



SKAHA MATTERS

"Bringing Community Matters To You"

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2015

Your FREE Monthly
Community Newsletter

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




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

For full advertising details and to send in a submission, please email skahamatters@telus.net.



A peaceful warm autumn day on Vaseux Lake.

Water - Sewer - Garbage & Recycling - Bylaw Enforcement - Permits



What services does the RDOS provide? What do they cost?
What's working? What's not?
Find out the details that affect you through **Fact Sheets** coming soon! Then, let us know your thoughts and give input through **Survey #1**.

What matters to you? Get involved & have your say!
A major concern in one community may not be of significance in another.
Area "D" covers Upper Carmi, Heritage Hills/Lakeshore Highlands, Skaha Estates, Apex, Twin Lakes, St. Andrews, NE Vaseux Lake, Okanagan Falls, Kaleden & surrounding areas. The Governance Study Committee is made up of citizens from throughout Area "D".

Curious about the Electoral Area "D" Governance Study?
Please visit our webpage at www.rdos.bc.ca & click on the Electoral Area "D" Governance tab on the right hand side.

Invasive Species - Regional Trails - Volunteer Fire Protection

Regional Heritage Strategic Plan - Official Community Plans

Transit - Parks & Recreation - Regional Growth Strategy - Bear Aware



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NOVEMBER 2015 COMMUNITY CALENDAR

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Call 250.490.6951 or skahamatters@telus.net

* Event info is included in this issue.



**Get Your Event
on the Community Calendar!**
Free Listing for Local Non-profit Groups.
Advertise Your Business Event Too!

Church Services* 1 OK Falls United Church 9am Anglican Church 9:30am Kaleden & OK Falls Community Churches 10am Catholic Mass 11:30am The Well 6pm	OK Falls Senior Centre* 2 Elections 1pm Blood Donor Clinic * Nov 2 & 3 1:30-5:30pm Governance Study * OK Falls Club Room 6:30pm	KalRec Budget * 3 Kaleden Hall 7pm OK Falls PAC * School Library 6:30pm Origami for Adults * OK Falls Library 6:30pm	Seniors Travel Tips * 4 OK Falls Library 10:30am OK Falls Senior Centre* Carpet Bowling Weds 1pm Skaha Bluffs Meeting * Penticton Lakeside 4-8pm SD#53 Forum 7pm*	OK Falls Lions Club 5 School Breakfast * OK Falls School 7:30am SO Genealogy Meeting Penticton Library 7pm *	Random Act of Kindness Day * OK Falls Legion #227* Meat Draws Fri/Sat 5pm	OK Falls Senior Centre* 7 Pancake Breakfast 8-10pm Zumba Gold @ * OK Falls Gym 9:30am OK Falls Legion #227* LA Monthly Bingo 1pm
OK Falls Legion #227 8 Open Darts 11am Sunday Funday 1pm OK Falls Senior Centre* Music Jam 1pm 2nd Sunday each month	OK Falls Parks & Rec 9 Floor Hockey Mondays Get Bent Yoga * Kaleden Church 1:30pm	Kaleden Kids Club * 10 Kaleden Hall Tues 2:45-4pm Kaleden PAC * School Library 6pm Origami for Kids * OK Falls Library 6:30pm	Remembrance Day * 11 In Okanagan Falls Ceremony at School 10am Service at Cenotaph 11am Luncheon at Legion follows	Fall Book Club * 12 Kaleden Church Helping Hand Food Drive & Registration * BC Winter Games * Torch Lighting Ceremony SOEC 6:30pm	Thermography * 13 Mobile Breast Clinic In Penticton OK Falls Parks & Rec Youth & Teen Night 7-9pm	Skaha Sewer Steering Committee Meeting * OK Falls Gym 9-11am Game On! * OK Falls Gym 3-5pm
OK Falls Legion #227* 15 LA Christmas Bazaar 9am LA Breakfast 8-11am	Women's Institute * 16 OK Falls Club Room 1pm OK Falls Revitalization Public Meeting * Senior Centre 7-9pm	Gentle Yoga * 17 Kaleden Hall Tues 9am OK Falls Senior Centre* 1st 3 Tuesdays Bingo 1pm Tuesdays Pool 6:30pm Stay Healthy Naturally* OK Falls Library 7-8pm	What's That Worth? * 18 OK Falls Library 10:30am Family Storytime * OK Falls Library Wednesdays 1:30pm RDOS OCP-D-1 * Kaleden School 5-8pm	Kaleden Library 19 Xmas Card Making * Kids 2:30pm / Adults 6:30pm OK Falls Senior Centre* Thursdays Scrabble 10am, Thursdays Bridge 1pm & Thursdays Crib 7pm	OK Falls Senior Centre* 20 Music & Coffee Wed/Fri 9-10:30am Flu Shot Clinic * OK Falls Senior Centre	OK Falls Senior Centre* 21 Drop-in Bingo 1-4pm
St. Barbara's Church 22 1st 3 Sundays at 9:30 4th Sunday at 1pm	OK Falls Lions Club 23 Regular Meetings * 2nd & 4th Mondays at 7pm OK Falls Legion	Tumble Bumble * 24 Kaleden Hall Tues 11-Noon Preschool Storytime * Kaleden Library Tues 10am LEGO Night * OK Falls Library at 6:30pm	Pharmasave's 25 Customer Day * Transit & Resources * OK Falls Library 10:30am Kaleden Ladies Weekly Drop-in* Kaleden Church Weds 1pm	OKF Heritage Meeting* 26 OK Falls Club Room 1pm LEGO After School * Kaleden Library at 2:30pm OK Falls Parks & Rec Active Kids Thursdays	Kaleden Community 27 Family Party * Kaleden Hall 6-9pm OK Falls Parks & Rec Youth & Teen Night 7-9pm	Homemade Craft Fair * 9-5 Legion Upstairs OK Falls Senior Centre* Pot Luck Dinner 5:30pm
OFWA Holiday Cheer 29 Open House * Wild Goose, Meyer Family, Noble Ridge - Nov 28 & 29	Delivery of 30 Skaha Matters by Canada Post	December 2015 Special Events December 5th ~ "Fill the Van for the Helping Hand" at Okanagan Falls IGA from 10am - 3pm December 5th ~ "Haircuts for the Helping Hand" at East Side Salon December 6th ~ "Christmas Festiv-ALL" Event from 4-6pm in Centennial Park, Okanagan Falls December 7th ~ Governance Study Committee Meeting at 6:30pm in OK Falls Club Room December 9th ~ Helping Hand Christmas Hamper Registration Deadline				Skaha Matters Submission Deadline By Nov 20th.



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~ Steven Spurrier



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Tom Siddon
Director of
RDOS Area 'D'



FROM THE DIRECTOR

"At the going down of the sun
and in the morning,
We will remember them!"

Laurence Binyon, 1914



As we reflect on these familiar words from Laurence Binyon's moving poem, "For the Fallen", we are reminded of the thousands of young Canadians who made the ultimate sacrifice over the past 100 years, in defense of our rights and freedoms as Canadians. One of the most compelling of these is the privilege of choosing how, and by whom, we are to be governed.

On October 19th, Canadians chose a new course and a return to some long-held

Liberal values by electing Justin Trudeau to serve as Canada's 23rd Prime Minister. My very best wishes go out to Prime Minister Trudeau and his newly-appointed Cabinet colleagues, as they begin to tackle the many formidable challenges which will confront our Nation during the days ahead, and in ways that will influence our respected reputation in the world for years to come.

At the same time, I want to extend my compliments to our newly elected Member of Parliament Mr. Richard Cannings, who will represent our constituency of South Okanagan-West Kootenay, sitting as a member of the New Democratic Party. Mr. Cannings is a highly qualified and well-respected gentleman, who will represent us well in the Parliament of Canada.

I also want to congratulate our former MP Dan Albas on his successful re-election as MP for the new constituency of Central Okanagan-Similkameen-Merritt. Thanks Dan to you and your Leader, the Rt. Hon. Stephen Harper, for serving us so diligently during the past several years.

