

SKAHA MATTERS

"Bringing Community Matters To You"

Volume 7 : Issue 5 May 2015

Your FREE Monthly Community Newsletter

Published by Okanagan Matters Publications

www.SkahaMatters.com

skahamatters@telus.net

250.490.6951

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.



🗜 Skaha Matters.







Centennial Park

1:00 p.m., May 30, 2015

Arrive early with a picnic lunch and a lawn chair. Enjoy the entertainment and official ribbon cutting

Any questions? Contact Judy Morris 250-497-8541



Reservations Required

250.497.6600

351 Linden Avenue, Kaleden



Ice Cold Beer & Wine • Full Selection of Liquor • Unique Variety of Wines Grocery Items • Confectionary Treats • Movie Rentals • Smittys Live Bait



Call for Special Orders of Chester's Chicken



250.497.5194

Open 9-9 Daily

Stocked with the LARGEST Craft Selection in the South Okanagan!

BIG SALE ~ BELOW BC GOVT PRICING EVERY MONTH!



In-Store Bakery, Deli and Meat Department Wide Selection of Fresh Produce

Your Local Grocer ... **Proud To Serve Our Community!**

250.497.5818 5350 9th Avenue, Okanagan Falls

Open 8-8 Daily through May 12th. As of May 13th, Hours Change to 8-9 Daily!



MOBILE LEGAL & NOTARIAL SERVICES

DELIVERING BEYOND 9-5 Available for Evening & Weekend Appointments

- E: Daniel@dklmobilelaw.ca
- P: 250-770-2951
- C: 778-931-0461
- W. dklmobilelaw ca

CORPORATE AND COMMERCIAL LAW WILLS, ESTATES AND PROBATE LAW **REAL ESTATE CONVEYANCING** COLLABORATIVE FAMILY LAW

Okanagan-Similkameen Transit

New Fares

Effective May 1, 2015



	Zone 1	Zone 2
Cash		
Adult	\$1.50	\$2.25
Student/Senior*	1.25	1.75
Child, 6 or under	free	free
Tickets (10)		
Adult	13.00	20.25
Student/Senior*	11.25	15.75
Monthly Pass		
Adult	41.00	61.00
Student/Senior*	34.00	42.00

* Reduced fare with valid I.D. for persons 65 or over and students 20 or under in full-time attendance to Grade 12.

Zone 1 Penticton to Poplar Grove Road Zone 2 Poplar Grove to Naramata

Regional District of Okanagan-Similkameen



Transit Info 250·492·5602 • www.bctransit.com

MAY 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.



Wineries Open Daily Linden Gardens & Frog City Café Opens* New BC Transit Fairs *

Quilters Guild Show

Move for Health Day

Penticton May 8 & 9

Teen Dodge Ball

OK Falls Rec Centre 7-9pm

Kaleden Fire Dept * Yard Sale - 8am Sharp OKFalls Senior Centre* ancake Breakfast 8-10am BC Fresh Talent *

Semi-Finals 1pm Penticton Big Horn Estates * 9 Garage Sale 9-noon

Kal-Rec Pioneer Park Work Party 8-12 + BBQ **BC Fresh Talent ***

Meyer Family

Mother's Day Mother's Day Brunch at 1912

Church Services* 3

Kaleden & OK Falls

Community Churches 10am

OK Falls United Church &

Anglican Church 9:30am

Catholic Mass 11:30am

The Well 6pm

Mother's Day Lunch at Linden Gardens

LNID & GTLASS 17 AGMs 3 OK Falls Legion #227* French Toast Plus+ 8-11am Fun Time with Hotdogs,

Horse Racing & More! Sundays 1pm

St. Barbara's Church 1st 3 Sundays at 9:30 4th Sunday at 1pm

Victoria Day **OK Falls Museum & Bassett House Opens**³

Visitor Centre Opens 3

OK Falls Senior Centre*

General Meeting 1pm

Thriftee Shop Sale *

May 2-9

Kaleden Community

Choir Practice

Mondays 7pm at Church

Women's Institute *

Meeting 1pm

OKFalls Senior Centre* Tuesday Bingo 1pm 1st 3 Tuesdays each month Tuesdays Pool 6pm

Gentle Fit *

OK Falls Zen Centre

Tue & Thur 9:30am

OK Falls PAC AGM *

School Library 6:30pm

Toastmasters Tues 7nm

Tumble & Bumble *12

Kaleden Hall 9:30am

IGA Open 9-9 Daily *

Kaleden PAC Meeting*

Kaleden Church Event*

OK Falls Legion #227 General Meeting 7pm

Preschool Storytime 7 Kaleden Library Tues 10am Last Day is May 26th LEGO Night * OK Falls Library 6-7pm

Wednesdays 7:15pn Pharmasave's 27 Customer Appreciation Day *

StrongStart Mother's

Day Craft Evening *

5:30-6:30 pre-registe

OK Falls Legion #227*

Drop-in Darts Weds 7pm

OKFalls Senior Centre³

Music & Coffee

Wed/Fri 9-10:30am

LA Meeting 1pm *

Kaleden Women's 20

Weekly Drop-in *

Kaleden Church

Wednesdays 1-4pm

Inner Bliss

Belly Dancing *

Pain Managment Workshop ' OK Falls Library 1:30pm

Kids Cooking Classes Thursdays 2:30pm

SO Genealogy Event Penticton Library 7pm

Meadowlark Festival *

May 14-18 OK Falls Senior Centre* Thursdays Scrabble 10am

Blood Donor Clinic *

Penticton Senior Centre

May 21 & 22 1:30-5:30pm

LEGO Afternoon ³

Kaleden Library 2:30-3:30

Word & Song *

Kaleden Church 2pm

Thursdays Bridge 1pm & Thursdays Crib 7pm

21

OK Falls Legion #227 Meat Draws Fri/Sat 5pm

OK Falls Senior Centre Rock & Roll Music Fridays 1-4pm

Breast Thermography

Mobile Clinic *

Penticton Integrative

Health Centre

by Canada Post

Vineyard's Event OKFalls Senior Centre* Drop-in Bingo 1pm

OK Falls Legion #227* Western Night & Dinner Dale Seaman Performs

23

Valleyview Estates * Garage Sale 9-4 OK Falls Legion #227*

Drop-in Darts Saturdays 1pm

Kaleden School Run Band Shell * Pioneer Park **Grand Opening** Centennial Park 1pm **Delivery of June** Skaha Matters

Kaleden Spring Fling School Event TBA

June & July 2015 Special Events

June 20 ~ Pharmasave Okanagan Falls Junior Triathlon * July 1 ~ Canada Day Celebrations - Details TBA

July 10 ~ OFWA's "Party in the Park" at Kenyon Park *

July 12 ~ Prospera Granfondo Axwl Merckx Okanagan Cycling * July 25 ~ Wild Goose Vineyards Rita Chiarelli Rocks the Winery!

Get Your Event on the Community Calendar!

Free Listing for Local Non-profit Groups. Advertise Your Business Event Too!

OK Falls Purina Walk for Dog Guides *

Lions Parks 9am Celebration of Life

Friedel George Busch Linden Gardens 2-4pn

June 4 ~ Wild Good Vineyards 25th Anniversary Open House & OFWA Kick Off The Summer! *

25

July 11 ~ Ye Olde Welcome Inn "Show & Shine" Event *



Tom Siddon
Director of
RDOS Area 'D'

FROM THE DIRECTOR

"A time to plant and a time to play ... all in the merry Month of May"

Working in our yards and gardens, amidst the unfolding panorama of colourful blossoms and shades of green makes this an inspiring time of year for we who live around the Skaha shores and highlands. And here in Area 'D', many other signs of "new life' are also starting to unfold:

Good News! ~ I was pleased to learn that on April 25th the voters of the Okanagan Falls and District Recreation Service Area gave their approval to the Parkland Acquisition Borrowing Bylaw No. 2685. While the margin of consent was not wide,

(294 voted Yes and 232 voted No), the decision was clear-cut. This means that RDOS can now proceed with the purchase of enough land to develop a long-awaited neighbourhood park in Heritage Hills, and to purchase the last remaining beachfront property at the foot of Willow Street in Okanagan Falls. These projects will now move forward under the guidance of the Okanagan Falls Parks and Recreation Commission and the residents of Heritage Hills/Lakeshore Highlands. My compliments to all those who came out to vote on this important decision for the future.

More Good News ~ I've learned from a reliable source that a long-awaited purchase of the former Weyerhaeuser mill site has now taken place. The new owners of this 136 acre (55 ha) parcel of industrial land are a local group of investors operating under the name Shuttleworth Properties Inc. Although the business plans of the new owners group will take some time to materialize, we look forward to a number of exciting new projects down the road, with positive economic benefits to the area. Congratulations to the new owners for the confidence you have shown in the future of Okanagan Falls. As RDOS Director, I intend to give my full support to the development of the Shuttleworth Industrial Properties, which should create lasting year-round employment and positive economic growth in Area 'D', for years to come.

Okanagan Falls Governance & Servicing Study ~ Given the foregoing, it is timely that the Ministry of Communities, Sport and Culture has now approved, and allocated funding for a comprehensive Governance Study of Okanagan Falls and vicinity. The study will be carried out over the next 12-18 months. It could encompass some of the nearby communities at this stage. Terms of Reference for the study are now being established by the Ministry, in consultation with our CAO Mr. Bill Newell, and my office. We are presently discussing the composition of the Governance advisory committee, the extent of the study area, and selection of the project consultants. Public consultations are expected to get underway by early September.

Town Centre Revitalization ~ Now that the Parkland Acquisition vote has been put to rest, and the Governance Study is getting underway, it is also timely to reactivate the Okanagan Falls Town Centre Revitalization Study, which was interrupted last autumn by the election. We have some funding available in the Area 'D' budget to continue with Phase II of the planning study. This will involve a closer look at street layout, density, traffic flow and zoning options in the town centre. This process, guided by our consultants, will involve further dialogue with residents, local businesses and officials from the MOTI. More news on this next month.

Senior's Housing Moves Ahead ~ On April 9th, I attended a meeting of the South Skaha Housing Society, held at the Legion in Okanagan Falls. The Society Chair, Lorraine Harrison introduced Mr. Kane Bensten, a senior's housing advocate from Kelowna. Mr. Bensten has assisted several housing societies to finance and build "affordable" senior's housing in BC. He offered a number of helpful suggestions, following which the Society agreed to prepare an application to



the CMHC for a \$10,000 planning grant to develop the Terms of Reference for a Phase I project of about 30-50 seniors-appropriate housing units, located just West of the Legion in Okanagan Falls. This initial study would culminate in a business plan; it would also address land ownership issues and the necessary steps to prepare a proposal to BC Housing Corp for financial assistance.

Lake Hill Road Walkway Near Completion ~ With the exception of a rather "steep" drop-off just South of the Kaleden Lakeview Store, most of the new Lake Hill Road walkway in Kaleden has now been graded and paved. Watch for an official opening sometime in late June. Incidentally, Judy Scott has initiated a banner project with the students and staff at the Kaleden Elementary School. The banners of original student art work will be hung on the Fortis power poles along the new walkway. If you'd like to donate financially toward the cost of these banners, please call Judy at 250-497-8576 or by email to jscott52@shaw.ca.

The Old Kaleden Hotel ~ Under the guidance of the Kaleden Hotel Advisory Committee, a structural assessment is being carried out by engineering consultants to answer two basic questions: **First**, can the old concrete walls of the hotel be reinforced to make the structure "safe", in order to protect this unique legacy of early Kaleden; and **second**, how much would it cost to upgrade the old building shell as a future venue for a range of public uses? If you have further questions about this project, you might contact Len Bzdel at 250-497-7966.

Area D-1 OCP Review ~ Work continues on revisions to the Official Community Plan for the West side of Area 'D'. On April 22nd, the hard working Citizen's Advisory Committee met once again with RDOS staff and the project consultants. Barb Leslie of Kaleden volunteered to serve as Chair of the Citizens Committee, and she stepped right into her new role. Then followed a spirited discussion of land use issues, including growth targets, anticipated impact of new residential subdivisions, and a desire to designate conservation zones or protected areas. The consultants have already started work on a draft version of the revised OCP document.

Visitor Information Centre Opens on May 4th ~ I recently met with the dedicated members of the Volunteer Information Centre, who for several years have shown their commitment to greeting and informing the many visitors and tourists to our area during the summer months. Barb Aschenbrenner has volunteered to take over as Volunteer Coordinator of the group, replacing Barbara Few who has reluctantly decided to step down as coordinator after several years of service to the VIC team. The Information Centre will be open for business on Monday, May 4th. There is still room for a few more recruits to join the team, especially to cover the weekend openings. If you are interested, please give Barb a call at 250-497-8283.

There seem to be a lot of people volunteering to do good works within our communities. We're going to need even more public participation as we move into the exciting projects that lie ahead. Thanks again to all who expressed their views on the Parkland purchase question.

