250-497-5925

778-515-2592



Kaleden Volunteer Fire Department

KVFD June Tip

It's almost summer, the weather has been great and everyone wants to go camping! BUT, with the extra dry conditions, extra precautions must be taken when starting campfires. Keep your fire small, never leave a fire unattended, and have water nearby for extinguishing. Keep our forests safe from fire this summer.

To report a wildfire call: 1-800-663-5555 or *5555
Visit BCWildfire.ca for updated information.



The Kaleden Preschool Class visited the fire hall for a tour. They learned lots about being fire safe and remind everyone to be careful around campfires this summer.

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The Community Foundation Wants to Hear From You!



The Community Foundation of the South Okanagan has launched its 2015 Vital Signs Survey and you are encouraged

to take the survey and grade your community on key issue areas facing citizens in the region. The Vital Signs report is an important piece of literature for the South Okanagan and Similkameen, as it gathers statistical data and community input in a comprehensive report to provide citizens with a sense of where their community is at and where it might be going. The report covers the communities in the RDOS region from Summerland to Osoyoos and throughout the Similkameen Valley.

The survey takes about 6 minutes to complete and asks questions on 11 key issue areas that affect the quality of life, such as: arts and culture, belonging and leadership, environment, gap between rich and poor, getting started in our community, health and wellness, housing, learning, safety, work, and getting around.

"We encourage all citizens to take the survey so we are able to gather a true sense of how the citizens feel about the state of their community. The more input we gather, the more feedback we are able to publish in the report," said Aaron McRann, Executive Director of the Community Foundation of the South Okanagan Similkameen.

The Vital Signs report will be available to all community members and organizations on October 1st. Look for an official launch event details.

To take the survey visit: www.vitalsignssurvey.com.

Our foundation makes beneficial and lasting improvements by connecting gifts of energy, ideas, time and money with the needs and opportunities of our communities. For more info on the Community Foundation of the South Okanagan | Similkameen, visit www.cfso.net.



Fresh BC Talent Quest Season 3 Winners

Congratulations to all who performed this year. All 1st place winners will be performing on the Peachfest Main Stage in August.

Here are the final results from Season 3:

- Group A (9-10 yrs) ~ 1st Place - Neveah Dyson; 2nd Place - Kyah Allen; 3rd Place - Soren Linder; & 4th Place - Candace John
- Group B (11-13 yrs) ~ 1st Place - Katie Foremen; 2nd Place - Chloe Shea Coffin; 3rd Place - Olivia Paige; & 4th Place - Jacob Stewart
- Group C (14-17 yrs) ~ 1st Place - Taylor Ernst; 2nd Place - Tiana Ferlizza; 3rd Place - Shaughnessy Rose; & 4th Place - Trista Algar

Thank you to all of our Sponsors, Music Schools, Performers, and Guests for your support in our show. Was a great finals show. Great attendance. WOW!!! Performers were great. See you all again in SEASON 4 - February 2016.

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Beekeepers Seeking Swarms

Beekeepers of the South Okanagan are asking residents to report bee swarms. Volunteer bee keepers will come to where swarms are located and collect them.

Bees generally swarm in later April or early May, but can occasionally swarm later in the summer. A bee swarm happens when the queen bee leaves a colony with a large group of worker bees to establish a new colony. Up to 60% of the bees in the hive, which could total thousands of bees, will leave the old colony all at once. Swarming

is the natural means of reproduction that in the wild allows for new colonies to be established.

"Seeing a swarm in flight is incredibly impressive," explains Tim Bouwmeester a local bee keeper. "It is something you will remember for the rest of your life."

Although impressive, a swarm is in not dangerous. Without larvae to protect, the bees will rarely sting. The bees will often form into a large ball on trees or overhangs. This protects the queen and keeps the bees warm until they can find a new home. This is the best time to capture a colony, as the bees are often sluggish and easy to handle.

Bouwmeester thinks capturing swarms is best for the bees and homeowners. A new bee colony can cost well over \$100 to purchase. Capturing swarms is an affordable way for beekeepers to get a new colony. Uncaptured swarms can also cause problems for homeowners.

"Bees have been known to find small openings in roofs. If they establish a colony in the roof they can cause a



Tim and a swarm of bees.



mess and often need to be exterminated. Having bee keepers capture them and take care of them is the best alternative for everyone."

To report a swarm, please contact Tim Bouwmeester at 250-770-1434 or tim_bouwmeester@yahoo.ca, who will then contact a local beekeeper to pick up the swarm.