Finally, I know you will all join me in expressing our gratitude to all those who offered their time and commitment to stand as candidates for office in the recent elections. It takes good candidates to make democracy work!

Now on to the business at hand in Area 'D'. At our local level of democracy in action, there are a number of significant public events planned during the weeks ahead.

Kaleden News ~ At the time of this writing, an important public information meeting was to be held at the Kaleden Community Hall on Thursday, October 29th from 5:00-7:30 pm. This event was hosted by Rogers Communications Ltd. to describe their proposed installation of an 18 metre (about 40 ft high) wireless communications tower on Greylodge rock, at a location roughly 200 metres northwest of the Kaleden Elementary School. Rogers is following a mandatory public consultation process as required by Industry Canada, with input from Health Canada and the RDOS. Residents who might have missed the meeting and have questions about the proposed tower should contact Chad Marlatt of Cypress Land Services at (855) 301-1520, or call Shona at our office: (778) 515-5520 for a detailed information package.

The Kaleden Recreation Commission and Kaleden Community Association have held several working sessions to prepare their proposed Budget projections for the coming year. As is their usual practice, **Kal Rec will host an Open Public Meeting to discuss the budget proposals on Tuesday, November 3rd at 7 pm in the Kaleden Hall.** I hope interested residents will come out to learn about the new budget items being proposed.

In recent weeks, Kaleden residents may have noted the bright reflective markings which have been added to the curbing on the Lakehill walkway. Work is also underway to resolve the storm drainage issues at the bottom of Lakehill Road. Lakefront park facilities have now

been winterized and plans are underway to get the new accessible washroom facilities up and operating before springtime.

Okanagan Falls News ~ The Okanagan Falls Parks and Recreation Commission have also been working on budget plans for the coming year. The recently acquired "Lamb" house on the shores of Skaha Lake has been upgraded and rented out on an interim basis, while the Parks Commission contemplates a range of park development possibilities for this waterfront property at the foot of Willow Street. Extension of the lakeshore pedestrian walkway through the "Lamb" property has been identified as a high priority by the Parks and Rec Commission.

Regarding the **Town Center Revitalization Project**, our planning consultants, Counterpoint Communications and Urban Forum Associates will be presenting their final report on the recent design charrette at an **Open Public Meeting on Monday, November 16th from 7-9 pm at the Okanagan Falls Seniors Centre.** You are invited to an interesting and informative evening where the consultants will present specific land use proposals and possible re-zoning options to facilitate the desired Town Centre Plan. Without an effective "implementation strategy" we will not be able to create a disciplined approach to the proposed future layout for the town centre.

My congratulations to Janet Black and her Age-Friendly Planning Committee on completion of the new concrete "accessible ramp" at the north end of the OK Falls Community Centre. This project was funded with a capital grant from New Horizons Canada, with construction assistance provided by School District #53. An official opening and "thank you" luncheon was hosted by the Age-Friendly Planning Committee at the Community Centre on Friday, October 16th.

OCP Progress for Area D-1 ~ The Citizen's Committee, Ecoplan Consultants and RDOS staff have been making great progress toward completing their report on proposed amendments to the Official Community Plan and zoning bylaws governing future land use on the west side of Area 'D'. 'D-1' is a vast area to the West of Skaha Lake, extending North from the White Lake basin through Twin Lakes and the Marron Valley to Green Mountain Road and Apex Mountain. Many important policy changes and technical improvements have been recommended to update the previous (1999) version of the OCP.

The OCP committee, with our staff and consultants, will host a presentation of the proposed OCP changes at a **Public Information Session at the Kaleden Elementary School on Wednesday, November 18th from 5-8 pm.** All interested residents of Area 'D-1' are invited to attend.

Skaha Estates/Kaleden Sewer Servicing Project ~ Now that the federal election is over, new funds are expected to become available for major infrastructure projects, especially those that offer significant environmental benefits. In fact, we just learned that a new round of Building Canada Infrastructure grants will be open for applications early in 2016. Therefore, I have called members of our **Sewer Steering Committee** to a special planning session at the OK Falls Community Centre on **Saturday, November 14th from 9-11 am.** If you have not received an invitation but would like to attend, please call Shona at the office: (778) 515-5520.

Well, that's it for this month. I hope to see many of you at the **Remembrance Day Services** which start at the Okanagan Falls Community Centre at 10 am on November 11th. After prayers, hymns and brief remarks, there will be a short march to the Cenotaph led by the 'Colour Party' for the 11 am "Last Post" and wreath laying. My compliments to the Okanagan Falls Canadian Legion Branch #227 for once again hosting this annual Service of Remembrance.

Let's not forget!!

Tom Siddon, RDOS Director Area 'D'

Cell: 250-809-2548 // Penticton Office: 250-492-0237

Email: tsiddon@rdos.bc.ca // Website: 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

It's fall, and time to savour our agricultural riches

By Linda Larson, MLA for Boundary-Similkameen

After a very long, dry summer we are still experiencing a relatively dry fall. There has been a bit of rain and cooling of temperatures, but I am, as many of you are, still concerned about our forests and what the next year could bring. Whether we like it or not, we should all be wishing for a lot of snow this winter.

Fall is an incredibly busy time for our mainly agricultural area. The abundance of the ground crop harvest greets us with piles of pumpkins and squash everywhere, and the smell of grapes being crushed reminds us of the huge success of the BC wine industry.

The Festival of the Grape held in Oliver on the first weekend in October brings together the greatest representation of wineries and grape growers in the province. This event has built on its successes year after year with a dedicated committee and wonderful volunteers. Congratulations to all for another successful event.

Keeping with the agricultural theme, in August the Harker family in Cawston received Canadian Food Hero recognition by Slow Food in Canada. Slow Food is an international organization with members in 150 countries whose mission is to recognize growers (or individuals) who promote good, clean and fair food by actively and positively contributing to a healthy food system.

Sara Harker was quick to acknowledge that the Harker family has a long history of producing organics in the Similkameen. They have been recognized provincially and nationally for their work in raising the profile and benefits of organic produce.

Small businesses are also celebrated in October and nominations are now being accepted to recognize those businesses who are exceptional. We all know the value of small businesses in our rural communities and the services they provide. If you would like to nominate a small business for special recognition, go to <http://ow.ly/TA7XU> and follow the instructions.

The Registered Disability Savings Plan initiative has been very successful in BC. Hundreds of people who qualify have taken advantage of the RDSP and more than \$1 million has already been saved for the future of those with a disability.

A special event will be held in October to recognize the hard work of the steering committee and some of the individuals who are participating in this program. The participation in BC is far ahead of the rest of Canada. If you know anyone who could be helped by this plan, go to ow.ly/STPCr@planinstitute for information on registering.

Five-thousand Parent Advisory Councils around the province have received a share of \$135 million to use for the students in their schools. These volunteer committees of parents use these funds to add to the education of students by providing access to extracurricular activities that improve the school experience for all students. As with volunteers in all areas of community life, the value of PACs is immeasurable. Thank you to all the parents and guardians involved in this program.

As we move into November and the time of remembrance for all who have, or continue to be involved in our armed forces, a bright spot was enjoyed by the community of Oliver with the planting of 700 tulip bulbs in the Veterans Memorial Garden at the Oliver Cemetery. The bulbs were awarded to the Town of Oliver, as one of 140 communities in Canada to receive this gift in recognition of the involvement of Canadians in the liberation of Holland 70 years ago. Students from OES and SOSS along with veterans, family and friends took part in the planting. Special thanks to the Legion and Future Gardens for their work in organizing this special day.

In keeping with this theme, I would like to recognize Andy English and Jennifer Douglas from Hedley for the research work and organizing of the event in August to recognize the Hedley Boys - 17 men who, on Aug. 25, 1915, joined the Canadian Forces fighting in the First World War. The community of Hedley invited the descendants of those 17 to a special re-dedication of the Cenotaph exactly 100 years later on Aug. 25, 2015. The community continues its efforts to raise funds to refurbish the memorial to honour all veterans from Hedley who have lost their lives in the defence of democracy.