Happy May-days to you all!

In Sillon

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



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

Monthly Update From MLA Larson

By Linda Larson, MLA for Boundary-Similkameen

It seems spring has come about two weeks early, so we will keep our fingers crossed that no sudden cold spells damage the incredible blossom we can see everywhere. With spring also comes road work, and as sections of Highway 97 in the South Okanagan are due for resurfacing, we can expect the usual delays and frustrations. Please obey the signs and be mindful of the safety of the crews on the road. Recently announced civil forfeiture grants (proceeds of crime) will benefit two organizations in Boundary-Similkameen. Desert Sun Counselling and Resource Centre will receive \$9,000 for a specialized two-day training session for rural front-line workers in the anti-violence sector and other sectors on the impact of violence and how best to support victims seeking help. The project will also include a community presentation on violence against women. The Boundary Women's Coalition in Grand Forks will receive \$20,000 to support its programs for youth aged 13 to 18 who may be or are at risk of being sexually exploited. This project uses a multi-agency approach utilizing RCMP Victim Services, the Transition House, the Children of the Streets Society and other community agencies to address and prevent drugfacilitated sexual assaults.

Congratulations to Sandra Oldfield and the 11 wineries of the Golden Mile Bench on attaining a specific wine region designation. It has taken many years and lots of science-related work to attain the region designation. The labelling will identify to all wine fans that the wine from the Golden Mile is consistent in quality and excellence.

It is interesting to note that from the BC Wine Institute Annual Report that almost 70 per cent of all red vinifera grapes are grown in the South Okanagan/Similkameen (50 per cent in Oliver alone).

April was cancer awareness and fundraising month, so thank you for your generosity when canvasser called on you, or when you put your donation toward any number of events that happened last month.

There are always special birthdays and anniversaries throughout the year and I could never mention them all. However, I would like to wish Kathy Jacobs a happy 103rd Birthday. She is now a resident of Sunnybank, but for many years was also a member of the Sunnybank Auxiliary and was the boss of the bake sale table at the Auxiliary Teas until she turned 100. Our communities are blessed with many volunteers like Kathy.

As always, I continue to focus on issues that relate to accessibility for all people with disabilities. I would like to thank Dan Bauer for his past work on Vancouver Island in developing park and trail guides that focus on areas accessible for all who have mobility issues. His new project is to develop the same for the Okanagan and to that end, he tries to visit wineries, hotels, motels and tourism destinations to find the businesses that have made the extra effort to be accessible to all. Congratulations to Liquidity, which gets top marks from Dan for accessibility. I will continue to shine a light on those businesses that have made it possible for everyone to enjoy what they have to offer.

Finally, this is the time of year when communities recognize the volunteers that make our small towns the best places to live. The Spirit of Oliver Awards go this year to Kenzie Harrington, Yvonne Moore and the Oliver Food Bank. Thank you all for the unselfish volunteering you do, and congratulations to volunteers being recognized throughout the Boundary/Similkameen.



Epicure Selections

Gourmet Blends &

"Turn everyday meals into gourmet meals!"

Contact Lorraine ~ 250-497-8781 or lharri40@shaw.ca



FOR WINE & SWINE



ATURDAY MAY 16TH

ALL AFTERNOON

1-2pm

Taste our new release 2013 Single Vineyard and 2014 Spring wines

2-4pm

Pig Roast (by Chef Heinz Schmid at Catering Done Right)

4-6pm

Live Music with UnCorked

BUFFET IS SERVED WITH WINE

Tickets \$75 + gst per person Wine Club Members \$67.50 + gst

Tickets include complimentary wine tastings from 1 to 2 PM {additional wine available for purchase by the glass or bottle}

Purchase tickets at www.MFVwines.com or call 250.497.8553



Area 'D' Economic **Development Office**

with John Powell

By the time you read this, we will know the outcome of the parks referendum for Heritage Hills and the Lamb property on the Okanagan Falls waterfront. I hope that the voter turnout will be large and the outcome truly representative of the views of our Area "D" community.

John Powell

Some of you throughout Area "D" have already received information from me about a two day South Okanagan Agri-Food Business Planning Program that we are in the process of organizing. If you are looking for hands on guidance and structure for planning your food business and help starting a viable food business plan, this program is designed for you. This course is suitable for food processor start-ups, farms entering into value added products and established food businesses streamlining operations. For around \$80, you will learn about the business planning process, market access and analysis, product development, financial planning, quality assurance, labeling and packaging, production economics and logistics. If you are interested in attending this course, then I encourage you to contact me as soon as possible. You will find my contact details below. We haven't yet finalized dates, but we're aiming for sometime in the fall this year. The course will likely be held in Penticton.

The Visitor Information Centre in the OK Corral in Okanagan Falls will be opening for the season on Monday, May 4th. After a decade with Barbara Few at the helm, she has decided to take a well-earned rest. She has now passed on the baton to Barb Aschenbrenner. Thank you Barb Few for a decade of great leadership, commitment and enthusiasm. I have enjoyed and truly valued working with you. Welcome Barb Aschenbrenner! I look forward to working with you too. You will no doubt be aware that the long awaited bandshell in Centennial Park, Okanagan Falls is now a reality. The Grand Opening of this wonderful addition to the Okanagan Falls streetscape will take place at 1pm on Saturday, May 30th. Please bring along a picnic and enjoy the entertainment.

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

The nature of my job requires me to regularly travel to meet with clients and attend meetings throughout the working week. This unfortunately means that I have to 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

We don't like a sales pitch either.

Look at our listings on the Internet and you'll see what buyers are seeing - great photos, one-of-a-kind video, informative brochures. That's why our listings sell.







www.LivingInTheOkanagan.com

Mother's Day Brunch Buffet

At the 1912 in Kaleden

Sunday, May 10th

10:00 am - 1:00 pm

Reservations Required 250.486.8939







Carpentry Work, Finishing Trim Installs, Decks, Tiling, Drywall Taping & Repairs, & Power Washing.

Call Dave Anderson for:

Estimates & References 250-490-5380

Quality Workmanship

Professional Service





Creating premium quality wines & wine experiences

Wine Shop OPEN! Come enjoy tastings, picnics & tours!

Open Daily 10 am - 5 pm

Check out our brand new website at www.nobleridge.com for special promotions.

T: 250.497.7945 E: wine@nobleridge.com W: nobleridge.com 2320 Oliver Ranch Rd, OK Falls FB: Noble Ridge Tw: @Noble Ridge

Okanagan Falls Irrigation District News

with Bob Daly, OFID Chair

Okanagan Falls Irrigation District Held its Annual General Meeting on April 28th. Here is the 2014 Report from the Chair.

The main emphasis of Okanagan Falls Irrigation District for 2014 was for the provision of clean and safe drinking water to our ratepayers. Along with that mission, the Board established four priorities for improvement in the operation of the Irrigation District, and worked toward those ends:

Board Duties & Responsibilities ~ The Board established committees to research issues related to Board business and to bring information and recommendations to the board in order to make the best possible decisions. Trustees attended conferences and meetings with Interior Health officials in order to become knowledgeable about safe water regulations and practices. The Board began the development of a Trustee Handbook in order to guide present and future trustees in the policies and procedures necessary to carry out their roles.

Most significantly in this area, the Board commissioned an audit with Agua Consulting of Kelowna to review our operation. Some of the recommendations for improvement include: adopting operating principles to guide the board in decision making; taking measures to improve the security of records; streamlining operator planning to maximize use of time; establishing an ongoing annual work plan as a guideline of the work that needs to be done over each year; and continuing to strive for improvement. From this, the Board was able to develop a mission statement and a set of operating principles to guide the board in making the best possible decisions.

Communication ~ The board worked to streamline communication among trustees and among trustees and staff, primarily through the expanded use of email and special meetings. The board also increased its efforts to communicate with other agencies and irrigation districts. Work also went into improving communication with the public by increasing office hours, writing a regular newspaper column and expanding our email base. The Board is particularly proud of the work of our Administrator Judy Morris in creating a website for the district.

Budget Planning for 1/5/10 Years ~ The board has been successful in this area by developing a detailed operating budget, working with our engineer to establish priorities in our capital projects, targeting capital reserves for specific projects, and budgeting for contingencies. such as major failures in the system. The major capital project for 2014 was planning for the new Well #6 on Maple Street.

Security ~ Our efforts in this area have focused on keeping the water safe from contamination through improvements in testing procedures with our Drinking Water Quality Monitoring Plan, attention to our groundwater protection plan and communication with Water Engineers and with Interior Health. Our membership this year in American Water Works Association gives us access to all of the current procedures that ensure the highest standards for safe water. The Boil Water Advisory in July and the water main break in October demonstrated the importance of our Emergency Response Plan.

Our goals for 2015 include continuing work from the four areas of 2014, Completion of Well #6, completion of the Band Shell, bringing the website online, exploring use of GPS to accurately identify location of valves, pipes and shutoffs, and a thorough assessment of the system to plan for repair and replacement.

I would like to thank Okanagan Falls Irrigation District Administrator Judy Morris, Operator Ken Peters, Standby Operator Ed Smith and Trustees Bob Haddow, Ted Lynch, Randy Perrett and Marjorie Bracconnier for their dedication to serving the Community of Okanagan Falls through their work with the Irrigation District this past year.



Snairs Plumbing Services

Qualified Dedicated Honest Plumber Bonded with over 30 yrs exp. No Travell Time charge

10% Discount For Seniors

Stephen Snair 250-488-9430

Michèle's Flowers & Gardens



4922 Leslie Drive in Okanagan Falls

micheleannenbrown@gmail.com

250-493-4299

Studio Open By Appointment

Call ahead for which market I attend on different days. **Mother's Day Arrangements & Creations from \$20 Boutonnieres & Corsages for Grad 2015**



with Sqt Rick Dellebuur, Penticton RCMP

Spring Driving Safety

The sunny and warm spring weather makes us want to get out and about and as a result we see an increase of people on the road. Thus, it is a good time to remind people of their responsibilities and to take care while traveling whether for work, vacation or recreation.

The warm weather has resulted in a natural increase of motorcyclists and cyclists on the roads. One of the motorcyclist's and cyclist's best areas of defence is to ensure that they are visible to others on the roads. This is achieved by wearing a high visible vest, reflective clothing, and proper lighting. On my way to work in the early morning, I often encounter cyclists riding in the dark with a small light to the front and wearing dark non-reflective clothing. Old bikes all came with fenders and rear reflectors, but that is not the case anymore. And as such, cyclists need to ensure they are visible from the rear, as well as the front when cycling in the dark.

Cyclists need to be aware that they are also governed by the motor vehicle act and need to follow the rules of the road to ensure their safety and that of others. Cyclists are required to obey all traffic control and direction signs the same as motorists, and in fact, can be fined as well for failure to do so. Cyclists and motorists must share the road and this is best done if each obeys the rules and regulations that pertain to each other. Having a safe and great outing is dependent upon everyone following the rules, making sure that they are seen and their intentions such as turning, stopping, or passing are made known to the others.

Finally, walkers and joggers need to ensure that they are obeying the laws and that they too are seen. Again, high visible clothing and illumination for night will help to keep you safe. Where there are no sidewalks you should walk/jog facing the traffic. Remember, a collision with a motor vehicle seldom has a good outcome, even if you were in the right! Take care and enjoy the warm weather.



Johnston *M*eier

Insurance Agencies Group

For All Your Insurance Needs

5350 9th Avenue **Okanagan Falls**

250-497-8739 www.jmins.com





Regional District of Okanagan-Similkameen

Invitation to Applicants Interested in Serving as a Member of the Okanagan Falls Parks and Recreations Commission in Electoral Area D

Applications are being sought for an individual interested in being one of nine (9) members needed to serve a two-year term of office on the Okanagan Falls Parks and Recreation Commission.

The Okanagan Falls Parks and Recreation Commission is a volunteer advisory body established by ordinance. The Commission consults with and makes recommendations to the Area Director regarding the Parks and Recreation Commission's policies for the planning, development and use of the communities' parks and recreation facilities.

Working in partnership with the community, the Commission provides the leadership to assure that the community receives quality recreational facilities and services. The Commission is responsible for the maintenance and beautification of its parks, for ensuring the preservation of these sites, and for the development and running of quality recreation programs.

Commission members are required to attend monthly meetings and to serve on standing committees. The time commitment is approximately eight (8) hours per month.

In order to be eligible to serve on the Commission, an individual must be a resident or own real property within the Local Service Area, which includes Okanagan Falls, Skaha Estates and Heritage Hills. Copies of the Okanagan Falls Parks and Recreation Commission Establishment Bylaw 2253, 2004, are available from the RDOS at 250.490.4215; or alternatively at info@rdos.bc.ca.