BC Free Family Fishing ~ June 19-21

By Larry Martin

The Freshwater Fisheries Society of British Columbia has a number of programs to help get kids fishing. This year they are hosting their 16th Annual BC Free Family Fishing weekend from June 19-21. Information about events can be found at www.bcfamilyfishing.com. During this June weekend, adults may accompany kids fishing in non-tidal fresh water without the need to buy a license. The Society also sponsors several other programs to help get people fishing. Check out these initiatives at www.gofishbc.com.



Lucky for Zoe, in photo to left, she has parents that fish and take the time to introduce her to the sport. Note: She has on a well-fitted life jacket, a hat with a brim to offer protection from the sun and hooks when casting. Oh yah, that's a nice fish for any accomplished angler!

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



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Funding To Fight Invasive Species

The Regional District of Okanagan-Similkameen is pleased to announce that their RBC Blue Water Project Leadership Grant application has received financial support from the Royal Bank of Canada (RBC).

The RBC has confirmed that this year \$100,000 in grant funding will be made available to the Regional District in support of the Okanagan Aquatic Invasive Species Prevention Program which will address Quagga and Zebra Mussels. Local RBC branch managers presented the cheque to Mark Pendergraft - RDOS Chair on Thursday, May 21st at the RDOS office. They were joined by valued partners in the program, Dr. Anna Warwick Sears - Executive Director of the Okanagan Basin Water Board, Lisa Scott - Program Manager of the Okanagan and Similkameen Invasive Species Society, Sgt. Jim Beck - BC Conservation Officer Service, and RDOS representatives.

"We're very excited to see the RBC support such an important prevention program," said RDOS Engineering Technologist Candace Pilling. "The Regional District and partner agencies are committed to helping protect Okanagan Lakes and waterways from invasive aquatics species like Quagga and Zebra Mussels and welcome the RBC as a partner."

The introduction and invasion of Quagga and Zebra mussels to bodies of water in the United States, and in Eastern Canada has been devastating and costly. As these mussels reproduce, they degrade aquatic ecosystems to the point of collapse; cover infrastructure hampering a water purveyor's ability to supply water to residents; infest beaches affecting tourism and community enjoyment; and cause a timely and costly imposition to boaters and recreational users by coating boats, propellers and foul bilges with layers of mussels and their carcasses.

The video link below on Quagga/Zebra mussels specifically addresses the impact on the Okanagan, should these invaders find their way here. Visit <https://vimeo.com/125057151> for more information.

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with Vi Creasey of Reliable Travel

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In Lisbon, when walking near your hotel, you will be surprised by the side walks. They are not the conventional grey slabs of concrete, but a myriad of mosaic patterns that add a definite decorative style underfoot. Lisbon is not heralded as a fashion capital, like Paris or Milan, but the women could easily hold their own with their wool scarves jauntily accenting their raincoats, handcrafted leather bags and chic little ankle boots. Lisbon at one time was known as the "End of the World". Before explorations began, Portugal was the last stop before the vast sea. The small town of Cascais is just 30 kilometres up the Coast from Lisbon. The Portuguese Royal family chose this town for their Summer residence and by doing so they set the trend for its popularity with Lisbon's uber-stylish A-list.

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Clara Tilbury's Art Show & Sale

By Myleen Mallach

Check out Clara Tilbury's Art Show & Sale at the Leir House in Penticton from June 5-29. Clara has lived in Okanagan Falls for 20 years and has a pottery studio in her home, called "Peachcliff Pottery". Clara has been a member of the Penticton Potters Guild, since moving here from back East. Clara first taught Pottery in Moose Jaw, and also taught Acrylic Painting. Later in Ottawa, she took lessons in Watercolour, and then in Winnipeg, learned about Chinese Watercolour on Rice Paper.



Needless to say, through the years Clara has accumulated quite a bit of "art". But now it is time to downsize, so she has arranged with the Leir House in Penticton to have a "Show and Sale". Hopefully of ALL of the above with proceeds going to charity. Clara has been a volunteer with Canadian Food for Children Organization for about 7 years at their Penticton, warehouse, so it was an easy choice to decide to give that organization the proceeds from her Art Show & Sale.

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my aggressive attitude. I now understand how to accept love and affection and return it. Looking for a relationship without children, as I find their active lifestyle may set me back in my progress. If you are calm, yet assertive and loving, we may be the perfect match! www.AlleyCATSAlliance.org

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Spotlight on Volunteers!

The Little Club that could ... and is still doing it!