Please take a moment on November 11th to think about all those who have in the past and those who currently protect our freedoms.

A Letter From Richard Cannings

Dear Editor,



I would like to thank the voters of South Okanagan-West Kootenay for the trust you have placed in me by electing me as your Member of Parliament. I am humbled by your support and will work hard for all the people of South Okanagan-West Kootenay. My office door will always be open, and I pledge to not only take your concerns to Ottawa, but to actively seek out your ideas on how we can make this region an even better place to live.

I would also like to thank the hundreds of volunteers who worked for my campaign, and the volunteers who worked for the other candidates. Democracy only works when people are engaged, and this election campaign certainly saw Canadians get involved in record numbers. We should be proud that our riding had one of the higher voter turnouts of 73.4 per cent.

I also congratulate the other candidates - Connie Denesiuk, Brian Gray, Marshall Neufeld and Samantha Troy - for putting their names forward and campaigning in a fair and collegial manner. After a year and a half of meeting each other at events across the riding, we came to know and respect each other - we all love and care for this region and our country despite what political differences we may have.

It will take a few weeks to set up my local offices; in the meantime please feel free to contact me through an interim email address: richard.cannings@ndp.ca.

Regards, Richard Cannings

Member of Parliament

South Okanagan-West Kootenay



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Shona Schleppe

Area 'D' Community Services Office

with Shona Schleppe, Rural Services Manager

What a beautiful fall season! I had a fabulous guided tour of Apex Resort and was fortunate to witness the fall colors. This resort is overflowing with hospitality and opportunity - I met General Manager James Shalman and his team, viewed some beautiful homes and now I am eager to slap on the boards as soon as the snow flies!

Counterpoint Communications will be presenting on the Okanagan Falls Town Revitalization. This will include some designs and recommendations for next steps. We encourage the community to attend - help shape the future of our town! Join us at the Senior's Centre on Monday, November 16th from 7-9pm.

The Governance Committee has been hard at work - the Study is underway! Please note, all Governance Committee meetings are open to the public - the key to this project is citizen involvement! For updates and details of the next meeting, visit www.rdos.bc.ca and click on Area "D" Governance Study.

The Official Community Plan for Apex/Kaleden (OCP D-1) review is now in the final stage, a special acknowledgement to the commitment displayed by the Citizen's Committee, RDOS staff and the consultants. A Public Meeting is slated for Wednesday, November 18th from 5-8pm at Kaleden Elementary School. To review the 'draft' documents, please refer to www.D-1update.ca

Director Siddon and RDOS will be recognizing the commitment and dedication of our Area "D" volunteer firefighters on Thursday, November 19th. We all appreciate their hard work in keeping our community safe!

Time to shout out to Janet, Nancy, Elaine and volunteers for their efforts on organizing the Age-Friendly programs and resources for the community. We celebrated with a luncheon, the opening of the ramp at Okanagan Falls School (New Horizons and School Board) and have a continued commitment to address recommendations from the Age Friendly Plan. Don't forget to register for the Seniors Directory and Newsletter by calling 250-497-8188.

Look for an update on Deer Management, after an initial workshop in January 2015 which led to 22 recommendations presented by UBCM to the Province. The Province has responded and will provide funding to address urban deer management issues and tools. A South Okanagan Deer Committee has been established to further consult and propose projects for socially acceptable urban deer management solutions. Any project would require review and permitting by the Ministry of Forests, Lands and Natural Resource Operations, in accordance with the Wildlife Act.

A centrepiece of the Provincial Trails Strategy is the Kettle Valley / Columbia and Western Railway rail trails routes that form the basis of the Trans Canada Trail (TCT) through the Thompson Okanagan region. Thompson Okanagan Tourism Association (TOTA) in association with Destination BC, Recreation Sites and Trails BC, Trails BC, British Columbia Cycling Coalition and Cyclo Touring BC Program, is coordinating a Thompson Okanagan Regional Rail Trails Tourism Strategy. Watch for the unveiling of the Strategy, completion target is end of November. More information at www.totabc.org.

BC Parks is drafting a management plan for Skaha Bluffs and are looking for feedback. Please take the opportunity to comment on the draft management plan and express how you would like the park to be managed, this processes closes on November 30th. There is a Public Meeting scheduled for November 4th. For more details, check <http://www.env.gov.bc.ca/bcparks/planning/mgmtplns/skahaBluffs/skaha-bluffs-mp.html>

The Fall is also the time for RDOS Strategic Planning and Budgeting. Area "D" is involved in these meetings and will share any updates to the community.

Lastly, check out the programs offered by Kaleden and Okanagan Falls Recreation - something for everyone to stay or get active!

Please drop by the Community Service Office (#1 - 5350 9th Avenue, Okanagan Falls) to share a story and a cup of coffee!

Area "D-1" Official Community Plan Update



OPEN HOUSE

Wednesday, November 18th, 5:00 - 8:00 PM
Kaleden Elementary School
152 Linden Avenue, Kaleden

RDOS staff, a volunteer Citizens Committee, and other stakeholders have been working hard on updating the Official Community Plan (OCP) for Electoral Area "D-1" for the past year.

Come and see how your ideas and concerns were included and addressed and tell us what you think of the draft OCP.
It's your home. It's your plan.

For more information please contact Tom Siddon, Director, Electoral Area "D" at tsiddon@rdos.bc.ca or 250.809.2548, or contact Evelyn Riechert at the RDOS at eriechert@rdos.bc.ca, 250.492.0237

You can also visit the RDOS website at www.rdos.bc.ca, or visit the project website at www.D-1update.ca

Homemade Country Craft Fair

9-5 on Saturday, November 28th
Upstairs in the Okanagan Falls Legion Building

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Area "D" Governance Study

with Bob Daly, Chair

To residents and property owners in Apex, Heritage Hills/Lakeshore Highlands, Kaleden, Okanagan Falls, Skaha Estates, St. Andrews, Twin Lakes, Upper Carmi, Vaseux Lake, and surrounding areas.

Have you wondered what services the regional district provides or how decisions are made about those services? What the cost of services is and how to have your say in decisions affecting your local community?

Over the next several months, the Area "D" Governance Study will provide you with answers to these questions, and offer opportunities for residents and property owners in the communities of Area "D" to share their perspectives: What's working? What's not? Why?

Ultimately, the Study will explore and propose options within the current regional district structure to improve the way in which Area "D" is governed and the way your local services are delivered.

The first step in the process will be for the Committee and the consultant engaged by the Committee to provide you with a series of summaries, or Fact Sheets, of the services the RDOS provides to the communities in Area "D". Each summary will explain the service, how it is delivered, how decisions are made, and what it costs.

By checking the RDOS Website and through successive articles in Skaha Matters and Apex Matters, you will find a series of Fact Sheets about governance and your local services including: Water; Fire and Emergency Services; Sewer; Solid Waste; Bylaw Enforcement; Planning and Building Inspection; Parks, Trails and Recreation; Library; Transit; and Electoral Area Governance. These Fact Sheets will also be available at convenient locations in your communities.

Early in 2016, and following the publication of all the Fact Sheets, the Governance Study Committee will be asking for your ideas on RDOS services and governance through your participation in the first of two surveys and a Governance Forum Open House and Roundtable Discussion. Watch for posters and advertisements in the New Year.

If you will be away for all or part of the winter and want to stay involved with the Governance Study, you can participate, including with the surveys, by regularly checking the RDOS Area D Government Study webpage under "popular links" at www.rdos.bc.ca. Also, continue to read Skaha Matters and Apex Matters online for current information.

The Governance Study Committee continues its regularly scheduled meetings, which are open to the public. The next two meetings are Monday, November 2nd and Monday, December 7th both at 6:30pm in the Club Room at the Okanagan Falls Community Centre Gym.