Any person interested in serving on the Okanagan Falls Parks and Recreation Commission can apply by submitting their name and a brief resume by mail, fax or email to:

Justin Shuttleworth

Regional District Okanagan-Similkameen

101 Martin Street, Penticton, BC V2A 5J9
Fax: 250.492.0063 E-mail: jshuttleworth@rdos.bc.ca

We thank all applicants in advance for their interest; however, only those appointed to the Commission will be notified.



Information Centre Update

with Barb Aschenbrenner, New Information Centre Manager

I am excited to announce that the Information Centre will re-open as of Monday, May 4th for the 11th season! We are located at #2 - 5350 9th Avenue in the OK Corral Mall in Okanagan Falls. This is just around the corner from IGA and near Johnson Meier Insurance. We will be open from 9am - 5pm Monday to Friday and open from 10am - 2pm on Saturday. We invite the public to come in and say 'hi' and see the new brochures for this season.

Attention ALL Businesses in Okanagan Falls and Area D: If you have new brochures and would like us to share those with the public, please bring them in so we can promote you as well. Any business outside our area are also welcome to bring in their brochures, but there will be a small racking fee to do so.

Like any organization we are looking for volunteers to do a 4 hour shift a week. So, if you like to meet people from all over the world, please come talk to us. You can also call me directly at 250-490-6216.

Finally, a big Thank You to Barb Few for all the hard work over the last 10 years! And, to all her volunteers who will be returning for the upcoming season. I look forward to working with each one you.





Golf Shop · Dinning Room · Lounge Outdoor Patio & Deck

For Tee Times & Reservations **250.497.5648**

Restaurant Now Open!Serving Lunch & Dinner

Reservations Recommended

Seasonal Memberships & League Openings Available

Golf Leagues: (Call for times)

Tuesday AM ~ Ladies / Tuesday PM ~ Mens

Wednesday AM ~ Senior Mens

Thursday PM ~ Ladies / Friday PM ~ Mixed

We Also Cater To:

- Weddings & Banquets up to 120 Guests
- Special Events & Corporate Meetings
- Corporate Golf Tournaments
- "Stay & Play" Golf & Lodge Packages





\$2.00 OFF 9 Holes

Coupon must be presented at Pro Shop.

Call 250.497.5648 for Tee Times. Expires May 31, 2015.





Twin Lakes: History of an **Okanagan Watershed**

Researched by C. Brown & R. Manuel in 2015 from the Penticton Museum, Penticton Herald, the 1973 Botham Report and some information by pioneers of the Twin Lakes Area.

Fur Traders on the Fur Brigade Trail of the Northwest Co. (1812 -1825) and then the Hudson Bay Company (until 1849) had incursions into the Twin Lakes Area. The field of Lot 280, which is just South of the Twin Lake and White Lake Road intersection was the Fur Traders' "Parc" (corral, pen or campsite) for which Park Rill was named. "The Valley of the Healing", now recognized as the White Lake Valley, was a First Nations fall "herb-gathering-site". Herbs grew abundantly with the valley's long days of sunlight and water from Park Rill and Lower Horn Creek. In wet years, the Twin Lakes became one and overflowed East to Lower Horn and Park Rill Creeks. Twin Lakes is the name given on the first survey map to the two Lakes - Upper Twin, now called Horn, and Lower Twin Lake now referred to as Twin Lake.

By 1903, a water license tells us that an English surveyor, Charles deBlois Green (1863 - 1929) and his family were the first "summertime settlers" to the Twin Lakes Area. The Greens travelled on the "Old Wagon Road" built on the Fur Brigade Trail from Keremeos North along the valley (where Hwy 3A runs) to the now White Lake Road West. Yellow Lake's rocky shores were impassable. Charles' family remained on the "Upper Ranch" of Horn Lake until 1956. Mr. Green surveyed many of the Orofino Mt. mining claims - there were two active gold mines - Upper and Lower Orofino which closed in 1932. Charles, in addition to surveying, was a naturalist and documented rare species (some are in the Penticton Museum). By 1911 Gilbert Taylor, a rancher on the "Middle Ranch", obtained a water license to irrigate Lot 280 and 281 (the "Parc"), but the license lapsed in 1926.

In 1918, when Charles deBlois Green returned from WW1, the Greens took up full time residence at the "Upper Ranch" (Horn Lake / Upper Twin Lake or Elkhorn Ranch). Remains of the Old Wagon Road, the Greens' homestead site with the 1948 "Horn Lake Barn" and 3 or 4 graves are still visible on the property now belonging to the Nature Trust of BC (TNT of BC). In 1948, an earth dam with a slide culvert was constructed at the outlet of Horn Lake for some waterway control and is in use today.



Horn Lake to Turtle Pond to Twin Lake to Trout Lake

From Horn Lake, the Old Wagon Road went to the mining town of Fairview via White Lake, where a post office opened in 1895 until 1925 with Hiram Inglee as the first post master (PM). The old post office structure still remains. Another Wagon Road to Penticton was re-routed along the West side of Horn and Twin Lake; then over what is now a golf course, then West of Trout (Lush) Lake, as there was a rock cliff on the East shore of Trout Lake. From the top of Trout Lake's East rock ledge, three valleys are visible. The new Wagon Road In 1970, Mr. Wassman started excavations for a golf course along Hwy

passed down the slope to the Marron Valley's West bench and in 1909 a post office was opened in the Marron Valley with PM William Smyth Parker, and followed by PMs Lush, Walker and Learne until it closed in 1933. The first area ski hill (early 1930's until 1940) called the Elkhorn Ski Hill was near the "Parc".



Green's 1948 Barn/Horn Lake/Upper Ranch

During the early agricultural years, the Twin Lakes Area consisted of three ranches: the Greens (1903 - 1956) "Upper" Ranch; the Sutherlands (1930 - 1959) "Middle and Lower" Ranches; and the Learnes Farm (1933 - 1945), which is now the Twin Lakes Golf Course. The Sutherlands were great horsemen and purchased the Learnes' Farm in 1945 for a hayfield and began the Twin Lakes Guest Ranch (1945 -1975) around the North end of Twin Lake. The Guest Ranch became a world renowned horseback riding retreat.

Along with the 1948 dam, in 1952 the first watershed management was attempted when the Sutherlands dug a 500 foot long, 15 inch diameter pipe through a "divide" with a maximum 25 foot depth in Lot 280 to remove flood waters from Twin Lake to Lower Horn Creek, John Stewart owned DL 282 & 283 downstream and was authorized to put a drainage/irrigation pipe and take the wet year water from Lower Horn Creek. In 1956, R.A. Wassman purchased the Upper Ranch from Greens and in 1959 the Middle Ranch from Sutherlands. The Twin Lake front properties of the Middle Ranch had been subdivided by Sutherlands prior to the Wassman purchase. Eric Ripley, a Vancouver real estate agent sold the lakefront Twin Lake properties of the Middle Ranch in the late 50's. David Johnson purchased the Guest Ranch, but sold in 1962 to Doug Hadley who operated it until 1975 after which the Guest Ranch land was also subdivided. Mr. Wassman owned the Middle and Upper Ranch land (now owned by the TNT of BC) and then purchased Sutherland's hayfield (the Twin Lake Golf Course - TLGC). Because the Twin Lakes Watershed is situated in the rain shadow of Apex Mountain, it is an environmentally sensitive area, in the semi arid South Okanagan. Horn Creek, beginning at 1550 meters (above sea level), is the main feeder creek in the Twin Lakes Watershed. Horn Creek flows to Horn Lake for about 3 to 5 weeks in the Spring and the flow varies according to the snow pack, precipitation and climate. From the early 1900's until 2005, there was logging on Orofino Mt. and along Horn Creek even within the stand of the "Old Growth Cedars". "Water issues" at Twin Lakes have been documented since the 1940's. when ranchers had conflicts initially with their gravity feed irrigation and later when pumping and storing water. Power was put into the area in 1964 and in the same year Mr. Charney, who operated a small lumber mill, opened the Twin Lakes Store which was purchased by Pete and Merle Kappes in September 1975.

In 1960, the Dominion Radio Astrophysical Observatory was founded in an area without risk of Electromagnetic Interference. It is located to the Northeast just over Parker Mountain from Twin Lakes. In 1961, a UBC South Okanagan Geological Field School was built along Willowbrook Road. The volcanic rock formations of the Twin Lakes Area are of significant interest.

Recreational property owners around Twin Lake had water concerns when Mr. Wassman closed in the pipe and ditch to Lower Horn Creek in 1961. Historically, there has been about a 15 year water cycle (in dry years there is time to forget the flooding of the wet years and in wet years there is time to forget the drought of the dry years). In 1965, the Lower Nipit Improvement District was formed as a means of waterway management. BC Lands & Forests produced the 1973 Botham Report. a historical document outlining a potential cooperative, basic plan for the Twin Lakes Waterway.

3A. After Wassman's untimely death, the Shilitto family purchased the 9-hole golf course in 1975. By 1988, the 18-hole TLGC opened followed by the RV Park in 1989. There has been slow, periodic, small development in the Twin Lakes area since early 1960, but in 1972 "Gabriola Wildwood Estates" (Sydney Harrison, a Vancouver developer) attempted a large development on the Upper Ranch (the Western aspect of Twin Lake, the "Turtle Pond", and the land around Horn Lake) with 4,000 lots, riding stables, hiking trails, a hotel and a swimming pool. In 1977, the RDOS Board voted against what finally became a proposed 241 residence development (see the Penticton Herald 1977).



In 2011, as local development issues became public. consortium of stakeholders along with the Okanagan Basin Water Board installed two groundwater monitoring wells at either end of the Lower Twin Lake which had lost 13 feet of water over 10 dry years. The monitoring wells were installed to provide documentation of groundwater levels. It became evident that in dry years there was not enough water for all in the Twin Lakes basin - many residents lost water in their wells and lake intakes.

In 2012, The Nature Trust of BC purchased 800 hectares for conservation of rare grassland habitat from Jim McPherson

(1990 - 2012). The Twin R Ranch was advertised in seven large properties. Mr. McPherson had purchased the Middle and Upper Twin Lake Ranches from the Kriegers, cattle ranchers, who first owned the White Lake Ranch and then purchased Wassman's Middle Ranch, followed by the Upper Ranch (Greens') when the 1972 development proposal failed in 1977. The 800 ha ranch has leasehold cattle grazing. The Greater Twin Lake Area Stewardship Society was formed in 2013. The area has been influenced by mining, upland "Old Growth" logging, ranching, then "recreational land use" and now conservation.

The Nature Trusts' 800 ha "Twin Lake Ranch" includes sagebrush shrub steppe, dry forested ecosystems and riparian habitats (the Twin Lake waterway runs through the Nature Trust property). At least eight Species at Risk (COSEWIC listed) are known to occupy the property, including the Tiger Salamander, the Spade Foot, Great Basin Gopher Snake, Pallid Bat, Rubber Boa, Western Painted Turtle, Western Rattlesnake and Showy Phlox. (www.naturetrust.bc.ca)

An Open Letter to the Residents of Okanagan Falls:

We want to take this opportunity to thank all the people who have taken the time to stop and express their encouragement and support for our ongoing efforts to revitalize the Twilight Motel property on 7th Avenue in Okanagan Falls.

This last year has been rewarding for us in that our labours are showing a new breath of life in this 63 year old motel. Paint, repairs, water issues, clean-up, and major interior renovations are all proving their worth, both to ourselves and the community. Too long had neglect been accepted. We live in a great little town and our beach front is a source of pride and tourist enjoyment. We do care ... and we want to be a viable part of this wonderful little town, not an eyesore or source of shame. Our intention is to return 80% of the units to motel use, but still offer some year round tenancy to some seniors who enjoy lake front living. Our efforts are ongoing and this spring and summer will bring more changes to the grounds and units. Please continue to bear with us. Again, thanks to each and all for the encouragement and support. We are open for business at 250-497-5549.

Sincerely, Barb Merrit - Twilight Motel

Lower Nipit Improvement District (of Twin Lakes)

Letters Patent 1965 RR#1 Site 26A C1, Kaleden V0H 1K0 Questions call Betty at 250.497.8264 or Coral at 250.497.8550

May 17, 2015 - 49th Annual General Meeting

10:00 am ~ Registration & Poster Presentation 10:30 am ~ AGM Starts Held at 176 Twin Lake Road

Greater Twin Lakes Area Stewardship Society May 17, 2015 - 2nd Annual General Meeting

At 12 noon following the LNID meeting at 176 Twin Lake Road. All living in the Twin Lakes Area are invited to attend. The Stewardship Group's focus is for stewardship of the water, air, land & inhabitants in the Twin Lakes Area. The annual membership fee is \$10/person, \$20/family, or \$50/corporation. www.gtlass.ca







www.uee.com

An Electrical Solutions Company

Engineering and manufacturer of electrical apparatus for Mining, Hydroelectric Power Plants, Transportation, and Commercial & Industrial applications. We pride ourselves on delivering the highest quality electrical equipment to customers worldwide.