The Okanagan Falls Lions have been active in the community since 1979 fulfilling the mandate of Lions International and benefiting the community and its residents.

In 2010, a two time "Lion of the Year" member caught the bug to get the Club involved in the Sight Program. He brought the importance of this project to the club. He went so far as to say that he would chair the project and predicted that in one year the club would collect and supply 5000 pairs of eyeglasses. Some newer members who really didn't know him that well, did not realize that when this man made a statement, he would make good his statement, no matter how great the odds.

The target for the first year was 5000 pairs. Not only was the target reached, but it was exceeded by about 200 pairs. The project didn't end there, however, as he took on another year and a similar record was achieved. Now, two years later, many didn't think that there would be much more that could be done in the way of collecting. Little did they realize the resolve of this man! He set a new goal that had heads turning. He made the statement that in the next three years the total number of pairs of eyeglasses collected would be 50,000 pairs. Some members were flabbergasted at such a prediction and thought "no way!" However, this Lion broadened his field in collection to about 250 square miles with collection boxes in Pharmacies, Opticians and Optometrist offices, medical offices, community centres, bars and pubs, other clubs and organizations and individuals in communities around Okanagan Falls. The cooperation shown was phenomenal. He would systematically visit each outlet to collect glasses.

Meticulous records have been kept by this individual as to numbers collected and from where. The glasses were tallied and packaged and sent to the distribution centre for re-distribution. An up to date ledger has all of this information in it and dates when things took place. Any accountant would be impressed with the accuracy of detail.

As this is the proposed target year (2015), the target of 50,000 pairs has not yet been reached. However, the chairperson involved, has made the prediction of reaching that magic number on or before January 2016. The club knows that it will happen. It's just a matter of time! Unfortunately, the Eyeglass/Sight Program in Canada (Southern BC) doesn't seem to get the same attention that the U.S. program does. There seems to be a lesser level of interest from those agencies involved, as to collection, receiving shipments and redistribution, which is unfortunate. Too often local clubs take on projects and residents in the area have no idea that such things take place, as nothing is said or published to tell them.

The little engine that could here in OK Falls has currently collected; accounted for and shipped to distribution centers 43,000 +/- pairs of eyeglasses and is still counting. All this due to a statement made by Lion Colin Van Blerk, who is "a Lions Lion!"

(Submitted by Ron Barillaro)



Volunteers Making A Difference

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

Are You Driven To Volunteer?



Have you heard about the Better at Home program? It has been almost two years since this program started in Penticton and expansion to the Kaleden and Okanagan Falls area is now in the works. With funding from the Government of BC and management by the United Way of the Lower Mainland, the local

Better at Home program is delivered, in partnership between the non-profit agencies of Penticton & District Community Resources Society and South Okanagan Seniors Wellness Society.

Building a caring community is the goal of this program, making a difference in the lives of local seniors by offering a helping hand with simple tasks to assist them to remain living, independently, in their own homes. Volunteers are a crucial part of this program providing transportation to appointments, accompaniment on a grocery shopping trip, a bit of yard work, changing light bulbs or a friendly visit to someone with limited social contacts. Without our volunteers, the services offered would be minimal and the involvement of community members means we are able to broaden the reach offering support to more seniors.

We invite you to the "Better At Home Orientation and Volunteer Recruitment" event held at Kenyon House on Thursday, June 25th from 10:30 - 12 Noon. You can also take in a little Free "Tai Chi and Tea" starting at 9:30am, then meet the Program Coordinator, Myrna Tischer, ask questions, and sign up to volunteer for this program. Volunteers can offer their time on a regular basis or for an hour or two every now and then. For a volunteer application or more information, please visit www.betterathomepenticton.ca or call 250-487-3376.



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Tai Chi and Tea!

Richard of Tianyofitness is back in Okanagan Falls for a

FREE Tai Chi Session in Kenyon Park

Thursday, June 25th at 9:30 am

Followed by refreshments!



Better At Home Orientation & Volunteer Recruitment!

Meet Program Coordinator Myrna Tischer at Kenyon House

Thursday, June 25th from 10:30-Noon

Please call Janet with any questions ~ 250.497.8188

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Okanagan Falls Lions Update

with Michael Livingstone

Charity walk giving Canadians new *leash* on life!

The Purina® Walk for Dog Guides is a fundraiser for the Lions Foundation of Canada to help people with disabilities, who require assistance dogs in their daily lives. The Okanagan Falls Lions Club hopes that local dogs and their handlers will enjoy the walk and a chance to support this valuable and much needed program.