Get Information. Get Involved. Have your say.

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RCMP Community Report



Winter Tires - Get a Grip

So far, the great weather has been hanging on in the Okanagan Valley, but we all know that winter is right around the corner and can strike at any time, especially in the mountain passes.

It is also the time of year when many people ask, "Do I really need winter tires?" And, the answer is YES. Here is why: Rubber tends to harden in cold weather, thus reducing friction and stopping capability of the vehicle. The new generation of winter tires maintain their elasticity and gripping power at lower temperatures (-35°C and below), whereas all season tires tend to stiffen and lose gripping power around 0°C. The improved gripping power translates to shorter stopping distances and better vehicle cornering and control. That could be the difference between a safe stop and a fender bender or worse.

Another frequently asked question ... "Are all season tires considered to be winter tires?" The answer is NO. Winter tires will have a symbol of a mountain peak with a snowflake. Tires marked with the letters M + S, or mud and snow, often found on SUV / pickup tires, may provide safe all-weather condition, and are considered a winter tire, but are not always suitable for severe snow conditions. Consumers should research their tire options and make an informed decision that may save lives on an icy road.

BC Law ... What is a winter tire? - Motor Vehicle Act Section 208

- For the purpose of this section, "winter tire" means a tire that is:
 - advertised or represented by its manufacturer or a person in the business of selling tires to be a tire intended principally for winter use, and that provides, or is designed to provide, adequate traction in snow or mud; and
 - in the condition respecting tread wear and other particulars the regulations prescribe.
- The minister responsible for the administration of the Transportation Act may, by public notice or by placing signs, prohibit vehicles from being driven or operated on a highway that are not equipped with chains, winter tires or sanding devices, or a combination of these the minister considers adequate and necessary in view of prevailing road conditions.
- For the purposes of a prosecution under this section, the onus is on the defendant to prove that a tire alleged not to be a winter tire is in fact a winter tire.

When Should You Install Winter Tires and/or Carry Tire Chains?

British Columbia's climate ranges from freezing cold to pleasantly mild in the winter. Equipping your vehicle appropriately depends on what you are driving and where you are driving. Most BC highways require passenger vehicles to use M+S or Mountain/Snowflake tires, and commercial vehicles to carry chains between October 1st and March 31st (new dates this year). The roads in the Okanagan Valley bottom, as well as the mountain passes, are now included in this requirement. Visit www.drivebc.ca for more information on winter tires, winter driving and the designated Winter Tire and Chain-Up Route maps. There are very few sections of highways in British Columbia (select locations along southern coast) that do not require winter tires or chains during the winter.

Now is time to get your vehicle ready for winter ... Don't wait until the snow starts falling to equip your vehicle with a proper set of tires. Learn and practice winter driving techniques before you need them. SLOW DOWN and WEAR your seatbelt.

Rick Dellebuur, Crime Stoppers & Community Policing Coordinator
Direct: 250-490-2374 // Crime Stoppers: 1-800-222-8477 or sostips.ca



Kaleden Volunteer Fire Department Update



Fire Prevention Week - October 4-10 ~ It was an exciting time at Kaleden Elementary School during Fire Prevention Week. The KVFD conducted a Fire Drill practice on October 6th and then two lucky girls got rides to and from school on the Fire Truck at the end of the week. Gabby was the Chief of the Day and Amey was the Assistant Chief!

Open Burning Reminder ~ Although Open Burning is now allowed, a permit must be obtained to do so. Permit holders must confirm that burning is allowed on a particular day by checking the Air Quality and Venting Index on the RDOS site at www.rdos.bc.ca.

Okanagan Falls Irrigation District News

with Bob Daly, OFID Chair

A Special Thanks ~ to Okanagan Falls Heritage and Museum Society for their donation of \$1000 to the Band Shell Fund.

Planning ~ One of the major elements of planning for 2016 is for the installation of a system of shut-off valves which will isolate smaller parts of the system. This will result in reducing the disruption to water users in the event of emergencies. This project will take place over the next two years.

Centennial Park Beautification ~ It has been a number of years since work has gone into Centennial Park other than routine maintenance. With the addition of the beautiful band shell, and the increased use of the park, it is clear we have some restorative work to be done on the lawn and improvements to be made around the park. Planning is underway, and the Irrigation District welcomes any suggestions you may have toward the improvement of the park. This work will begin this fall and continue next spring.

In addition, the Irrigation District would like to increase the number of memorial benches in the park, similar to the existing concrete benches, if there is enough interest from the public. If you are interested in being a donor, contact the office for more information.

OFID Information ~ For information about any matter related to Okanagan Falls Irrigation District, be sure to check our website or call our office.

OKANAGAN FALLS IRRIGATION DISTRICT

1109 Willow Street | P: 250.497.8541 | E: ofid@telus.net

Office Hours: Tues/Thurs 8:30 - 4:30 (Closed 12-1)

www.okanaganfallsirrigationdistrict.ca



Holiday Cheer Open House

November 28 & 29, 10:00 - 4:00pm



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Popcorn & Drinks
For a Loonie!

Saturday, November 14th
3:00 - 5:00 pm

Bring your family down to the Okanagan Falls School Gym and duel it out for bragging rights in our Sumo, Super Hero, or Gladiator Challenges.

This special afternoon is geared for all ages, with a Bounce House for Pre-schoolers.

HEY TEENS! Parental waivers must be signed before participating. Kids 11 & under require parental supervision.
No pre-registration needed.



250.497.8188 info@okfalls.net www.okfalls.net

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New Access Ramp

with Janet Black, Recreation Supervisor

The Regional District of Okanagan-Similkameen is pleased to announce that Okanagan Falls Parks and Recreation has received a grant from the Government of Canada under the New Horizons for Seniors Program to build a wheel chair ramp, which will provide universal accessibility to the community centre.

The mission statement of the Okanagan Falls Parks and Recreation Commission is to enhance the quality of life for Okanagan Falls and District residents by partnering, planning and delivering a wide range of superior parks and recreation facilities, services, programs and community events.

The community centre is a hub for community based events, such as recreation programs, meetings and various club activities. The new ramp will help facilitate participation from seniors and members of the community who are mobility challenged. The goal of the community is to expand the health and wellness programs to include people with mobility issues. A key success driver for the RDOS is to develop socially, economically, and environmentally sustainable communities throughout the region. The addition of the wheel chair ramp in Okanagan Falls is a great example of working towards this goal.

On a final note, this access ramp was identified as an important need in the community through the feedback obtained in the Age Friendly Survey that was conducted in June 2014. This is what the community wanted and we were able to get it done through funding with this Federal grant, plus the partnership of all the labour being provided by School District #53. Thank you everyone for your input and part in bringing this to vital project to fruition.

For more news on Age Friendly initiatives, sign up for our Age Friendly Newsletter by calling 250-497-8188 or email info@okfalls.net.



Left to Right - Shona Schleppe, Judy Mortenson, Elaine Chernoff, Vickie Hansen, Nancy Wigley, Thelma Detjen, Janet Black, Mary Findlater, and Edward Findlater.

Christmas Festiv-ALL!

Sunday, December 6th 4-6 pm

Do you want to get involved in the Okanagan Falls Community Christmas event? Volunteer your time or have your business included? Contact Nancy at Okanagan Falls Parks & Recreation by email to info@okfalls.net or call 250-497-8188. Full Christmas event information will be included in the next Skaha Matters.



An Okanagan Falls Healthy Communities Special Feature

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



Join These Active Older Adults!

Zumba Gold® is in Okanagan Falls! Come out and get moving with Stephanie Ryan of Oliver. As one participant said, "I come for the music!" Drop-ins are welcome for a fee of \$10 or you can pay \$30/session. This session is held on Saturdays at 9:30am in the OK Falls School Gym and runs through December 5th. Zumba Gold® brings popular Latin and International dance rhythms to an easy exercise routine. This is a beginner's class for the active older adult who loves to dance!

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

OK Falls Hotel Pub & Grill



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Spotlight on Volunteers!