Power Up! With Unit Electrical Engineering Ltd.

1406 Maple Street, Okanagan Falls 250.497.5254





By Doug King, Kal-Rec Commission Chair

Pioneer Park Spring Cleanup ~ Volunteers are wanted for a work party on Saturday, May 9th from 8 am -12 noon, then to share in a BBQ and thank you party from 12-1 pm. Please show up with your own work gloves, rakes, shovels and smiles. Let's meet at the gazebo, rain or shine.

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

Recreation Programs ~ By all accounts, the Active Kids Program was a hit! Up to 15 kids joined us for gymnastics, big ball soccer and more! We're running a preschool program this month, with thanks to a mini-grant from the BC Recreation and Parks Association. The first one is on May 12th (see our ad to the right). Parents, please come out and meet the staff and let us know if you'd like to see more of these kinds of programs for your children.

You may have noticed the broken hockey nets at the park have been replaced. We have also ordered new metal basketball nets and will do the necessary repair to the hoops before we put them up.

Kaleden Watch ~ Would you like to see this resurrected? Kaleden Watch works by being the eyes and ears of the community by reporting crime. It is also a way to notify people that there are wildlife sightings in the area and to be aware. We used to be able to receive alerts from Kaleden Watch online, but since we no longer have volunteers to manage the online system, things have ended. If you have some time to volunteer, please contact kaledenpr@rdos.bc.ca and we will see if we can get this important community communication system up and running again. Wouldn't you like to know if your neighbour has had a break in or if there was a cougar sited on the KVR Trail?

Kaleden Lakehill Pedestrian Corridor ~ The work is nearing completion and it is anticipated that it will be open to public in early May. The RDOS would like to thank all residents for their patience during construction.

Pioneer Park ~ RDOS Staff and Kaleden Parks & Recreation directors will be assessing Pioneer Park over the summer to consider existing amenities, planting, and recreational uses. The purpose of this study is to ensure any future plans for park improvements are done so in accordance with both recreational needs and aesthetic values.

Kaleden Hotel ~ The RDOS drafted and sent out the RFP for a structural engineering study on the Kaleden Hotel. The closing date for proposals was April 16th and we are working towards having the contract awarded by May 15th. We have requested that the final report be completed prior to August 1, 2015.





Left - The Kaleden Lakehill Walkway will be complete this month and ready to use! Right - Kaleden's Active Kids join in on the fun with Kal-Rec. This program is held every Tuesday in May from 2:45 - 4:00 pm in the Kaleden Community Hall. \$3 drop in.

Would the owner of the yellow Prindle 16 Catamaran that is beached on the small point just North of Pioneer Point, please contact Bruce at 250-497-8450. Thank you.

** New **
Preschool
Tumble &
Bumble
Tuesday

Tuesday May 12th 9:30 am





Roll, crawl, hop and play your way through a giant obstacle adventure play land.

\$3 per child Max \$5 per family or daycare

This is a drop in event.

No need to register!

At the Kaleden Community Hall Any Questions? 250.497.8188

INNER BLISS BELLY DANCING by Jenny Reiki & Ra-Sheeba Master ~ Professional Teacher/Performer ~ Egyptian Bellydance for Fun & Fitness - Wednesdays at 7:15 pm Affordable Bellywear On Sale ~ Have Fun, Get Fit, Feel Fabulous!

More Information? 250.497.1189 or jpuls@shaw.ca or www.innerblissbellydancing.com



RenoWerks

Your full-service home renovation company with over 20 year's experience.

REMODELING . INTERIOR .
EXTERIOR . BATHROOMS .
KITCHENS . HOME STAGING .
PAINTING . FLOORING .
DRYWALLING . BASEMENTS
MOLD AND ASBESTOS REMEDIATION

Service you can trust... every time, on time.

Call 250.492.7770 for a free consultation today.



An Okanagan Falls Healthy Communities Special Feature

Making the Healthy Choice ... The preferred Choice!



Gentle Fit with Kandice

Did you know that there is a Gentle Fit Class available at the Zen & Fitness Centre? Join Kandice and she'll help you get started on your healthy choice to get and stay physically fit, regardless of your age or physical limitations. This class could be the right gentle fit for you! If there is someone or something you would like to see honoured for healthy choices, contact Janet or Nancy at info@okfalls.net or 250-497-8188

Kim Harris

Cell: 250.462.4232 kimharris@royallepage.ca

Office & 24 hr pager: 250.497.5541 837 Main Street in Okanagan Falls

My Passion ... Helping you to reach your Real Estate goals



Penticton Quilters Guild Quilt Show

with Diane Schlamp

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

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





Fresh BC Talent Quest - Season 3



Group A & Group B Performers
Semi-Finals ~ Saturday, May 2
3 Group Divisions (20 acts) Competing
SHOW FINALS ~ SATURDAY, MAY 9
3 Group Divisions (12 acts) Competing
Presentations and Prizes to follow

Location: Orchard House - Martin Street in Penticton
Doors Open at Noon - Show Times at 1:00 pm
Door by Donation ~ 50/50 and Raffle Draws
Proceeds to Performers Prizes / Production
Winners will be listed in the next edition of Skaha Matters.
Show Info: 250 460 2221 or www.cmeliveproductions.com



250.497.8188 info@okfalls.net www.okfalls.net

Visit our website for all our programs & facilities available.

Enroll on line & pay at your first class. Office - 1141 Cedar Street



Move for Health Day

Teen Dodge Ball with a twist ...Glow Ball, Freeze Ball & other crazy variations on the game.

May 8th 7-9pm \$3 drop-in



New Program! Starts May 7th

Thursdays at 2:30pm

Host your next special event beachfront at Kenyon House!

This versatile little venue is a wonderful location for parties in Kenyon Park.

Conveniently supplied with a full kitchen, tables and chairs, as well as a private washroom.

Makes for the ideal home base for any family gathering or celebration imaginable.





Live Well HEALTH TIP

brought to you by

Pharmasave Okanagan Falls

Perry Tompkins, Pharmacy Mgr

Age-Related Macular Degeneration is the leading cause of blindness in the developed world and affects the part of the eye responsible for sharp, central vision. It comes in two varieties, dry and wet: the slowly progressing dry form is by far more common, but a certain percentage of patients will go on to develop the more serious wet form.

While the exact cause of Macular Degeneration is not completely understood, several factors contribute to it's development. In particular, (i) having an immediate relative with the disease, (ii) a history of smoking, (iii) advanced age and, (iv) significant, chronic sun exposure to the eyes ... all increase a person's risk. Accordingly, healthy patients can be roughly divided into low and high risk groups. Low risk patients ... i.e. non-smokers with no family history ... may reduce their risk by limiting sun exposure to the face (wearing a wide brimmed hat and sunglasses) and eating plenty of green leafy vegetables that supply antioxidants. High-risk patients ... i.e. smokers with a positive family history of Macular Degeneration ... may benefit from taking an antioxidant product called Vitalux. There are several versions of Vitalux, including generics, but for most patients, the original AREDS formulation is adequate. Current and/or recent smokers should take Vitalux S or a formulation that does NOT contain beta-carotene, as this chemical is known to increase the risk of lung cancer in smokers and this risk may remain for years after quitting. Importantly, if you already have dry Macular Degeneration, you should take Vitalux every day as it is the most effective strategy for slowing the progression of the disease and preserving sharp, central vision.

In closing, if you are concerned about your risk of Macular Degeneration, we can help implement strategies to reduce your chance of central vision loss. Or, if you already have Macular Degeneration and are trying to navigate through the different formulations ... come by and see us ... we can point you in the right direction.

> "Of all the rights of women, the greatest is to be a mother." ~ Lin Yutang

Pharmasave Okanagan Falls

5217 9th Avenue, Highway 97 Phone: 250-497-8050 HOURS: Mon - Fri 9am - 5:30pm & Sat 9am - 4pm *FREE Prescription Deliveries to OK Falls & Kaleden Areas*

CUSTOMER APPRECIATION DAY at Pharmasave OK Falls!

Wednesday, May 27th ~ Receive 15% OFF*

*Excludes prescriptions, codeine products, sale items, phone and gift cards, lottery and stamps.

WELL

WITH

LIVE

PHARMASA





HEALTHY TAB BRAS

Healthy - Comfortable - Supportive

Helping women everywhere find the perfect fit. No Underwires - No Elastic - Amazing Support

the TAB Bra provides:

Sizes from 28" to 42" **Cups from A-KK Optimal Support Posture Correction Nursing Compliant** Class 1 Medical Device Mastectomy/Lumpectomy

For more information, or to book a FREE fitting, call: Jennifer Strong, DAc & OM, RAc 250-328-3811



Breast Thermography

a non-invasive, radiation-free monitoring of breast health

> Take control of your breast health today

Mobile Clinic Friday, May 22

Penticton Integrative HealthCare

Medical Arts Building Suite 4, 626 Main Street, Penticton

Please call to schedule an appointment ThermographyKelowna.com • 250-801-7900

Important Health Benefits of Probiotics

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



Probiotics are the "good" bacteria that live in our intestinal tract and confer a wide array of health benefits. Disturbing this beneficial micro-biome can have many negative health consequences ranging from inflammatory bowel disease (Crohn's and Colitis), peptic ulcer disease, antibiotic associated diarrhea, and yeast infections, to allergies, asthma, eczema and autoimmune disorders, such as lupus, arthritis, and psoriasis. This bacterial disturbance is also known as "dysbiosis".

Keeping a healthy micro-biome, therefore, is essential to optimal health. Historically, various societies have empirically known this and have incorporated dietary habits that support the maintenance of these good bacteria. Healthy microbes are abundant in naturally fermented foods including yogurt, kefir, kambucha tea, and vegetables pickled in brine without heat (Korean kimchi and European sauerkraut are examples of this). The use of *antibiotics* without the concomitant use of *probiotics* in either a supplement or in a naturally fermented food form is the leading cause of dysbiosis. Other contributing factors are a high carbohydrate diet, particularly a high sugar and refined grain diet, a diet high in processed foods, a high alcohol intake, and a diet low in antioxidants and fiber.

Research has uncovered some interesting associations between dysbiosis and disease. The immune system is particularly sensitive to the micro-biome and many immune related illnesses have improved with correction of dysbiosis. Examples of health benefits are:

- Improved immune cell counts in the elderly to better fight infections.
- Reduced upper respiratory tract infections in children, adults, and athletes
- In children with eczema, a 30% reduction in symptoms and an improvement in immune function.
- Asthmatic children had improved lung function, as well as decreased symptoms of asthma and allergy.
- Patients with rheumatoid arthritis had reductions in pain and improvements in function.
- Probiotics taken during pregnancy and early infancy reduce the risk of offspring developing eczema, allergy, and asthma.

As always, a healthy lifestyle including a healthy diet is the best medicine. Incorporating regular consumption of fermented foods in the diet and ensuring that antibiotics are accompanied by probiotics confers an enormous amount of protection from chronic illness and immune dysfunction. Find out more from Dr. Browne at the Natural Family Health Clinic in Okanagan Falls at 250-497-6681.



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





Preventing illness-optimizing health, naturally

OFFERING:

Intravenous and Injectable Therapies:

- Chelation: Reduces risk of cardiovascular disease and removes toxic metals from the body.
- Oxidative Therapies (Ozone and Hydrogen Peroxide): Safe antimicrobials and immune stimulants. Improve cellular energy.
- Supportive Cancer Care: Improving outcomes and quality of life while decreasing symptoms.
- Rejuvenation and Detoxification: Personalized IV's to reduce pain, increase energy, and improve health.
- Prolozone Pain Management and Joint Rejuvenation Therapy

Plus, bio-identical hormone therapy to optimize health and prevent age related illness. Balancing female hormones helps menopausal symptoms.

Dr. Tamara Browne, Naturopathic Physician 1040 Main Street, Okanagan Falls, BC

250-497-6681 www.chelationokanagan.com

www.facebook.com/chelationokanagan

FOOT WORKS OKANAGAN VALLEY

Located in Kaleden Over 25 years experience

CUSTOM ORTHOTICS BY PRESCRIPTION

90 min. Biomechanical assessment, including gait and pressure analysis.

CUSTOM FOOTWEAR FITTING

Including Walking, Running, Hiking, Golf, and Cycling

By Appointment Please

250.490.5887

tmakos@telusplanet.net

TERRY MAKOS C. Ped (C)

CERTIFIED PEDORTHIST CANADA

Pedorthic Association of Canada / College of Pedorthics of Canada

May Hours:

8:30am - 8:00pm Monday - Friday 8:30am - 4:00pm Saturday



Bakery Open!

All Packaged & Ready To Go!