I am very happy to report that our Purina® Walk for Dog Guides is proceeding as it should. The walk will start at Lions Park in Okanagan Falls with registration at 9:00 am and the walk starting at 10:00 am. The walk will be along 8th Avenue, 7th Avenue, and Main Street, just to prevent having to cross the highway. We hope that you and your dog will support this fundraiser by attending our walk. Pledge sheets can be filled out online at www.purinawalkfordogguides.com or at the registration table in Lions Park on Sunday, May 31st. Thank you!

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The Royal Canadian Legion Branch #227

with Barbara Few

Elvis has NOT left the building! He will be with us on Saturday, June 13th. That is to say we are glad to welcome Christopher Blaine as Elvis, together with the ever popular Terri Bremner as entertainment, with maybe a few surprises, at our "Country and Elvis Night". Our Cordon Bleu supper will be \$10 each and everyone is welcome to this popular event. Tickets for the supper will be available at the bar until Thursday, June 11th or call 250-497-8338 and you can ask for tickets to be held for you, as this evening will sell out quickly.

Do you have any bartending experience? Or, have helped in the past? If so, we need you! With the summer coming on and our bartenders having well earned holidays, we are going to experience a lot of gaps in our schedule. This is why we need help to keep the bar open. Again, the phone number is 250-497-8338 after 2:00 pm.

Renee, our Maintenance officer, is working on repairing our horseshoe pitches, including one for the children, so maybe we will be able to have some contests soon. We'll keep you informed on this project.

Fun darts and pool will be starting on Wednesday evenings at 7:00 in June. Sorry, we had a bit of a hiccup over it in May! And, there is always the same drop-in darts and pool on Saturdays at 1:00 pm.

Many thanks to Ron and his team for the wonderful French Toast Breakfast held last month, which was a great success and enjoyed by a large crowd. Don't forget this month's Breakfast on Sunday, June 21st, where everybody is welcome! Just \$5 for adults and \$3 for children.

Dates to Remember:

Wednesday Nights ~ Drop-in Darts at 7pm

Fridays & Saturdays ~ Meat Draws at 5pm

Saturdays ~ Drop-in Darts & Pool at 1pm

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

Saturday, June 13th ~ Country & Elvis Night - Supper at 6:30pm

Tuesday, June 16th ~ General Meeting at 7pm

Sunday, June 21st ~ Breakfast 8-11am (Eggs, bacon, sausage, pancakes (French Toast depending on cook), coffee & juice.

Okanagan Falls Women's Institute

with Betty Lynch

So, dear reader, what do you think? When you attend the Grand Opening of the Women's Institute Bandshell on May 30th, you will know what all the moaning and wringing of hands achieved. I think it fits very well where it sits on it's corner of Centennial Park. By the way, dear reader, you are aware that the Womens' Institute owned this property and donated it for the benefit of the whole community of Okanagan Falls. Did I just repeat myself? I am sorry about that ... this darn golden age thing!

We will be having our last meeting of the season on Monday, June 8th in the Clubroom at 1:00 pm. We look forward to seeing our old friends and meeting with new ones. Our meetings are generally not very long, providing us with more time to have coffee and a chat.

So, once more, please join us in celebrating Canada Day. July 1st falls on a Wednesday, so a great way to break up the week, or to begin a long, long weekend. Whatever your circumstance, come, have fun, be proud as you sing our national anthem. As Canadians, particularly British Columbians, don't you think we are pretty darned fortunate?

"For Home And Country", Betty Lynch



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Kaleden Community Women's Drop-in

Our final meeting before summer will be

June 10th at 1 pm at Linden Gardens

We will resume again in September.

For more info, call Fran 250-497-7850 or Meredith 250-497-6995.

Ladies Auxiliary of Branch #227 Update

with Audrey Steeves

Reports from the April South Okanagan & Similkameen Zone and the LABC/Yukon Command of the Royal Canadian Legion Convention held in Parksville were given by delegates that attended both these events at May LA meeting. The next Zone meeting will be held at Princeton Br #356 on September 27th. The New Provincial Command President elected at the Convention for 2015-17 was Jane Birnie of Sicamous LA Br #399, 1st Vice-President elected was Donna Downs of Creston Br #329, Treasurer elected was Martien Van Beek from Aldergrove Br #265, and Chairman is Lesley Maudsley from Cloverdale Br #6. The New Zone Commander is Karen Santucci of Kitimat Br #250.