Meet the Interior Savings Staff

Thursday, October 15 was the 2nd Annual Interior Savings Day of Difference - a day when Interior Savings spends the morning welcoming members into branches with treats, and spends the afternoon out in the community to help make a difference.

"For 75 years, we've been building our business to give back," says Kathy Conway, Interior Savings' CEO. "On this particular day, we're giving back by rolling up our sleeves - every one of us, and physically getting out there."

As a credit union and co-operative, Interior Savings integrates sharing profits with members and building stronger communities right into its business model. Interior Savings formalized its commitment to being an active and contributing member of the community by setting aside an afternoon for all employees to get out into the community and volunteer. Interior Savings' Day of Difference is now an annual tradition.

"I'm proud of the way we do business every day," says Sonya Barker, Community Relations Coordinator, "but this day is about teamwork, hands on support and giving back to our communities. If members see us volunteering, I hope they'll feel proud to be part of a credit union that is dedicating time to make a difference."

Interior Savings was founded in 1939 by 20 members with deposits totaling \$96.50. Today, Interior Savings is the largest credit union based in the Interior of BC with assets exceeding \$2 billion. Through its 21 branches, 15 insurance offices, Member Service Centre, and two Commercial Services Centres, the Credit Union offers personal and commercial banking and a full range of insurance and wealth management services to members in 14 communities.



In 2014, the Okanagan Falls team volunteered at the Okanagan Falls Heritage and Museum Society helping with gardening and yard clean-up. In photo: back row l-r; Helen Shemilt, Angie Duncan, Bob MacDonald (from Kelowna), Cathy Talman, Karon Regamble (now in Oliver); front row l-r: Deanna Baskett and Holly Hoy.



In 2015, Deanna, Helen, Angie and Holly tested out their artistic skills by helping the Okanagan Falls Parks & Recreation with their Parks Mural Project in Christie Park and Kenyon Park. Watch for their mural on display soon.

Volunteers Making A Difference

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

Are you new to Kaleden?



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What Is Iyengar Style Yoga?

By Wendy Goudie, Owner of Get Bent

Yoga has become very accessible over the last decade. Many people, of all ages and abilities have found a class, teacher, studio space and style of Yoga they really enjoy and through practice, receive great physical and emotional benefits. How does one sort out all the different styles? Start by asking friends that are already attending a class, talk directly to the instructor or program coordinator, and as always in our age of technology - do some research on the internet. And for today, read on!



Variations of a leg stretch using Iyengar Yoga.

Get Bent runs classes seven days a week in Penticton, as well as Chair Yoga classes at the Kaleden Community Church (Mondays 1:30 to 2:30 pm until December 14th), which brings us to the Iyengar style.

Developed by practitioner, Yogacharya B.K.S. Iyengar, these classes focus on alignment. The idea is that poses are possible for everybody, because it's not necessarily about "the pose", rather the benefit one can receive from the alignment. There can be several people in one class, all working on the same alignment, but each doing a different variation, as each body is unique. An example would be sitting with legs straight in front and touching your toes. For some - no problem. For others - not happening. Some people may sit and have a strap around their feet and in each hand (like reigns on a horse) if they can't reach their toes. Others may sit in a chair with a leg up. These three variations are all of the same pose, the benefit bringing length to the back of the legs (hamstrings and calves).

The Kaleden Chair Yoga classes are based on this, and allow for safe and comfortable poses that are easy to understand. Iyengar style Yoga is meant to accommodate and take into account each body's needs, tension, injuries and habitual posture. The mental exercise of focusing directly on specific points, in order to gain a deeper understanding of one's body is a powerful step in creating self awareness and a stronger mind body connection.

Talk to Janet at the Okanagan Falls Parks and Recreation or the Get Bent office for more information on Yoga classes in Penticton, Okanagan Falls and Kaleden.

Wendy Goudie, owner of Get Bent, created the Chair Yoga program in 2004 and provides training courses and guest lectures for retirement facilities, seniors groups and health care workers. Get Bent offers Chair Yoga classes throughout the week at retirements homes and in their home studio, in the Cannery Trade Centre. Contact Get Bent at 250.462.1025 or www.GetBentRec.com.



Contact Okanagan Falls & Rec at 250-497-8188 or www.okfalls.net

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Free admission

Sponsored by Kaleden Community Church
Any questions? Call 250-497-5995



Kaleden Update
PARKS & RECREATION

with Kim Denis, Kal-Rec Board Member

The Kaleden Parks and Recreation Commission has been engaged in the 2016-2017 budget process and is now asking the community for input. On Tuesday, November 3rd at 7 pm in the Kaleden Community Hall, we will be presenting a preliminary budget. Once presented, the preliminary budget will be discussed, possibly adjusted, and we will respond to your ideas and advice. Community engagement is a two way dialogue and we invite you to attend.



Aubree and Mom Sara making drums at Tumble Bumble in Kaleden. Join this active play for preschool children held at Kaleden Community Hall on Tuesdays at 11:00am.



Kaleden
PARKS & RECREATION

250.497.8188

kalrecinfo@rdos.bc.ca

kal-rec.ca

Budget Meeting

7pm November 3rd

Kaleden Community Hall

Everyone Welcome!



\$20 for 2nd Session
Runs Nov 10th - Dec 1st
2:45 - 4:00 pm
Kaleden Community Hall
Please pre-register

Gentle Yoga with Carrie Few
Tuesdays at 9:00 am
Kaleden Community Hall
Drop-in welcome
\$10/person



What is Chelation?

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



I am often asked - What exactly is Chelation therapy? To answer this question, the following article will explain the basics of this therapy and how it may benefit your health. To *Chelate* means to remove unwanted toxic metals and mineral from the body. This is accomplished with various Chelating agents that can be administered in either a pill form or through intravenous therapy. Research to date supports the use of *intravenous chelation* as the most effective and safest method of detoxifying body heavy metal burden. It may

take 10 or more treatments to remove toxic metals such as lead, mercury, arsenic, aluminium, cadmium, nickel, and tin. With proper testing, almost everyone today is found to carry some level of toxic metal load in their bodies.

Some people naturally detoxify more effectively than others. And, it has been determined that many chronic illnesses are associated with heavy metal toxicity (likely more prevalent in those who do not naturally detoxify metals easily). In particular Autism, Alzheimer's disease and other neurological diseases, cardiovascular disease, kidney disease, and possibly cancer (to name a few), may be associated with metal toxicity. A recent study from the University of Michigan found that "exposure to mercury stood out as the main risk factor or autoimmunity". (Environ Health Perspect; DOI:10.1289/ehp.1408751 Mercury Exposure and Antinuclear Antibodies among Females of Reproductive Age in the United States: NHANES Emily C. Somers,1,2,3 Martha A. Ganser,1 Jeffrey S. Warren,4 Niladri Basu,2,5 Lu Wang,6 Suzanna M. Zick,7 and Sung Kyun Park2)

Mercury is particularly toxic to the entire body, but has been specifically identified as a neurotoxin, kidney toxin, and immune system toxin. There are no safe levels of this metal in the human body. We accumulate mercury from dental amalgams, contaminated seafood, fungicides, pesticides, batteries, cosmetics, coal mining emissions, and many other industrial sources.



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Dr. Tamara Browne, Naturopathic Physician

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www.facebook.com/chelationokanagan

Historically, Chelation was first administered by intravenous infusion around World War II as a poison gas antidote and to remove lead from the bodies of industrial workers. It was observed that many of the patients who received Chelation therapy also had general health improvements and in particular had improved blood flow dynamics. Symptoms such as angina, intermittent claudication (leg pain with walking), poor memory, eye sight and hearing, all improved with this therapy. Research since this time has consistently shown improvement in cardiovascular disease symptoms and a reduction in the risk of heart attack and stroke. A recent NIH (National Institute of Health) clinical trial in the U.S. (the TACT trial) showed an overall 18% reduction in clinical events, such as heart attacks and strokes in patients who had previous cardiovascular disease. These numbers were even better in a sub-group of Diabetic patients in which the clinical events were reduced by 39%. This was based on a total of 40 intravenous chelation treatments. These infusions last 90 minutes to 3 hours each and are administered from 1-3 times weekly.