DAILY DINNER SPECIALS

Monday ~ Ham & Scallop or Sweet Chilli Mushroom Burger **Tuesday** ~ Liver and Onions with Dessert Wednesday ~ Roast Beef & Yorkshire Pudding **Thursday** ~ Pork Cutlets with Apple Chutney Friday ~ Cod or Halibut & Fresh Cut Fries **Saturday** ~ All Day Breakfast ... Someone say 'BACON'!

"Same Great Place With Much More To Taste!" Come hungry & leave fully satisfied! Half portions always available.

Eat In/Take Out 940 B Main Street, Okanagan Falls 250.497.6555

WN & YARD

Ken Brown 250-488-4209 **Certified Landscape Horticulturalist**

Cassidy Brown 250-462-6867

Weekly Lawn Cuts Pruning Spring & Falls Clean Ups Quality Work Reasonable Rates

SERVING OKANAGAN FALLS TO SUMMERLAND

Nature Festival Offers 'Behind-The-Scenes' Look

Every May long weekend for 18 years now, Meadowlark Nature Festival has been showcasing the amazing natural habitats of the Okanagan and Similkameen valleys. The flagship annual event for the Okanagan Similkameen Conservation Alliance (OSCA), this year's Festival takes place May 14th to 18th and features 78 tours and events including hiking, cycling, horseback riding, canoeing, geology tours, astronomy events, film screenings, art exhibitions, Aboriginal events, and photography, painting and writing workshops.

"We really try to provide programming that sparks interest across a broad spectrum," says Janet Willson, Chair, OSCA Board of Directors. "We want to appeal to all sorts of people and get them out to enjoy and appreciate this amazing environment in which we live."

Tours are led by expert guides including biologists, ecologists, naturalists, indigenous cultural leaders, writers, poets, birders, herpetologists, artists, geologists and historians, among others and are suitable for all ages and abilities. The maximum number of participants for most tours is intentionally kept under 25 to ensure festival-goers have the best-possible one-on-one experience.

"One of the best things about the Festival is it gives people an opportunity to talk with experts in their fields. On top of that, our tours often take participants to areas not always open to the public." exclaims Willson. "Some tours go to conservation areas not easily accessible, some take place on native land and some on private property. People get a real 'behind-the-scenes' look at some of the most fascinating habitats in the region."

For a complete schedule of events, go to meadowlarkfestival.bc.ca. Tickets can be purchased on-line or in-person at the Meadowlark office at the Shatford Centre, 760 Main Street, Penticton every Wednesday and Saturday from 11-2 between April 8th and May 13th.

KICK OFF THE **SUMMER!**

Thursday June 4th from 10 - 6 pm

The Wineries of Okanagan Falls invite you to join us and discover why we truly are the Heart of Wine Country!

Visit our tasting rooms for an afternoon sampling our new release wines & experiencing the beautiful region of Okanagan Falls.



Participating wineries include:

Blasted Church, Blue Mountain, Liquidity, Krāzē Legz, Meyer Family, Noble Ridge, Painted Rock, Pentâge, See Ya Later Ranch, Stag's Hollow, Synchromesh, Topshelf, Wild Goose

For more information visit www.ofwa.ca or email info@ofwa.ca



Coming up ...

4TH ANNUAL PARTY IN THE PARK

Friday July 10th 5 - 9 pm Kenyon Park, Okanagan Falls

Join us for our 4th Annual Party in the Park where all 13 of our member wineries will be pouring a selection of their wines at a festival tasting, enjoy BBQ style dinner with Flambé Catering & local band UnCorked!

> Tickets \$55 per person available online at www.ofwa.ca or at member wineries.

Okanagan Similkameen Conservation Alliance

presents

Meadowlark Nature Festival

May 14 to 18, 2015



Meadowlarking by Bethany Handfield

Over 70 events taking place throughout the Okanagan and Similkameen valleys:



Full schedule available on Festival website

Chris Turner: *The Geography of Hope*Keynote Speaker Opening Gala Friday May 15, 2015



Acclaimed writer, speaker and strategist, Chris Turner, is one of Canada's most engaging voices on sustainability. Noted for his boundless optimism Chris has travelled the world in search of hope for a sustainable future. His findings, chronicled in his best-selling books *The Geography Of Hope* and *The Leap*, provide a global survey of the best ways to achieve sustainable living right now. His eye-opening and inspiring presentation offers powerful solutions for a renewed 21st century economy.

"... one of the most arresting arguments for building a green economy... a compelling menu for reform" - Andrew Nikiforuk, The Globe and Mail

5:30 pm - 6:30 pm: **Cocktails** 6:30 pm - 8:00 pm: **Dinner**

8:00 pm - 9:00 pm: **Keynote presentation** 9:00 pm -10:30 pm: **Live and silent auctions**

Penticton Trade and Convention Centre

Tickets include dinner and live and silent auction

School District No. 53 Board Report

with Sam Hancheroff, Vice-Chairperson

The next two months will be hectic in **School District 53**. Students will be completing assignments, taking part in trades competitions, attending fine arts and sports events, field trips and planning for graduation.

Students and staff at **Okanagan Falls Elementary** took pride in embracing Earth Month in April focusing on the 3 R's: Reduce, Reuse, & Recycle. Special Events for April included: Intermediate Drumming with Bobby Bovensi, Primary Scientists in Schools Insect Entemology workshops with Ward Strong, school-wide Yoga workshops with Tammy Semple, and classroom focuses on environmental education and earth themes. In May, we will hold our school track meet; please contact Ms. McCall if you can assist as a valued volunteer at this annual event. Many thanks to those who attended the Aboriginal Dinner & Loonie Auction; proceeds help support Aboriginal studies and events in our district.

Kindergarten Registrations: An update on kindergarten registrations as of April 16th Okanagan Falls had 12 students. We are encouraging all parents of kindergarten age students to register at the school, so that we can plan our staffing needs.

Career Education Update: 11 students have \$1000.00 cheques being distributed now for SSA scholarships. We have 10 new SSA registrations, as we aim to meet our goal of 14. This goal should be easily attainable as we have a number of students "in the works". Our preliminary numbers for ACE-IT next year are showing a growing trend.

The 2014/15 school year has seen the largest number of SD 53 students that have or will have completed both SSA and ACE-It programs. For every student that registers in both programs, SD 53 receives \$500 per student. We should continue to see growth in this area, because when our current cohort of ACE-IT students (19) complete their programs, they will be looking for work ... often translating to SSA enrollment.

Thank you again to our school administrators, teachers, and community businesses that support these students and programs. In addition, thank you to Rod Kitt, Career Prep Coordinator, for his leadership.

Skills Canada Competition recently held in Kelowna. SD 53 had 30 students compete in the following areas:

- · Gravity car dominated the field
- 3 culinary students 1 placed silver
- 2 automotive students
- · 2 carpentry
- 2 cabinet making 1 placed gold
- 3 drafting

YouLearn Yukon Department of Education: In 2013, the school district entered into an agreement with the Yukon Department of Education to provide distributed learning services to students in Grades K-12. In 2013/14, approximately 12 students participated. The program has grown in 2014/15 to 24 elementary students and has generated revenue of \$144,000 this school year.

Although the Yukon Depart of Education is exploring creating it's own DL virtual school, the YouLearn program has been positively received by families and students in the Yukon and it is anticipated that the partnership will continue for the foreseeable future.

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



"For your Ponds and Waterfalls"

➤ Open 10-5 Wednesday to Sunday ≪

or call 250.497.5658 for an appointment

www.SkahaWaterGardens.com



Okanagan Falls Elementary School Intermediate Classes Highlights!

Here, at Okanagan Falls Elementary School, some exciting events happened recently! We have just had our annual Preschool Easter Egg Hunt, which is always fun!

In Ms. Palmer's Grade 6/7 class, we have just started Survivor. The class is divided into three 'tribes', then these 'tribes' compete in various challenges, and the winning tribe gets a prize! Another thing we are doing in Ms. Palmer's class is our employment program, where the students apply for jobs, such as cleaning up after school or watching over little kids at lunch. We get paid in bank book money, which we can use to buy things in the classroom, like moving your desk, or listening to music.

In the Grade 4/5 class, the teacher, Ms. Souch, has been doing daily 'Energy'. In Energy, the students come to the gym in the morning and do 5 minutes of exercise, followed by deep breathing, so the kids can get self-regulated and ready for learning!

Overall, it's been a fun year, and I can't wait to see what's next! Written by Grade 7 Student, Sydney Meyer.



NOW HIRING! Student for Part-time Work

Send resumes to goldstarfencing@telus.net or fax 250-497-8454 or drop off at 1964 Oliver Ranch Road





Galvanized & Powder Coat Available

- . SALES
- . INSTALLATION
- REPAIRS
- . RESIDENTIAL
- . COMMERCIAL
- . INDUSTRIAL
- ORNAMENTAL FENCING
- VINYL FENCING





250-490-7836 FAX: 250-497-8454

PENTICTON • SUMMERLAND • OKANAGAN FALLS • OLIVER • OSOYOOS • KEREMEOS • PRINCETON

Fir/Larch: \$275 Pine: \$175 Mixed: \$225

Quality firewood for sale 250.490.0121 www.okfirewood.com

Local delivery included!

Okanagan Falls PAC Update

with Deborah Rivest, Parent Advisory Council Chair

Past PACs have achieved great things for Okanagan Falls Elementary, from Smartboards in every classroom, to new playground equipment, to a new stereo/PA system for concerts and assemblies, to much more. Unfortunately, we are now at risk of PAC being shut down due to the declining participation of parents. If there is no PAC, then there are no gaming funds for supplemental activities for our children. In other words, we parents would have to pay the full amount out of our pockets directly or take on more fundraising projects. Our small school cannot afford to lose this valuable team. Please come out and be a part. Sometimes help can simply be offering some expert advise to the council or it can be lending a hand at different events. There is a great group of parents out there that can help keep PAC going.

We invite ALL parents to join us for our PAC AGM on Tuesday, May 5th at 6:30pm in the school library. Free child minding is available. If we have enough parents, we will vote in the new council. If we do not have enough parents, then the vote will be to dissolve PAC. If you have any questions or ideas, please call Deborah at 250-497-5384.

Georgie Anderson **Independent Sales Director**

www.marykay.ca/ganderson

250-497-8391

MARY KAY

Okanagan Falls StrongStart Centre

with Samantha James

We have a very busy time planned in the Strongstart Centre during May, as it is "Transport Month" for us. We have a fire truck, police car, ambulance and mixer truck visiting us this month, so please check in for dates on these special guest appearances.

Join us for Storytime with Georgia on Wednesday, May 13th, a special Drumming Workshop on Friday, May 15th, and Aboriginal Art on Wednesday, May 20th all starting at 9:00 am. We also invite you to join our Annual Mother's Day Craft Evening on Wednesday, May 6th from 5:30-6:30 pm. Please sign up in the Strongstart Room or call the school if you and your preschool child plan to attend this special evening event.

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.

Pharmasave Okanagan Falls Junior Triathlon is FULL!



Registration opened on April 1st for the 4th Annual OKANAGAN FALLS Pharmasave Okanagan Falls Junior Triathlon. iunior triathion Within 18 days, the event registration reached its

maximum of 200 participants! If you registered your child and need to cancel, please email okfallsirtri@gmail.com. Likewise, if you missed out on registering in time, we will place you on a wait list.

The event is being offered at no charge due to our awesome sponsors, being Pharmasave, UEE, IGA, RDOS Economic Development Office, Interior Savings, and Meyer Family Vineyards. If you are interested in sponsoring, please contact Carrie at carrieferg@hotmail.com.

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



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 2015/2016 school year. For more information, call 250-497-5576 or email Bonnie.OKMiniSchool@shaw.ca







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 setup, 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.







Free Wireless Internet! www.orl.bc.ca

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

Preschool Storytime continues on Tuesday mornings at 10:00 am at the Kaleden Library. Our last storytime will be held on May 26th with a Birthday Party Theme! A special THANK YOU to all the parents and caregivers who help me with this wonderful program! We will miss all the children over the summer, so please stop by the library and tell us all about your beach and summer holiday stories! Storytime will start again in September 2015.

We are hosting another "LEGO Afternoon" on Thursday, May 28th from 2:30 - 3:30 pm. Please call the library to register for this program, as space is limited. This is a FREE program!

We would like to invite everyone to visit the Kaleden Library and see Jane Bland's Art Work! Jane Bland is an artist from Kaleden who works in encaustic. Her specialty is encaustic collage. Jane has worked in the art field for many years and has embraced several different mediums. Encaustic art is her favourite medium by far, because it fills the senses as you work with molten beeswax and glory in the richness of the colours and textures of the medium. Jane is a member of the International Encaustic Artists and CanWax West. She can be reached at 250-497-5622 or cell 250-462-4345.

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

Are you living with Chronic Pain? Join the "Pain Management Workshop" at Okanagan Falls Library on Wednesday, May 27th from 1:30 - 2:30 pm. This fun and practical workshop will help people with chronic pain to live happier and healthier lives. You will also learn about other free self management workshops offered throughout the Interior Health Region. Please call the library to register.