President Louise Sax expressed her thanks and appreciation to all the members who had given of their time and worked so hard at the various LA events in April; i.e. the yard sale, breakfast and bake table, LA dinners and Memorial Tea, as well as the sports banquet. Meat Draw help was arranged for in the weeks to come, which is always held on Fridays and Saturdays at 5:30 pm. Branch #227 will be holding its Annual Legion Day on Saturday, August 1st, so more plans and details will be forthcoming. Members approved of a \$500 donation to be given to the annual Lion's Foundation of Canada Purina Walk for Dog Guides, taking place on Sunday, May 31st at 9am at Lions Park in Okanagan Falls. The last regular meeting before Summer recess will be on Wednesday, June 3rd at 11am, followed by Lunch at the Ye Olde Welcome Inn at Gallagher Lake. Meeting draw winners were Colleen Clark and Bernie Diachuk.

Okanagan Falls Seniors Activity Centre

with Dianna Stewart

As I mentioned last month, the annual Barbeque will be held Saturday, June 13th. If you want to know more, contact Gretha Jensen at 250-497-5669. As usual, bring your own plates, cutlery, etc. and either a salad or dessert to share. The Senior Centre will provide hamburgers, hot dogs and all the trimmings.

MARK YOUR CALENDAR

- General Meeting ~ Monday, June 1st (1:00)
- Pancake Breakfast ~ Saturday, June 6th (8:00-10:00)
- Annual BBQ ~ Saturday, June 13th (5:00)
- Drop In Bingo ~ Saturday, June 20th (1:00)
- Don't forget Tuesday Bingo (1st 3 Tuesdays at 1:00)
- Pool ~ Tuesdays (6:00)
- Wednesday & Friday Music & Coffee (9:00)
- Scrabble ~ Thursdays (10:00-12:00)
- Thursday Bridge (1:00) & Crib (7:00)

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

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OK Falls Heritage & Museum Society

with Marla Wilson

The warm weather is here and I like it. We can leave the Thriftee Shop front door open and let the fresh air in. The Museum opened for the season on May 15th. Tours are still \$2 an adult or \$5 per family.

The Heritage Executive met on Thursday, May 21st. First on the agenda was the Summer Barbecue for this year. August is always busy for everyone, so it was decided to have our Barbecue on Sunday, July 26th. We'll meet in the Gardens at the Heritage Complex at 4 pm and eat at 5 pm. All are welcome to join us. The menu is hamburgers and toppings, fresh veggie trays, soft drinks or wine, and dessert. There will be some games and entertainment. Due to the rising cost of food, the price had to increase to \$7.00 this year.

The large window that faces West in the back room of the Thriftee Shop must be replaced. The Society is looking for a window to replace the old one.

Sue Upton, our gardener, has been cleaning the area around the benches by the Bassett House. It was decided to put a Memorial Rose Garden in that area this summer. It had been a rose garden at some point in the past. Now is a good time to redo it.

We have lost five members of the Heritage Society in the last year. Anyone who would like to participate can call Marla or Thelma or just leave your name and contact number at the Thriftee Shop and we'll get back to you.

The Thriftee Shop has been really busy. Our Half Off sale was a huge success. We have been meeting many new people, some are visitors from far away. Most of the donations to the shop are wonderful! However, we sadly still get bags of garbage. One person left a broken chair and a rubber tire full of holes. When garbage is dropped on us, we won't insult our customers by trying to sell it. Garbage goes to the dump, not the Thriftee Shop!

Kaleden Museum ~ A History Tid Bit

with Meredith King

By 1913, the trees planted in 1910 were beginning to give some authenticity to the name Kaleden. Finally, the trees were beginning to produce. The long, hard, lean years of clearing the land, planting, hauling water manually to keep the young trees alive, surviving the years without a crop were now falling into memory. Life was good.

The apple trees which would make up the mature orchard were planted in a grid pattern 30 feet x 30 feet, which would result in about 50 trees per acre. For the first 15 years or so other trees, most often soft fruits or pears (called fillers), were interspersed between the apple trees to fill in the gaps. The fillers would be pulled out as the apple trees grew to their full size and crowding took place.

In 1913, the first commercial crop of fruit was picked - 67 boxes of Montgamet apricots constituted the entire crop and these were packed in Lapsley's shed at the head of the Kaleden wharf. Because of the large size, the cots were packed in peach boxes and shipped on consignment to the Scott Fruit Company in Winnipeg. It was a proud moment and possibly a prophetic one, since the fruit returns did not cover the costs of shipping and packing.



The fruit tree orchards of Kaleden in 1918.