Chelation is a medical therapy that is effective for both toxic metal removal and cardiovascular disease prevention. It is administered by Physicians with specialized training in this area and in BC is approved for use by the College of Naturopathic Physicians of BC under the Ministry of Health. Doctors who offer Chelation therapy have advanced training and certification in this area. It is not a stand-alone therapy and works best when accompanied by a holistic approach addressing lifestyle factors such as exercise, diet, nutraceutical supplementation, and stress management. Naturopathic Physicians are the trained and experienced physicians in lifestyle approaches to health and wellness. For more information, call or stop by the *Natural Family Health Clinic* in Okanagan Falls at 1040 Main Street or call 250-497-6681.

Please join Dr. Browne at the local Okanagan Falls Library on Tuesday, November 17th, 2015 from 7-8 pm for a free presentation on **"Staying Healthy the Natural Way"**. I look forward to seeing many of you there and answering your health related questions.



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with Dee-Anne Jalava, Seniors Wellness Practitioner

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In this photo, the client is enjoying an upper body massage. This chair massage is a specialized form of relaxation massage that is customized to the unique needs and preferences of seniors. The massage is performed while the senior is in a seated position - on a portable massage chair. The client remains fully clothed and no oils are used. Massage is particularly helpful in increasing circulation and mobility for senior clients. The gentle, compassionate nature of the massage creates a wonderful sense of connection and makes it ideally suited for clients that are challenged with chronic pain, stress, and a sense of isolation.



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Perry Tompkins, Pharmacy Mgr

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Influenza and Pneumonia Vaccinations ~

With the colder temperatures coming, many people have been asking about the availability of publicly funded flu shots, which are distributed annually by Interior Health to community providers, including pharmacies, typically beginning in late October. Currently, the 2015/16 vaccination campaign is slated to begin November 2nd, although many individuals prefer to receive their shots a little earlier.

Vaccination is available FREE to eligible individuals including adults aged 65 and older; women at any stage of pregnancy; individuals of all ages with chronic diseases of the lung such as asthma, COPD, cystic fibrosis; individuals with diabetes, heart disease, kidney disease, liver disease and anemia; individuals with cancer and those taking medications that lower immunity; residents of assisted living or care homes; and healthcare workers and first responders. Anyone considered a household contact of the above individuals also qualifies. So basically, its pretty difficult to find someone who doesn't qualify for a free flu shot!

If you or someone you know are eligible for vaccination, or are unsure about your eligibility and have questions about influenza and pneumonia, please call us or drop by and we will be happy to assist you.

In closing, while the flu shot is an effective way to reduce the risk of hospitalization from influenza, its not 100% effective and if you are unlucky enough to be stricken with the flu, plenty of fluids, bed rest and Tylenol for headache, fever, sore throat and muscle ache remain the best supportive measures to help you feel better. Here's hoping you are flu-free this season!

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Fire Safety Prevention Week 2015: Get Out Alive Event

Special thanks to our Okanagan Falls Volunteer Fire Fighters who made possible the annual Fall Get Out Alive Fire Safety workshops for K-7 students. Over 100 Fire Safety Plans were completed by students with family support and these were reviewed by firefighters during class workshops reinforcing essential fire safety tips. All plans were put in a draw with three lucky students being chosen to receive a fire truck trip to school and the grand prize being a shiny new Huffy bicycle!



On Left - Congratulations to Fire Chief: Sydney Hutchison (middle); and Deputies: Hailey Wagstaff (left) and Mylee Robbins (right). On Right - Fire Chief Sydney Hutchison, Principal Ms. McCall & the Huffy Bike Prize!

"It takes a Community to raise a Child!" Contact us today if you wish to register your child for our optimal learning experiences or if you can share a moment of your time to contribute to our Community School. Please visit www.sd53.bc.ca/OkanaganfallsElem



Blood Donor Clinics November 2 & 3

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

To donate BY APPOINTMENT, call 1-888-2DONATE
OR www.blood.ca *It's in you to give!*

Okanagan Falls StrongStart Centre

with Samantha James

In November, we have special guests joining us once again. A Dental Hygienist will be here on Thursday, November 5 and the Health Nurse on Thursday, November 19th, both at 10:00 am. Bring your questions. Our project this month is "Princes and Princesses". Please Note: We will be closed for Remembrance Day on Wednesday, November 11th. 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 2015/2016 school year. For more information, please call Sam at 250-497-5414 extension 1.

School Report By Reece Rowland (Gr 7 Student)

At Okanagan Falls Elementary School there was recently a belly dancing group from "Get Bent" that came to the school and worked with all of the classes. The dance leaders taught all of the classes how to belly dance. At the end of the day every class did a performance in front of the whole school, which was a huge success!



At the end of September, there was a district cross country meet in Oliver. Okanagan Falls School did pretty good this year. There was only one boy from OK Falls School in the 12 year old age group, Reece Rowland!



On Friday October 16th, there will be a district soccer tournament. The boys went to Oliver and the girls went to Osoyoos. Many thanks to Coach Palmer, Coach Leochko, and Principal McCall for their support. All teams showed great teamwork and sportsmanship!



OK MINI SCHOOL

Our M/W/F class is now full. We have a wait list for a possible T/Th class, if you are interested please let us know. Our Poinsettia Fundraiser to support the preschool is starting soon. If anyone would like more information or want to place an order, please contact Bonnie.

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

OK Mini School and StrongStart joined together for our annual bus ride to Matheson Creek Farm on Friday, October 16th. A total of 60 participants enjoyed an active scavenger hunt, a wander through the pumpkin patch, and then ate apples right off the tree. A delightful and memorable time was had by all. Thanks again to Arlene Sloan of Matheson Creek Farm for hosting a field trip the children just loved!



Okanagan Falls PAC Update

with Deborah Rivest, Parent Advisory Council Chair

Wow, its already November! Christmas is just around the corner. PAC has been super busy collecting the wonderful donations from local businesses from Penticton to Oliver for our Basket Raffle Fundraiser. We are currently displaying these baskets in the school's display case on a rotating basis. Don't forget to take a look and buy raffle tickets!

We invite ALL parents to join us for our next PAC meeting of the school year on Tuesday, November 3rd for one hour only from 6:30-7:30pm in the school library. Free child minding is available during all PAC meetings. If you would like to have an item added to the agenda, please email Ms. McCall at lmccall@sd.53.bc.ca. If you have any questions or ideas for our PAC, please call Deborah at 250-497-5384.



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School District No. 53 Board Report

with Sam Hancheroff, Vice-Chair, School Trustee

Okanagan Falls Elementary News:

Okanagan Falls Elementary is excited to have **Before and After School Care** with the Okanagan Boys and Girls Club and Ms Kusmack, as our new community care facilitators. Care runs from 7:00-8:30 am and 2:30-6:00 pm, as well as on early dismissal days. Registrations are currently being accepted. Phone Carol Albano at 250.493.0512 Ext 112, for more information.

The **Scholastic Book Fair** held in October was a great success. Our school received \$1500 in books. Thank you to Bonnie Kandulski, Samantha James and Ruell Smith for organizing a great book fair.

Okanagan Falls Elementary continues to run the **One to One Reading Program**. This valuable literacy program is made possible by trained volunteers who focus on working with students who can benefit from developing strategies that build reading confidence, improve reading fluency, comprehension and problem solving skills. If you are interested in volunteering as a reading tutor and sharing 1 1/2 hours per week, please contact the One to One coordinator, Mrs. Sherry Reynolds, at 250.473.5711.