It is "Year of the Wise" ... Seniors We Need You! Share your time, talents, skills and knowledge with others. Contact the library for more information on this program.

"Lego Night" returns on Tuesday, May 26th at 6:00 pm for 5-12 year olds. Bring your imagination and build a Lego creation. Duplo is also available for younger siblings. The winner of our Garden Basket Draw was Josee Bergeron and her kids Felix, Theo and Claire (in photo on right). Happy Planting Josee!



1

Piano and Theory Lessons in Kaleden

Members of BC Registered Music Teachers

Dillys Richardson, ARCT 250-497-5925

Carmen Leier, ARCT 778-515-2592

OKHandyman Services

Listing your home...need it painted?...need cleanup? Give me a call!

'Painting
'Yardwork
'Cleanup
'Renairs

www.okhandyman.net + Call Andy for more details: 250.490.0121 + Reasonable rates

Linda Turner Retires May 15th!



After 27 years of service as a Postal Clerk in Okanagan Falls, it is time to hang up her uniform for good. Linda worked at the old post office location on 10th Avenue for 12 years. She then helped move to the current location on August long weekend of 2000 and has spent the last 15 years working in the Post Office next to IGA. Linda's short term plans are to enjoy the summer off work. Future plans may involve volunteering at the Hospital, but that will be down the road a little bit, she says.

Thank you so much for your dedication to your job and your service to our community. We will miss you and all wish you the very best!

School Trustee Report for SD67

with Ginny Manning

Earlier this year, the Ministry of Education announced that as of May 1, 2015 they would no long be providing tuition free upgrading for graduated adults. Currently, the district has three or four students upgrading at Connect Ed, where the courses are taken online with some individual help. The district feels that the best place for adults to take any courses they require is with their peer group at the college, where they also receive face to face instruction. Any courses that a graduated adult requires to upgrade will cost an average of \$550 per course. Adults who did not graduate with a Dogwood certificate are still entitled to free upgrading in order to complete the requirements for graduation and receive the Evergreen Certificate. The Superintendent and the Principal of Connect Ed met with the college to discuss how the college is impacted by this decision and to see how we may work together in the best interests of the adult students.

Randy Jones, Behavior Intervention Service Coordinator (BIS), and Brad Reimer, BIS CEA, updated the Board about the BIS program in the district. Currently, there are nine CEA's servicing students from Kindergarten to Grade 5. Kindergarten students make up the largest percentage of referrals. Many students are not coming to school with the ability to self-regulate, which is the ability to stay calm, focused and ready to listen and learn. This just is not the reality for some students today, at home or at school. It is difficult to pinpoint any one cause, but it boils down to the environment exceeding the student's capacity to do well. The number one disorder is anxiety - some children find classrooms and all that is going on there overwhelming. BIS trained CEA's help identified students to learn to create solutions that will help them solve the issues that are creating their anxiety. They act as a "surrogate frontal lobe to create new positive patterns for students". Experience shows that if students can stay calm their brains will rewire and they learn to control their behavior.

At the end of March, the Ministry of Education (MoE) introduced Bill 11, the Education Statues Amendment Act (2015) which is "designed to help school districts reduce overhead costs, establish a modern framework for teacher professional development, and put a stronger focus on accountability for student outcomes". On the surface, it eliminates School Planning Councils and requires PACs to take on some of those duties; 'allows' boards to use shared services and/or requires them to participate in specific service delivery arrangements; requires teachers to participate in professional development specified by the MoE; and allows the disclosure of student information in alignment with the Freedom of Information Act. All the supporting detail and defining requirements will be developed through Regulation and/or Ministerial Order. The BC School Trustees Assoc. is pushing the Ministry hard for a broad-based consultation with partner groups and Boards of Education regarding the development of any new regulations. If it passes, it is anticipated the Bill will take effect Sep 2015.

Great Things Are Happening At Kaleden Elementary School!

There are many great things happening at Kaleden School, but none of these would be possible without our wonderful community volunteers. This month at Kaleden School our school goal is the topic of *Gratitude*. Students have been taking time to express gratitude to those that they appreciate, as well as exploring the things in their lives to feel gratitude for. Students and staff had the opportunity to express their gratitude to our school volunteers during our annual Volunteer Tea. All classes performed for our audience of school volunteers, including our One to One Readers, coaches, hot lunch volunteers and other adult volunteers who offer their time and make a difference in our student's lives.

Another highlight this month was bringing together our School and Senior Community with the first of three "read-ins". Our Grade 2/3 class met an enthusiastic group of Kaleden Seniors at the Rec Hall for some quality time together reading and conversing. This is part of the *Kaleden Hub* initiative. Thank you to Kaleden community member Meredith King for helping organize this very worthwhile special event. Finally, our students are gearing up to begin a *Community Walkway Banner Project* during the months of May and June. Students will be creating and painting a series of art banners that will be mounted on a series of Fortis power poles leading from the highway to the school. These banners will add colour and interest to Kaleden's new walkway. As this project will require a significant cost, cash donations to support this project are welcome. Donations can be dropped off at the school. Thank you to Kaleden community member, Judy Scott, for spearheading this project.





Kaleden Seniors reading and connecting with Grade 2/3 Students from Kaleden Elementary School this past month in the Kaleden Community Hall.



Steam Cleaning / Specialty Cleaning Spot & Stain Removal

MURRAY MILNE Owner/Operator

For all your carpet cleaning needs. murraymilne@shaw.ca 250-462-6070

Kaleden Elementary PAC Update

with LeeAnn Thompson, Chair Kaleden PAC

With the beautiful weather, you will see all our children playing and running in the playground. Spring has also brought back our cross country runners. The Grade 3, 4 and 5's are training again on the roads. If you see us, please slow down and cheer them on. The kids typically run along Linden Ave and Cypress during the lunch hour. They are training for the Kaleden Run, which occurs on Friday, May 29th this year down at Pioneer Park. There will be 100's of kids arriving from all over the district to participate in this 2km and 3km race. A huge thank-you to all the parents that come out to the lunch hour runs. You make it possible for the children.

Spring Fling is back! Tickets will go on sale soon for this fun evening event at the **Kaleden Community Hall on Saturday, May 30th**. Everyone is in the planning stages and it looks very exciting.

As a reminder to everyone, PAC holds monthly meetings every second Tuesday each month starting at 7pm in the KES Library. We welcome all to attend. Any questions or concerns about what is going on do not hesitate to contact me, LeeAnn Thompson at 250.488.0789. Have a wonderful spring!

Kaleden Volunteer Fire Department KVFD May 2015

All of the members of the Kaleden Volunteer Fire Department would like to take this opportunity to thank

the community for their continued support of our annual Garage Sale (May 2nd) . The funds raised from this event are used for a variety of things: Holmatro Extrication Equipment; Practice 'dummy'; SPARKY program for Public Education; C can for confined space practice scenarios; Bursary donation; Children's Hospital donation; Plus much more!! We do our best to keep you safe and we appreciate the efforts that you do to keep you, your families and your community safe.

Kaleden Volunteer Fire Department

Annual Yard Sale Saturday, May 2

Kaleden Fire Hall - 303 Lakehill Road, Kaleden 8 AM Sharp!! No Early Birds - Ends at Noon

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



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.



HOME · PATIO · GARDEN

* MAY SALE on Birdbaths & Benches! *

One of a kind gift ideas, hand-crafted from BC rocks!

wine racks & coolers · stone vases · candle racks · bowls · birdbaths · tables & benches

Custom orders for items written in stone · Granite & Bronze Memorial Markers

1788 Hwy 97 - 2 km South of Tickleberry's

Please call for hours of operation.

www.okanaganstoneworks.com

250-490-6588

No Stone Unturned

Okanagan Pattern & Sales Ltd. was formed in 1972, when Rob and his Dad, Hank Oliver, started making patterns for Penticton Foundry. They later began making truck parts for Western Star Trucks and this contract went on for 18 years. Along the way, they added "Creative Bronze" as a division, selling bronze markers and signs. In February 2014, "Okanagan Stoneworks" was purchased from Pete and Gail Bukowski, which began a new and challenging chapter.

"Okanagan Stoneworks brought in a huge learning curve, but has proven to be a lot of fun along the way. It's like play at work when you can just get creative with a new stone and envision what the end product could look like and then go for it", says Lori Oliver. "We leave no stone unturned, so to speak, and have lots of handpicked stones from over the years to work with."

During the month of May, check out their bench and birdbath sale! Memorial markers and driveway signs are always a huge request. Another popular item is their variety of pet memorials, such as stepping stones and urns. For the wine lovers, choose from a wide selection of unique and one-of-a-kind wine racks and wine coolers, which are all made from hand-picked BC stones.



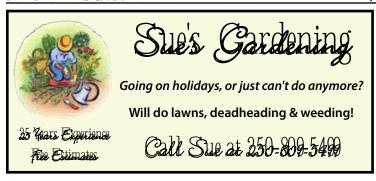












Advantages of Guided Tours

with Vi Creasey of Reliable Travel

Organization ~ A guided tour company handles all the organization and prep work for visiting landmarks in the area. You save time and energy that you would normally put into planning out your own tours of your destination. The tour guide puts together a schedule for visiting locations based on their proximity to make efficient use of the tour time. The tours take into account the visiting hours of the place you want to visit. Transportation is handled for you. One of the major advantages is that you usually go to the front of the line, so no waiting for hours to see the attraction.

Comfort and Safety ~ The first time in a new location leaves many travelers feeling nervous or unsure of where to go and how to act. This is particularly true for vacations abroad if you aren't fluent in the local language. A guided tour gives you a sense of comfort, since the tour guide understands the culture. In some destinations, safety is an issue. The tour guide helps you avoid potentially dangerous areas of the city and brings a sense of safety to the trip.

Inner Knowledge ~ Tour companies operate frequent tours in the area and often hire locals to guide the tours. This provides an inside knowledge to the destination that you might not have. Insider knowledge of the area means you'll hit all the highlights. The tour may also allow you to uncover some hidden gems within the city that you wouldn't otherwise know about. Guides often share stories and bits of history about landmarks to give more depth to your experience. The company uses its knowledge of the city to schedule activities and visits during times when they aren't as busy.

Socialization: Joining a group of fellow travelers adds a social aspect to a guided tour, especially if you aren't traveling with people you know. Experiencing a new city with others allows you to share your reactions and connect with fellow group members. In some cases, the relationships built last well after the tour ends.



www.reliabletravelcanada.com

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.

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.

H&M THRIFTEE SHOP





Okanagan Falls Heritage and Museum Place - 1145 Main Street



Thank you to all who attended the Mobility and Transportation Fair for Older Adults on April 24th. Your valuable feedback is greatly appreciated!

Plans are now underway for the following New Programs and Initiatives:

- Volunteer Orientation and Recruitment for the "Better at Home" Program
- "Tai Chi" and "Walking Club" Events
- "Aging with Balance" Workshops
- "Gentle Fit for Older Adults" continues on Tuesdays and Thursdays at 9:30 am at the Zen & Fitness Centre.
 All ages and abilities welcome!

Please call Janet with your thoughts and questions ~ 250.497.8188.

Spotlight on Volunteers! "To Mexico With Love"

By Pastor Les Clarke of Kaleden Community Church

I was asked to describe this year's To Mexico With Love trip and after a moment I blurted out "chaos and small miracles"! Early Monday morning March 16th, we boarded our bus out of Penticton and by the time we crossed the US border we were 46 strong. After an uneventful drive South, we added three more participants in Los Angles and made our way to San Diego. Upon arrival, we received the heart breaking news that we would not be able to go any further, as the farm workers had walked out of the fields to protest the poor wages and working conditions (more on this story in another issue). These protests had turned violent and the military and police were fully engaged. The trip to Mexico was not possible out of safety concerns. At first, we would wait until Friday and then head back home if things had not improved in Mexico. Thursday evening we decided to wait until the 'point of no return', which would be Sunday. If we could not get down to our Mexican destination by Sunday, then we would head North.