The apricots were the first fruit to become commercially important and by 1918 Kaleden had become the largest producer of apricots in the valley. Among the first apricot trees to be planted here were 10 Elixis apricots that Frank Harrison had purchased from Stone & Wellington of Ontario. When they came into bearing, it was found that they were not true to their name, but the fruit was of good quality and the appearance quite remarkable. The Layritz Nurseries of Victoria were so impressed that they propagated them commercially. Many thousands were sold in the South Okanagan under the name 'Kaleden Cot'.

Kaleden was only about 10 years old and already we were famous!

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



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Word & Song ~ Thursdays at 2:00 pm (Southern Gospel DVD presentation)

Prayer Walk ~ June 7th at 6:00 pm. Meet at Linden Gardens.

The HUB ~ A program for knowing and responding to individual and family needs in the Kaleden Community. For more information, please phone Les Clarke (250-497-5995), Heather Rose (250-770-7692) or Judith King (250-497-6985).

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

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

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

Okanagan Falls Community Church

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

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

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

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www.okfallsunited.ca. Our Minister is Wade Lifton.

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1039 Willow St, OK Falls / Administrator - Father Neil

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

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

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

Coffee and social time after the Church Service.

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The family of John would like to thank you for all the support and well wishes shared with our family. The impact of your generosity and heart felt condolences, cannot be adequately described. Our profound gratitude goes out to Bill Ross, Constables Bayda and Beckett, Nunes-Pottinger, the Town of Osoyoos, and Fred's Dad.

We invite you to celebrate his life with us. June 6th, 2015 at 1:00 pm at the Sonora Centre in Osoyoos. Reception to follow. In lieu of flowers, we ask that you volunteer an hour of your time for your community.

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Please call Meredith at 250-497-6995.



Flowers or Fish Heads?

Send yours to skahamatters@telus.net

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



Flowers to Okanagan Falls Parks & Recreation Office who are now our **OFFICIAL LOST & FOUND**. Find something of value, bring it to their office at 1141 Cedar Street. Lose something, call 250-497-8188 or email info@okfalls.net with a description and location last scene. We hope this will help connect items to owners. ~ from *Skaha Matters*

Flowers to drivers who follow the speed limit in school zones, especially to the driver of the smaller blue car in Kaleden on May 7th. You were able to stop quickly when my son ran right out in front of you without looking. Had you been over the speed limit, I don't think you could have stopped in time. Thank you!. ~ from *Sandy of Kaleden*

Flowers to all the area residents who donated to the Kaleden Fire Department's Annual Yard Sale. And, flowers to all those who turned up to support the sale and purchased the items. The Kaleden Bursary Committee had a booth set up selling smokies and coffee to all the yard sale shoppers. Flowers to those who purchased those tasty smokies so early in the morning supporting the bursary fund.

~ from *Darlene Bailey, Kaleden Fire Chief & Bursary Chairmen*

Flowers to all the mothers, grandmothers, and caregivers who have supported me with the STORYTIME programs at the Kaleden Library. Hope you all have a wonderful summer and see you in September!

~ from *Glenda of the Kaleden Library*

Flowers to Helen Shemilt and the Okanagan Falls Interior Savings Credit Union Branch for bringing back the "Moonlight Movie Night" to Kenyon Park (the week of August 17th). Our favorite event of the summer!

~ from *the Okanagan Falls Recreation Commission*

Fish Heads to dog owners who neglect to pick up their pet's droppings on the KVR path. I think this is a usual complaint for early summer, but it shouldn't be. Plastic bags are available at the South end of the bridge for owners who have forgotten to bring a picker-upper. Please respect the trail.

~ from *Shirley of Okanagan Falls*

Fish Heads to the person who stole the flower barrel from the corner of 9th Avenue and Main Street in front of the Royal LePage Office and 3 Winds Hair Design.

~ from *Carmen of Okanagan Falls*

Fish Heads to the young couple who the Okanagan Falls Legion allowed to camp for a week on their property just to help them out. When the couple left, they also left enough garbage to fill a pick-up truck, along with a mattress. All of which the Legion had to get rid of and at our time and expense! Sad to see this as the result of lending a hand to another in need.

~ from *the Okanagan Falls Legion #227*



Credible Cremation Services Ltd.

Sensible Prices for Practical People - At need / Pre need.