Additionally, a reminder that the **Annual Christmas Basket Raffle** organized by the OK Falls PAC, is coming soon! The draw will be in December at the school's Christmas Concert. Money raised this year will be used by PAC to purchase items for the classes off the teachers' Wish Lists. Baskets are on display in the school's display case. They will be identified both at the event and in the next issue of Skaha Matters. Be sure to purchase your raffle tickets and support the PAC.

District News:

Learning Forum: Positive feedback was received for our recent learning forum where school teams presented their goals and plans for student learning and success, as well as to how these goals were supported by their school inquiry work. It was an effective way to see the district at a glance, as far as the alignment of goals supporting the

district vision. Schools are focusing on student engagement, social and emotional learning, academic achievement and quality teaching and learning. Our next learning forum will take place on Wednesday, November 4th at 7:00 pm at Tuc-el-Nuit Elementary School on the topic of e-portfolios to engage parents and students in the assessment of student progress. This is open to all parents and staff of the district, as this strategy is being explored by other schools and teachers in the district.

District Achievement Plan: Usually in the spring, trustees and district staff meet with school administrative teams to review school goals, reflect on progress, discuss evidence and set the direction for the following school year. For the 2015-16 school year and through a consultative process started in the fall of 2013 (with teachers, administrators, parents and trustees), the district has implemented a structure across all schools engaging in the process of inquiry to address areas of improving learning experiences for students. This structure and team inquiry model has served as a significant vehicle to implement the District Visioning work, as well as the goals of the District Achievement Contract. In the first year, all schools have established a format and process for engaging in team inquiry and all schools have scanned their evidence and student needs to establish inquiry questions.

Our overall vision and goal of inquiry is to create a systemic culture of inquiry across the district, including classrooms of inquiry to build capacity, our working knowledge, and our district vision and school plans to more effectively align our energy and resources.

At **Okanagan Falls Elementary**, we will have early dismissal on the last Wednesday of every month from now through May 2016.

Highlights of the 2014/15 financial statements include the following:

- Total Operating Deficit for the year was \$693,741, leaving us with an Operating Surplus of \$1,431,236.
- A restricted operating surplus of \$1.43 million is committed to funding specific expenditures in 2015/16 and general expenditures approved by the Board of for the 2015/16 budget.
- Special Purpose funds include funds received from the Ministry of Education or other sources that have been designated for specific purposes.
- During 2014/15 grants from the Ministry of Education by bylaw capital projects totaled \$506,430. During 2014/15, \$699,392 was spent on capital projects, including various additions to Similkameen Elementary Secondary and Cawston Primary School buildings.

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



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Great Things Are Happening At Kaleden Elementary School!

with Ms. Heather Rose, Kaleden School Principal

October's Great Things Include ...

- Kaleden PAC hosted a Thanksgiving Lunch for both Kaleden students and the greater community. It was a delicious meal and it included all the fixins'. Thank you parents!
- Kaleden Grade 4/5 students took part in two Fall cross-country runs held in Trout Creek and Naramata. All students worked hard in training for these runs. Well done runners!
- Our Grade 2/3 class met their new "Senior Buddies" this month. We are excited to be starting the second year of this worthwhile school/community initiative.



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Kaleden Elementary PAC Update

with Brad Nunes

I can tell from my pumpkin spiced keyboard that fall is now in full swing. With the weather starting to get colder, the PAC would like to remind parents it is a good idea to send hats and gloves with students. We would like to make sure kids are ready to play outside, even in cooler weather, and we would also like to keep the lost and found stocked up.

The PAC would sincerely like to thank the community for coming out to the Thanksgiving Lunch. It was great to have everyone come together to share a meal. Our Remembrance Day Ceremony will be held on November 10th at 8:30am. The PAC encourages parents to talk to their children about what Remembrance Day is and how your family honours our heroes. The children will also be let loose dismissed early on November 17th, 18th and 19th, due to parent teacher interviews. Please contact your child's teacher, if you have questions about those interviews. Lastly, our next PAC meeting will be on November 10th at 6:00pm in the library. I was told it will unfortunately NOT be toga themed.

Thank you everyone for your continued support of KPAC. We can't do the amazing things we do without the support of the community. This year, with your support, we have already been able to outfit the students with new sport shirts and we have purchased new sporting equipment for the gym. We have much more planned for 2015/2016. Thank you and take care.

School Trustee Report for SD67

with Ginny Manning

Queen's Park teacher, Nicole MacIntyre, organized the HUB Summer Library for a second year. For some children in the Queen's Park neighbourhood the public library is not accessible, so she decided to organize and host library time under the trees at the school. The 'library' was open two days per week with 80 children/adults attending over the summer. The students were provided with book bags and could take books home if they wished - all the books were returned.

"Through A Different Lens" is a district initiative that looks at alternative ways of instruction and assessment with a focus on strength-based learning. The project began five years ago as a small group of hard-working, dedicated educators looking for a better way to connect with students at risk of not completing their education and has grown to include educators from 12 district schools. Four years ago the project was the recipient of a three year \$150,000 grant from the Vancouver Foundation which went a long way to sustaining the program. The Foundation has once again seen its value and awarded another three-year \$150,000 grant.

As of September 30th, the enrollment is 5661, which is a decline of 38 students from September 2014 (5699 students). This number is a head count and includes international and fee-paying students, but not home schoolers. The Kindergarten numbers are down 22 students from 378 in September 2014 to 356.

As of June 30, 2015 the district is showing a surplus of \$349,329 in unrestricted funds. The large amount of the surplus is primarily due to the late start in the 2014/15 school year. The Board decided to move \$250,000 into a contingency fund and leave the remainder unrestricted for emergent situations.

The Ministry of Education recently announced \$1,000,000, over two years, to train 2000 teachers around the province to use the new curriculum. Those teachers will then mentor the educators in their home districts. There will also be a re-allotment of 10 hours of instructional time to accommodate the professional development in the districts, which may mean an additional Pro-D Day added to the calendar. At this time, there are no other details available.

The district has updated the Long Range Facilities Plan Report. This report looks at the capacity of each facility, current enrollment and projections, current and potential facility use and outlines the financial challenges ahead. Two meetings were held in October, initially to roll out the report and then to look at opportunities and potential options. There will be more public meetings over the next couple of months. The dates for these meetings will be announced on the website and through the media. Please, come and be part of the conversation. More information is available at sd67.bc.ca

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



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Kaleden Branch: 101 Linden Avenue - 250-497-8066
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After school LEGO is back on Thursday, November 26th. Join us from 2:30-3:30 pm. Bring your best Lego building skills. Lego creations will be displayed in the Library for the public to enjoy! Registration is appreciated, as space is limited.

Storytime for Pre-Schoolers is being held on Tuesday Mornings at 10:00 am. Come join us for stories, songs, and meeting new friends.

SPECIAL EVENT: This year, why not make your own Christmas Cards? Now you can learn how, if you register at the Kaleden Library for the following programs:

- After School Christmas Card Making card for children ages 5-12 years old. This program is held on Thursday, November 19th from 2:30 to 3:30 pm.
- Christmas Card Making Class for Adults is being presented by Karen Dematos. Karen will be teaching the class on Thursday, November 19th from 6:30-7:30 pm.

Please call the Kaleden Library at 250-497-8066 or email to kaleden@orl.bc.ca to register for these "Free" November programs!

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

Bored? We are offering several FREE and informative programs at the library during the Month of November:

- Tuesday, November 3rd at 6:30 pm ~ "Origami for Adults" Come join Ruell in the fantastic art of paper folding.
- Wednesday, November 4, 18 & 25th at 1:30 am ~ Family Storytime Our theme for November is "Everything Bears".
- Wednesday, November 4th at 10:30 am ~ "Savvy Seniors Travel Tips". Join Vi Creasey and learn about the fine print in travel insurance, safe destinations, what to pack, current health issues and insurance, and how to stay healthy when travelling.
- Tuesday, November 10th at 6:30 pm ~ "Origami for Kids" Come join Ruell in the art of paper folding for 5-12 year olds.
- Tuesday, November 17th at 7:00 pm ~ "Staying Healthy the Natural Way". Join Dr. Tamara Browne in a great information session geared for Seniors on how to stay healthy through the winter.
- Wednesday, November 18th at 10:30 am ~ "What's That Worth?" Teresa from Jardin Antiques invites you to bring a couple of small items to find out if they are valuable or not.
- Tuesday, November 24th at 6:30 pm ~ "Lego Night for Kids" Come to the Library and build something awesome!
- Wednesday, November 25th at 10:30 am ~ "Transit & Resources" Join Myrna Tischer of Better at Home for another lively discussion about senior resources. Also, Lindsay Bourque of the RDOS will be on hand to chat about possible Transit improvements.