During the four days of 'hanging out' in San Diego, events and activities were quickly planned and we all engaged in conversations of the situation in Mexico. As a leader of this trip, I was so impressed with the maturity of this group, their willingness to engage in honest heartfelt conversation on the plight of the workers who for many of us were not nameless faces, but they had names and we knew them. Needless to say, during these days we wore our emotions on our 'shirt sleeves'. Those emotions were released in hugs and shouts Saturday evening about 11:30 pm (apologies to the other motel guests), when we received word that we would be going to Mexico and building two of the three houses we planned to build. (Small Miracle #1)

Sunday afternoon we arrived at "the Big House", unloaded, changed into our work clothes, grabbed a bite to eat, and headed to our build sites to meet the families and begin building. By Tuesday morning, we had finished two houses and in the afternoon dedicated them to the beautiful families we had built them with. The total building time for these two houses was fourteen hours! (Small Miracle #2)

Due to the possibility of further unrest, it was felt we should return to San Diego on Wednesday and then begin the journey home arriving a day earlier. Mechanical issues with the bus delayed our departure out of San Diego by 6 hours; however, our drivers were able to figure out the issues or at least whatever they did the bus started. (Small Miracle #3). One final small miracle would be the sickness which invaded some of us subsided and enabled us to return home without further incident. I am also excited to be able to report that the third house has now been completed (by the Live Different staff and friends living in Mexico) and the family is now enjoying their new casa. I want to thank all who helped make this trip possible with your kind donations. Also, I must again thank each participant who under less than ideal conditions banded together and exhibited a level of compassion and maturity which enabled us to accomplish all that we were able to.











Volunteers Making A Difference

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

Penticton Pump Service 250-328-9070

Pool • Spa • Water Feature • Irrigation



On Site Service & Power Tool Repair Electric Motor & Pump Repair pentictonpumpservice@gmail.com

Welcome the natural beauty and texture of concrete into your home.



Countertops, Sinks, Outdoor Kitchens, Furniture & More

250-488-2798

info@onyxcastings.com

www.onyxcastings.com



ONYX Castings Monthly Feature ~ On Friday, May 29th, this one of a kind outdoor coffee table will be up for auction at the West Kelowna Daybreak Rotary Club's 5th Annual "Twist on Tasting" Fundraiser.



- 24 Hour Video Surveillance
- · Individual Door Alarms & Onsite Caretaker
 - · Security Gate with Key Code Entry
 - · Unit Access between 6am 11pm

Year-Round Helping Hand Drop Off Location

We are accepting non-perishable food items and monetary donations for the Okanagan Falls Helping Hand all year long. So, anytime you have a little extra to share, come on by and donate to a local worthy cause that needs your support.

250.497.3279

Office Hours: Mon-Fri 8:30-4:30 & Sat 9:30-4:00

1964 Oliver Ranch Road, Okanagan Falls

info@easylockselfstorage.com www.easylockselfstorage.com

Lake Chelan Kokanee Fishing Derby

By Larry Martin

A group of well known Kokanee fishers were invited by event organizers to stay at Watson's Harverene Resort on Lake Chelan during the "Somethingcatchy Charity Fishing Derby". Guests spoke at seminars in Wenatchee prior to the derby and were filmed while fishing in the event, which will be featured in promotional videos. The idea was to give a higher profile to the event by having expert Kokanee fishers demonstrate equipment and techniques to all participants. Jim Sutherland of Kelowna brought with him the support of BC Outdoors Magazine, Shasta Tackle and Pro-Cure scents. Jim also represented Scotty Downriggers, which was one of the two major corporate sponsors of the event. The other major sponsor was Tica America and by the end of the event they had asked Jim to represent them in Canada.

All proceeds from the event are spent taking kids fishing that may not other wise have the opportunity. The Somethingcatchy organization is run by volunteers with no paid staff. Celebrity invited guests provided all of their services at no charge to the charity.

If you are a Kokanee fisher, you have heard of White Shoepeg Corn. It is a preferred bait for Kokanee and only available in USA. Jim searched several stores and only managed to find three cans, not near enough to last the season. Sometimes a little luck helps when searching for the big trophy ... on the last day of the tournament, Jim won a case of the much coveted corn!

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





Left - Jim "thetrophyhunter" Sutherland showing how it's done at the Somethingcatchy Charity Fishing Derby at Lake Chelan. Right - This camper and boat travels many miles each year seeking trophy fish.

Central Ridge Veterinary Clinic - Okanagan Falls



Dr. Sylvia Tingson D.V.M.

250.497.7808

Open Mon - Fri 9-5 & Sat 9-12

Medicines • Surgery • Vaccinations

CatMatch



Double The Fun!

I am one of a matched pair! Twins, so we are taking advantage of this ad for both of us! We are young, full of life and raring to go explore the world! We still have lots of growing up to do,

so promise lots of laughs and rough housing and are looking for someone with a good sense of humour! Wouldn't it be wonderful if my sister and I were able to find someone to love us both! Nothing kinky just a good wholesome loving home where we could grow old together! www.AlleyCATSAlliance.org

ad sponsored by



Jardin Estate Jewelry & Antiques

Recycling the Elegance of the Past 5221 Hwy 97 Okanagan Falls

250.497.6733

www.jardinantiques.com

"Your hometown realtor ... here for you!"

Serving Okanagan Falls and area for over 12 yrs!

Office & 24 hr pager: 250.497.5541 837 Main Street in Okanagan Falls



Laurie Kingsfield Cell: 250.498.1110 LKingsfield@telus.net





Okanagan Falls Lions Update

with Michael Livingstone

Charity walk to give Canadians new leash on life



The Purina® Walk for Dog Guides is celebrating 30 years of supporting Canadians with physical and medical disabilities, and Okanagan Falls will be hosting one of the more than 200 walks taking place across the country this spring. Several communities in BC will be hosting local

walks, raising funds for Lions Foundation of Canada Dog Guides, a national charitable organization which trains and places service dogs with qualifying applicants through six distinct programs. Okanagan Falls Lions Club is hosting the local walk, open to everyone and taking place the last Sunday in May.

"Dog Guides are specially trained service dogs which make a wonderful difference in the lives of people across Canada, providing safety, increased mobility, and greater independence," said Michael Livingstone, the Okanagan Falls Walk Organizer and Lions Club member. "This year, we have the ambitious goal of surpassing last year's national fundraising record, and I hope the Okanagan Falls community will help us get there."

The *Purina*® *Walk for Dog Guides* has gained steady momentum over its 30 years, last year raising more than \$1,630,000 nationally. Thanks to lead sponsor Nestle Purina PetCare, 100 per cent of funds raised goes directly into Dog Guide programming, offsetting the cost of breeding, training and placing Dog Guides, and allowing the organization to provide them at no cost to Canadians who benefit from their assistance. All participants will be entered into a draw to win various incentive prizes, provided by *Walk* sponsors.

Okanagan Falls Purina® Walk for Dog Guides details:

- Sunday, May 31st, 2015
- · Location: Lions Park / Kenyon Park, Okanagan Falls
- Registration and sign-in begins at 9am and walk begins at 10am.
- To register or sponsor a walker, visit purinawalkfordogguides.com
- All ages & abilities welcome! You don't need a dog to participate.







Great fun was had by all kids big and small during the Annual Lions Easter Egg Hunt on April 5th in Lions Park, Okanagan Falls. Top Left - Lion Marla with the winner of the camera. Bottom Left - The rush is on! Right - The lucky and excited bike winner!

Okanagan Falls Seniors Activity Centre

with Dianna Stewart

Activity at the Centre has picked up with many new members volunteering for jobs and responsibilities. Thanks to all who have stepped up and are doing such a great job!

In spite of the activities that are doing so well, Summer is here which means some of our programs are taking a break until September. With many of our musicians going home to Alberta and points East, Jam Sessions are discontinued until Fall. Carpet Bowling is also cancelled for the Summer and we hope many of you will consider joining in September. It's great exercise and helps you stay limber. Fun too!

We are proud to announce that we have bestowed Life Memberships on Bob and Norma Painter, as well as Audrey Steeves. The have all given generously of their time over many years and our thanks go out to them.

Heads up that our annual Barbeque will be held Saturday, June 13th. More about that in the June report, but you can be sure it will be a fun time for everyone.

MARK YOUR CALENDAR

General Meeting ~ Monday, May 4th (1:00)

Pancake Breakfast ~ Saturday, May 2nd (8:00-10:00)

Drop In Bingo ~ Saturday, May 16th (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)

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.

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





Ladies Auxiliary of Branch #227 Update

with Audrey Steeves

April was a busy month for the LA with a number of catering events, such as a Memorial Tea, LA Dinners, the Branch #227 Sports Banquet, and the April 25th Annual Garage Sale and Bake Sale with Breakfast. The last South Okanagan & Similkameen LA meeting was at Westbank Br #3288 on April 19th. Official delegates were Iris Muldowan and Helen Brewis. Final information and arrangements were made for those attending the BC/Yukon Provincial Command Ladies Auxiliary being held at Parksville from May 2-6. Official delegates were Colleen Clark and Lucy Smallenberg, with Fraternal delegates being Louise Sax, Thelma Detjen, Louise Head, Bernie Diachuk and Lucie Flath - Standard Bearers and Merle Laidlaw - Sqt-At-Arms.

Meat Draw and LA Bingo help was arranged. The members approved of a \$1500 donation to the TV Telethon and \$100 for the Lions Easter Egg Hunt. Meeting draw winners were Louise Johnstone and Lana Maber. Please note the next regular LA meeting will be May 13 at 1pm.

The Royal Canadian Legion Branch #227

with Barbara Few

Our Branch held a very successful First Responders Appreciation Supper for the second year, and like the first year the building was packed. All Responders in uniform had a free supper and were shown appreciation with certificates presented by our President Myrt Niles. Also present were MLA Linda Larson and Regional Director Tom Siddon. A total of 33 Responders from the area came and we really do appreciate each and every one of them. The supper was terrific and the entertainment by Flashback had everyone tapping their fingers and toes. Since the Liquor laws were changed we were able to have children attend, which made the evening even more fun. A surprise entertainer, Beamer Wigley, performed and bought the house down.





The Okanagan Falls Legion recently hosted an appreciation dinner for local first responders. Shown on left above are some members of the Okanagan Falls Volunteer Fire Department. From left are Francisco Patricio, Randy Stoltz, R. Van Uden and Doug Atkins. (Photo courtesy of Lyonel Doherty) On Right - Beamer Wigley performs.

This month the Legion has a Western Night on Saturday, May 16th featuring DALE SEAMAN with a western theme supper of home baked beans, cowboy steak, mashed potatoes and desert all for \$10. Tickets can be purchased from the bar before Thursday, May 14th. Come in your cowboy gear, and yes, hats will be allowed that night!

This month we have something new for our Breakfast, instead of pancakes, French Toast! So, everyone can come and have this with eggs, bacon, sausages, coffee and juice all for \$5 each or \$3 for children. All are welcome to come and enjoy the food between 8-11am. on Sunday, May 17th.

With most of our sports events stopped for the summer, don't forget that drop-in darts and pool continues on Wednesday nights at 7 pm and again on Saturdays at 1 pm. Sundays we still have our Fun Sundays at 1 pm with hot dogs, horse racing and more. Every Friday and Saturday we hold our very popular Meat Draws starting a 5 pm And, we would like to appeal for help with the Meat Draws. All it takes is a couple of hours a month to help with various jobs such as 50/50 draws, selling tickets, etc. If you can help out and have fun once a month, please leave your name with Ron by phoning 250-497-8338.

Dates to Remember:

Wednesday Nights ~ Drop-in Darts at 7pm Fridays & Saturdays ~ Meat Draws at 5pm Saturdays ~ Drop-in Darts at 1pm

Sundays ~ Fun Sunday with Hotdogs, Horse Racing & more at 1pm Saturday, May 16th ~ Western Night with DALE SEAMAN & Dinner Sunday, May 17th ~ French Toast & Trimmings Breakfast 8-11am Tuesday, May 19th ~ General Meeting at 7pm

Sharon's Care Services



for seniors

Transportation, Personal Care, Companionship, Respite & Light Housekeeping Duties



Contact Sharon at 250,770,0497

thompson298@hotmail.com

Okanagan Falls Women's Institute

with Betty Lynch

Since our last communication, dear reader, as always the OK Falls W.I. has been very busy. Our last meeting was a so successful, with a large turnout of members and visitors. We are always very happy to have guests. Now, I have to tell you about one of our most interesting guests and this was Lynn Warfield of the Okanagan Falls Branch of the Okanagan Regional Library. In fact, I enclose, in full, her presentation to our meeting:

2015 is "Year of the Wise" at the Okanagan Regional Library. We want to acknowledge and celebrate the wisdom, experience, and knowledge of seniors in our area. We believe there are seniors in our community who are very skilled in a trade, the arts, well travelled, or experts in a field of study who could easily share their stories and skills with others. Let's find out what you have to offer and perhaps an amazing program will be the result.

Every year our library hosts a Summer Reading Club to encourage children to continue reading through the summer holidays. This year in addition to our regular programs, we would like to add story nights. We would like to see volunteers from the community come in and read to the children. Ideally, we are looking for 2 readers per night, each reading for approximately 20 minutes. We would also like to encourage a book club at the library. Anyone interested, please let us know. We would be happy to have an information/recruitment event for the Women's Institute at the library. Thank you to all members who offered their time for reading and information sessions to our library and our community! We will contact vou soon for dates.

Please call the library, if you require further information 250-497-5886.