Call **Lesley**, our own Senior Owner & Director

Total - Basic Cremation ... No Hidden Costs

\$990.00 + taxes (Penticton area)

\$1190.00 + taxes (Kelowna area)

250.493.3912 (24 hrs)

101-596 Martin St, Penticton, BC V2A 5L4

www.crediblecremation.com



BC Lic# 49382



If Basic Cremation is Your Choice

with Lesley Luff, Resident of Okanagan Falls

Credible Cremation Services Ltd. The first to offer families in the South Okanagan seamless door to door personal service at a very reasonable price. 24 hours, 365 days, all year long and no after hours charges.

If and when a death occurs, make sure you are an informed consumer. Call around and ask the tough questions. Have your note pad and pen handy. Is the person ready to give you prices over the phone? Are you speaking to someone that you feel you can place your trust in?

- Are there after hours costs. If so, how much?
- Is there a charge for the cremation casket? If so, how much?
- Is there an extra cost if a home removal is called for? If so, how much?

Once you have all the information from each facility, do the calculations. **Credible Cremation Services Ltd.** can save you hundreds of dollars, because we specialize in Direct Cremation only. One phone call. One door. One price. Most of our clients will find their own venue for a Celebration of their loved one's life, if they so choose. The options are numerous and can be very unique. Call **Lesley at (250) 493-3912** if you have questions at any time, either at need or pre-need. Always best to have your arrangements made ahead of time. Best wishes for a safe and healthy Summer to all.

We extend our sincere condolences to those families who lost loved ones during the last month, and our thanks to those who placed their trust in us.

SECOND NOTICE - Would the owner of the yellow Prindle 16 catamaran beached on the small point just North of Pioneer Park, please contact Bruce at 250-497-8450. Thank you!

WORK WANTED:



Reliable high school student available to maintain your lawn and gardens in the Okanagan Falls area. Hard worker and reliable. References available. Call 778-515-1500

South Okanagan Toastmasters

"Where Leaders Are Made!"

Drop in any Tuesday at 7 pm at 5876 Airport St. in Oliver.

Come see and hear what we're all about!

Call Bill at 250-485-0006 or email stillbill938@gmail.com



West Bench Community 2nd Annual Garage Sale

Saturday, June 20th ~ Father's Day Weekend

8am - 4pm - Street Signs/Balloons Displayed at Houses

Tools, equipment, household items, records, band gear & more!

More info: 250 460 2221 - www.cmeliveproductions.com

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Blood Donor Clinics

June 17, 18 & 19

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 **It's in you to give!**



Ye Olde Welcome Inn Menu



Now Family Friendly!

Appetizers

Eat In or Take Out

Salads

Now Family Friendly!

Basket of Fries	Enough for 2	\$4.50
Onion Rings	A basket full of our flavour	\$4.95
Soup of the Day	Great on a chilly day	\$5.75
French Onion Soup	Served with grilled garlic toast	\$7.25
Chicken Fingers	Served with dip and a basket of fries	\$10.95
Snake Bits	12 jalapeno stuffed chicken pieces served with veggies and dip	\$8.95
Dry Boneless Garlic Ribs	10 ounces of delight! served with veggies and dip	\$8.95
Calamari	Served with Pita Bread & Tzatziki	\$8.95
Veggie Platter	SMALL Carrots and celery with dip	\$4.95
Veggie Platter	LARGE Carrots, celery, cucumber, radishes mushrooms, and green peppers with dip	\$8.95
Munchie Basket	Deep fried chicken wings, chicken strips, shrimp, zucchini, onion rings, and jalapeno stuffed chicken served with fries and dip	\$11.95

Our Dips: Ranch, Plum Sauce, Honey Garlic, Honey Mustard, Sour Cream, Teriyaki, Blue Cheese, BBQ, Hot and Inferno.

Please ask server for your favourite dressing.

Garden Salad	With a meal	\$4.85
	Small	\$5.25
	Large	\$6.95
Caesar Salad	With a meal	\$5.50
	Small served with grilled Garlic Toast	\$7.25
	Large served with grilled Garlic Toast	\$8.95
Greek Salad	mmmmmmmmmm Feta Cheese	\$10.95
Chicken Caesar	Classic Caesar salad with a grilled chicken breast and garlic toast	\$12.95
Salmon Casesar	Classic Caesar salad with wild BC Salmon and garlic toast	\$12.95

Chicken Wings and Sautéed Prawns

10 items: **\$9.95** 20 items: **\$18.95**
30 items: **\$28.95** 40 items: **\$37.95**

Non-alcoholic Beverages: Coffee, Tea, Milk, Pepsi, Diet Pepsi, 7-Up, Scwepes Ginger Ale or Tonic Water, Mott's Clamato Juice, Lipton Ice Tea or Cranberry Juice, Soda Water, Sun-Ryoe Orange Juice, herbal tea, bottled water and sparkling water.