So, do you see, dear reader, just how lucky we are to have resources here in the Falls. Some of our members are taking advantage of these opportunities, by volunteering. The WI has always volunteered in the community and have enhanced their lives with involvement with others. So, now the big opening of the bandshell party will be upon us soon. Good attendance is expected. For further information, contact the Irrigation District at 250-497-8541.

The next meeting of the Womens' Institute will be at 1 pm on Monday, May 11th at the usual place - the Clubroom at the Community Centre. Now, would you believe. I have run out of things to write about. My goodness, I am very lax. However, from some of those teeny tiny buds I wrote about last time are now real flowers - the lilacs are blooming with their beautiful scents. I really love the little bright new dandelions. Why do people take such pains to massacre these little things - can you tell me, dear reader? I leave you with that to ponder until next time,

"For Home And Country", Betty Lynch



cheesecakesbylisa@hotmail.com

92 Different Flavours of Cheesecakes (& always adding more!)

Available in 4 Different Sizes

Gluten Free Items / Cookies / Loaves / Desserts **Appetizers / Assorted Platters**

Over 118 Different Cake Pans Available For Birthdays, Holidays & Weddings.

Call or email for more information.

Find us on Facebook!

OK Falls Heritage & Museum Society with Marla Wilson

We had a good meeting at the AGM the end of March. Officers of the Society are President, Marla Wilson; Vice President, Louise Callewaert; Secretary, Audrey Steeves; Treasurer, Thelma Detjen; Directors, Eileen Cross, Donna May Thompson, Heather Jackson, and Tara. We are planning a few activities and events that you'll read about later. The Museum and Bassett House will be opened for visitors and tours starting Monday, May 18th.

The Thrift Shop is planning a "Half-Off Sale"! Buy the first item at full price and get a second item at half price. The sale starts May 1st and will run May 2,5,6,8,9. The store is really full of beautiful spring and summer frocks. See you there!

Kaleden Museum ~ A History Tid Bit

with Meredith King



The Kaleden Church built in 1913.

With the completion of the school in 1912, the Kaleden Baptist Church moved their Sunday services from the Sandy Cameron Building to the school's much more spacious accommodations. The church relied on the Penticton Baptist Church to provide the minister, which meant services were

held on Sunday afternoons. This called for great commitment from both pastor and congregational alike during some of the sweltering Okanagan summers.

In the fall of 1912, a committee was appointed by the congregation to look into the matter of building a church. Two lots were procured on the corner of Mrs. E.J. King's orchard and a fund raising drive was begun. With \$717.00 pledged, construction began that same Fall using volunteer labour, under the direction of Mr. F.W. King. The new church was completed on April 6, 1913 and a dedication service was held. At this point, the building was basically the sanctuary with a very tiny foyer. It had no electricity, no plumbing, but did include wood heat, a raised stage, pulpit and newly made wooden pews which could hold almost 100 people. The building remained very much the same for many, many years, well into the 1940's, and still stands today on the corner of Lakehill Road and Pineview Drive. A testament to the resilience and steadfastness of this small community of faith.

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.





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

can help you.

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

If you would like more information on this service, please call 250-460-3387



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

ARE YOU A PIANIST

Who would like to play with a Choir?

The Kaleden Community Choir is looking for an accompanist.

Mondays at 7pm at Kaleden Community Church

Please call Meredith at 250-497-6995.

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Family Worship ~ Sundays at 10:00 am

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

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).

Kaleden Community Event: Tuesday, May 12th

Residential Schools: A Perspective Through Story ~ The film "We Were Children". Facilitated by Anne Tenning. Kaleden Community Church at 7:00 pm. Please call Les Clarke 250-497-5995 or Judith King 250-497-6985 or check out the church website for more info.

443 Lakehill Rd, Kaleden / Phone: 250-497-5995 Pastor Les Clarke. Church email: kalgarden@shaw.ca www.kaledencommunitychurch.org - for up to date event info

Okanagan Falls Community Church

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

1356 McLean Creek Rd, OK Falls / Office: 250-497-5131 Pastor Ron Crooker ~ Come join us in celebrating God's Love!

Okanagan Falls United Church

Sunday Service ~ 9:30 - 10:30 am

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

1108 Willow St, OK Falls / For more information, call 250-497-1171 or www.okfallsunited.ca. Our Minister is Wade Lifton.

Our Lady of Lourdes Catholic Service

Sunday Mass ~ 11:30 am

1039 Willow St, OK Falls / Administrator - Father Neil Okanagan Falls Contact: Lorraine Harrison - 250-497-8781

St. Barbara's Anglican Church

Sunday Service ~ 9:30 am for 3 Sundays of the month. The 4th Sunday of the month Service will be at 1:00 pm.

Coffee and social time after the Church Service.

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

The Well

Sunday Service ~ 6:00 - 7:30 pm

Free childcare provided.

1141 Cedar St, OK Falls - in the OK Falls Parks & Recreation Centre Pastor David Oosterveld - 250-488-9514

Kaleden Community Women's Drop-in Wednesdays from 1-4 pm

Meet at the Kaleden Community Church

Come for the afternoon or just drop by for coffee. Meet & connect with other ladies in your community. Enjoy friendly conversation, games & crafts.

Any Questions? Call Fran at 250-497-7850. No children please. If you need a ride, please call Meredith at 250-497-6995.

Gary Watson Chapman September 20, 1947 - March 12, 2015



Gary was born in Vermillion, Alberta and died in the South Okanagan Regional Hospital in Oliver.

Gary spent most of his young years in and around Edmonton and left for Keno Hill, Yukon when he

was seventeen to earn money to further his education. He never left; he was learning a trade, making lots of money and having too much fun! While working in Whitehorse, he met his wife Kathy (Schramek) and they married in 1970 and moved to Faro where their daughter Caron was born and they remained for fourteen years. He became a very competitive curler and won two Yukon championships and was runner-up many times. Eventually, he would represent the Yukon/NWT at the Sr. Men's Championships in London, Ont. And, he and Kathy would represent the mixed in Toronto, Ont. He also enjoyed his yearly hunting trip and many camping and fishing weekends. Winter travel to warmer climates was also high on his priority list, wanting to see how the 'locals' lived away from the tourist havens.

When the mining industry failed, he turned his agile mind to highway construction and relocated to Whitehorse. After forty two years in the Yukon, the long cold winters got to him and he and Kathy retired in 2006 and eventually settled in Okanagan Falls in 2008 and they became snow birds for a few years until his illness prevented them from returning south for the winter. He turned to golf for entertainment and enjoyed many rounds at St. Andrews By the Lake.

Throughout his life Gary worked hard, loved to have fun, had a very positive attitude. He also helped many people along the way and made many lifelong friends.

Gary was at home, except for the last few days of his life where he died in hospital. Per Gary's wish there will be no service, but I'm sure he'd love anyone who knew him to raise a glass in his name.

He will be achingly missed by his wife Kathy, daughter Caron (Nick Ross), mother Maureen (Marie) Chapman, and sisters Diane (Roy Loyer) and Fay Mountford. Also, among those who will miss him are many nieces and nephews, and perhaps, even a few in-laws.

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

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

Nunes ~ Pottinger Funeral Service and Crematorium



250-498-0167 info4@nunes-pottinger.com

www.nunes-pottinger.com

DARYN POTTING

ES -

5855 Hemlock Street P.O. Box 788, Oliver, BC V0H 1T0



BUSCH, FRIEDEL GEORGE

In tender loving memory of Friedel George Busch, first son of Lucia and George Busch and life long resident of Kaleden since May 27, 1929.

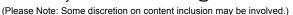
Passed peacefully on the evening of March 26, 2015, graced by family and friends, as the first magnolias burst into bloom.

A Celebration of Life will be held at Linden Gardens in Kaleden on May 31, 2015 from 2:00 - 4:00 pm.



Flowers or Fish Heads?

Send yours to skahamatters@telus.net



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 Heather Jackson for donating preschool craft supplies to Okanagan Falls Parks and Recreation. Kids programs always appreciate donations of fabric, stickers, glitter, or anything creative gathering dust on shelves. ~ from Okanagan Falls Parks & Rec Staff

Flowers to the Community of Kaleden. I would like to thank everyone for helping with Pitch-In Week and for making our community cleaner. Thanks for your support! ~ from Linda of Kaleden

Fish Heads to the public boat launch in Okanagan Falls. There are numerous things wrong with it from a boater's perspective ... too short, no slips for short term docking, and no cleats to tie your boat to. Someone will likely get hurt soon and who would be responsible? Please get this public boat launch facility up to code, so it is safe and usable for the locals and visitors alike. ~ *from a group of local boaters*

Fish Heads to those who walk on the incorrect side on rural roads. Walk on the left, so that you are facing oncoming traffic. That is safer for you since you can see the traffic coming toward you, and it makes drivers feel safer when they drive past you. \sim *from Mary in Kaleden*

Fish Heads to the vandals who wrecked the school buddy benches.

~ from Okanagan Falls PAC

Fish Heads to the dishonest person who stole the tin of money that belonged to the SPCA from the Esso Gas Station in Okanagan Falls. Who takes donations that are meant to better the lives of innocent animals, ones that are waiting for loving people to adopt them? I don't care if you needed the money! It was not yours to take! I hope something is stolen from you one day.

~ from Heather of Okanagan Falls

Fish Heads to the person that took my new rake from the Okanagan Falls Landfill. I was there with my neighbour unloading yard waste and left my rake behind. When I got home 10 minutes later I realized that I forgot my rake, so I jumped in my truck and hurried back to the landfill but NO rake!!!

- from Mark from Okanagan Falls

Fish Heads to the people who are leaving prunings in the Shuttleworth Creek, let alone paint cans and other debris that comes down the stream. Please ensure you keep this stuff away from the waters' edge during high water. We do have a wonderful garbage pick up service for this kind of stuff. ~ from Verna of Okanagan Falls



PREPAID FUNERALS COMPLETE ESTATE PLANNING

Call us for a complimentary in-home consultation.

www.providencefuneralhomes.com



Ron & Taraleigh Crooker

Family Owned and Operated Trusted Since 1908

PENTICTON CHAPEL 250.492.0713

SUMMERLAND CHAPEL 250.494.7752



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

Make Those Pre-Arrangements

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

I would like to use this space to say how very fortunate we are to live in Okanagan Falls. This is a community where folks genuinely care about the well being of others, and where one can count on one's neighbours.

On April 3rd, Good Friday, I went to go out and found my van had a flat tire. I had no idea how to fix that, so I called G&R Auto, and busy as they were, Louise managed to squeeze me in. My neighbour John drove me over to G&R and they loaned us their portable air compressor. John inflated the pancaked tire enough for me to drive the van to G&R. Within an hour, I was mobile again. Sincere thanks to G&R, Louise and John for all their help.

On April 9th, after waiting for several weeks for my new washer/dryer set, they were finally delivered and installed and the old ones taken away. At last! So, I filled up the washer for the trial run. All seemed well until I noticed water coming from the bathroom all over the floor and starting to run out into the hallway. I shut the washer off and called Penticton Appliances. It was now 4:55 pm and the fellows had all gone home. Panic stations! And, no one close by. Finally, I located my friend Ken at the Twilight Motel and he and his wife came over immediately. Between the three of us and every available towel, we managed to soak up all the water. The installers came first thing the next day and strapped the drain hose, which had popped out into the drain and all is well again.

Again, my personal thanks to great neighbours, John, Louise at G&R Auto, Ken and Sandi, and the boys from Penticton Appliances. Bless you for being there for me. Good deeds have a habit of returning to their source.

Credible Cremation Services Ltd (250) 493-3912



Giant Community Garage Sale at

Big Horn Mountain Estates

4400 McLean Creek Road in Okanagan Falls

Saturday, May 9th ~ 9am - Noon (No Early Birds!)

HORSE HELP WANTED:

Twice a Week Grooming & Horse Care on occasional long weekends. Located in White Lake/Willowbrook Area. Call Shannon at 250-498-4967 for more information.





Saturday, May 23rd 9:00 am - 4:00 pm 1840 Oliver Ranch Road

Valleyview Estates in Okanagan Falls

Please Note: No part of this publication may be reproduced without the permission of the publisher. No liability is accepted for any loss or damage resulting from the use of this publication. We reserve the right to refuse any submission or advertisement. All authors/advertisers are provided with a proof of their submission and their final approval

must be in place in order to be published. © 2015 Okanagan Matters Publications.



Pe Olde Welcome Inn

Family Owned Business For 11 Years!

39008 Highway 97 at Gallagher Lake, North of Oliver

SHOW 'N' SHINE

Motorcycles & Cars

Call 250.498.8840 to Register



Starts @ Noon

Saturday July 11th

Sept 20th

Register for Show 'n' Shine Ph. 250-498-8840 🛮 Register for Show 'n' Shine Ph. 250-498-8840 🖯 Register for Show 'n' Shine Ph. 250

Sunday