Burgers

All burgers come on a fresh Kaiser roll with lettuce, pickle, tomato, onion (fresh or sautéed) and your choice of fries, perogies or salad.

Inn Burger	Our own freshly grilled 7 oz. patty	\$9.95
Buffalo Burger	Real Alberta Buffalo!!	\$10.95
Medieval Burger	More than 1/2 a pound of spicy feast	\$11.95
Chicken Burger	A boneless, skinless 6 oz. breast of chicken	\$10.95
Chrispy Chicken Burger	\$10.95
Veggie Burger	A meatless patty, dressed to please!	\$10.95
BC Salmon Burger	Wild BC Salmon	\$11.95
Ye Olde Fish Burger	English Style beer battered cod	\$11.95

Add mozza, cheddar, 2 strips of bacon or sautéed mushrooms: \$1.39 each

Fish & Chips

Our Famous Ye Olde Beer Battered Cod	1 Piece:	\$9.95
Also available grilled, with lemon pepper	2 Pieces:	\$12.95

All Day Breakfast

Ye Olde Breakfast	2 eggs, 4 pieces of bacon, our own hash browns, toast and jam	\$11.95
Steak and Eggs	A grilled 6 oz. aged New York Steak, 2 eggs, toast and homemade hash browns. Add sautéed mushrooms and onions for only \$0.95	\$13.95

Extras & Odds: Gravy \$1.39 / Garlic Toast \$1.95 / Add Chicken Breast \$3.95 / Additional Sour Cream, Green Onions or Dip \$0.39 / Make it spicy & HOT \$0.95 / Fry your perogies \$1.95 / Baked potato with sour cream or butter \$4.95 / Substitute Onion Rings for French Fries on a meal \$1.95 / Make your salad a Caesar \$1.39 / Add a lobster tail to meal \$9.95 or without a meal \$12.95 / Add 5 prawns to meal \$4.25 / Side of 3 perogies \$4.95 / Add Swiss \$1.50 / Add Feta \$1.95 / Change to Gluten Free Bun or Bread for \$1.75.

Entrées

All entrées include your choice of our home fries, perogies or salad with your choice of dressing.

Grilled Cheese	On white, brown or rye bread	\$9.95
The BLT	Loaded with bacon, lettuce and tomato on toasted white or brown bread	\$9.95
Hot Roast Beef	This sandwich has lean roast beef piled high and smothered in our own gravy	\$11.95
Ukrainian Perogies	With sautéed onions, bacon bits and garden salad	\$10.95
Baron of Beef Dip	Our own roast beef, served au jus with horseradish on the side	\$10.95
Reuben Sandwich	Fresh Corned Beef, sauerkraut and Swiss cheese on grilled Winnipeg rye bread	\$11.95
Bowl of Chili	So good, you'll eat the bowl! Served in a bread bowl with salad	\$11.95

We also host group gatherings, weddings, birthdays, anniversaries, Christmas parties, etc. Let us help you make that next special moment memorable!

Steak, Seafood and Ribs

Add sautéed mushrooms and onions for only \$1.39!

Medieval Steak	Our spicy medieval beef patty, baked potato or home fries, garlic toast and salad	\$12.95
New York Steak	A grilled 6 oz. aged center cut New York Steak, baked potato or home fries, garlic toast and salad	\$13.95
Steak & Prawns	Our great aged center cut New York Steak with the addition of 5 sautéed prawns, plus baked potato or home fries, garlic toast and salad	\$16.95
Steak & Lobster	A grilled 6 oz. aged center cut New York Steak with a 6 1/2 oz. lobster tail, baked potato or home fries and garlic toast	\$20.95
Chicken & Ribs	Half rack of ribs (8 oz.) and a grilled 6 oz. chicken breast, baked potato or home fries, garlic toast and salad	\$17.95
Rack of Ribs	A full rack of pork ribs with baked potato or home fries, garlic toast and salad. Served with your choice of BBQ, Honey Mustard, Honey Garlic, Teriyaki Sauce or Lemon Pepper	\$17.95
2 Lobster Tails	TWO lobster tails, baked potato or home fries, garlic toast and garden salad	\$26.95

**9 Scenic Kms
South From
Okanagan Falls**

Ye Olde Welcome Inn

Family Friendly ~ All Ages Welcome!

250-498-8840 • Hwy 97 Gallagher Lake

**Chef in until
10 pm Every Day
Including Holidays**