All programs are FREE! Please call to register. (Last minute drop-ins are also welcome.) We would love to see you!

CHRISTMAS CARD CRAFT



For Adults
Thursday, November 19th
at 6:30 to 7:30 pm
 Learn the art of a
 handmade Christmas
 card this evening
 with presentation
 by Karen Dematos

For Kids
5 to 12 years old
Thursday, November 19th
2:30 to 3:30 pm
 Join us for this Christmas
 Craft - make your own
 Christmas Cards just in
 time for the holidays.



Supplies are included for these events
Registration at kaleden Library or by phone

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Vaseux Lake Bird Banding Station

The Okanagan Similkameen Conservation Alliance received funding from Environment Canada to offer a pilot school and family program at the bird banding station at Vaseux Lake this past September and early October. The bird banding station is now in its 15th year, and bands about 1500 birds and up to 67 species as they make their way south during fall migration. The program this fall focused on bird conservation and bird biology.

The Okanagan Falls Elementary School Grade 4/5 class was able to go on a special field trip to Vaseux Lake on October 6th. Physical and structural adaptations of the birds were studied, as well as the process of catching the birds and banding them. Thanks to the many volunteers.



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Three Advantages to Selling Your Home This Winter

with Brian Moen, Realtor with Royal LePage Locations West

Slushy walkways, dirt-stained snow, freezing temperatures, and severe winds ... these are the painful signs that winter has arrived. Many people wouldn't even think of putting their house on the market during this time, figuring that selling would be a difficult task. However, that isn't necessarily the case. There are many advantages to selling your home in winter, and by incorporating simple techniques, you can devise a great plan to sell your home quickly and effectively even during the winter doldrums.


Less Competition ~ Believe it or not, selling your home during the winter months can actually yield an outstanding result. Why is this? As stated earlier, many people think that winter isn't a good time to sell, meaning that fewer properties are on the market. Less inventory means less competition for you. However, you still have to make sure that your home is viewed favorably by potential buyers. Advertise the beauty of your home outside of winter; by providing pictures of your home in the spring and summer, you can showcase its curb appeal during all seasons.

To rise above your competition, display your home at its best advantage, especially since buyers will spend more time inside your home. Make it clean and pristine, clear away any dust, and remove the clutter. Double-check that all repairs and maintenance tasks are done, especially those that could be more obvious in the winter, such as changing furnace filters.

Finally, you need to price your home right. No matter how little competition there is, a home that is overpriced will not sell. Also, keep in mind that the holiday and winter season is not the best time to test the market. You want to motivate the serious buyers to take a break from holiday obligations to view your house.



Motivated Buyers ~ Just like there are fewer homes listed in the winter, there tend to be fewer buyers as well. However, the ones that are out looking tend to be more motivated, as they want or need a home as soon as possible and with a quick closing.


To take advantage of this pool of serious buyers, you need to ensure that your home is in prime selling condition. Think quality rather than quantity. In terms of the condition of the house, you could touch up the walls, replace outdated fixtures, or refinish your hardwood floors to encourage buyers to choose your home. In regards to the terms of sale, you can be flexible with price, be amenable to a shorter or longer closing, or include appliances and extras as part of the offer.



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Locations West Realty

Wintry Delights ~ Soft, powdery white snow falling gently to the ground. Majestic green pines with their natural fragrance. Although it may not be many people's favorite season, winter does have its own appeal. So, when selling your home in the winter, play up its advantages.

First and foremost, you need to add curb appeal. Clear your driveway and walkways completely of snow and ice as this can make or break a deal even before the seller steps foot into your home. It also gives the appearance of a well maintained house. If you have difficulty doing this yourself, then consider hiring a service, which will give you time to focus on the inside of the home. You can also add curb appeal by adding a tasteful wreath on your door and adding one or two outdoor accent lights to give a cozy vibe.

Play up the wintry season indoors too. For example, increase the temperature on the thermostat so that potential buyers feel warm and cozy as soon as they walk in. Light the fireplace if you have one, and turn on all lights to feel bright even with the winter darkness. To add a festive feel, you can add carefully placed candles for a pop of colour. You could even set out your china to mimic a holiday dinner party. Because people are inside a lot more during the winter, make sure that all windows are gleaming and that salt stains are removed from floors.

Finally, emphasize the positives about winter. For example, you can provide the details of your snowplow service if you use one, and indicate the local outdoor activities that are available, such as skating and snowshoeing, and mention the location of bus stops and other vital services.

Conclusion ~ Any time can be a great time to sell your home, even in the winter! Although it has its own challenges, there are also advantages that can help you. If you've been thinking about selling your home, know that there are winter buyers out there for your home ... if you do it right.

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MY 60 YEAR OLD HOME – 4,456 kwhr or about \$475/year.

- 3. COOLING EFFICIENCY** – I spend approximately \$100 per summer for air conditioning, operating continuously from June-September.
- 4. QUIET OPERATION** – Both indoor and outdoor systems are whisper quiet, sure wish my neighbour's was!
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Community Rallies Together for the 2nd Annual 'Random Act of Kindness' Day

By Aaron McRann, Executive Director,
Community Foundation of the South Okanagan | Similkameen

Doesn't it feel great when someone goes out of their way to help you, hold the door open for you, or even say 'thank you'? Not only does it feel awesome to be the recipient of a good deed, but it also feels rewarding to 'pay it forward' and do something nice for someone else. The Community Foundation of the South Okanagan | Similkameen (CFSOS) challenges you to perform a random act of kindness (RAK) November 6th, 2015.

A RAK can be something as simple as picking up litter in your neighbourhood, pumping gas for someone at a self-serve gas station, or letting someone go ahead of you in a line up. In 2014, during the first annual 'Random Act of Kindness Day', a local organization gave out free pizza during lunch on Main Street, someone taped dollars to shopping carts, and others prepaid coffee for the next person in line. Last year there were approximately 10,000 acts of kindness recorded on RAK Day in the South Okanagan | Similkameen; this year the goal is 15,000 RAK's.

"We live in an amazing community where so much kindness happens every day. Let's take a moment to not only recognize when someone does something nice for us, but to also do something nice in return and pay it forward," says Aaron McRann, Executive Director of the Community Foundation of the South Okanagan | Similkameen. The purpose of 'Random Act of Kindness Day' is to boost community spirit, increase connectedness between citizens, celebrate "being nice", increase feelings of gratitude among citizens, and especially to have a great time. Community members and businesses are encouraged to perform 'kind deeds' throughout the day and hand out RAK cards after each 'kind act'. RAK cards will encourage the cardholder to perform a simple act of kindness for someone - a neighbour, a friend, a co-worker, or someone they don't even know - and hand the card over to that person - encouraging that person to do the same.

RAK cards will be distributed throughout the community at local businesses for people to pick up in advance. If you are not able to pick up your RAK Cards in advance, you can head down to the Penticton Lakeside Resort and Casino on November 6th, to pick up RAK Cards, as well as RAK Balloons for those who promote their participation in RAK Day. There will also be coffee and cookies compliments of the Penticton Lakeside Resort and Casino.

There are countless ways to get involved with RAK Day; for instance, you could put posters up in your building or place of work, challenge other community members and local businesses to see who can perform the most 'acts of kindness' and help spread awareness of the event on social media. To help keep track of how many RAK's are performed, people are encouraged to post to social media with the hashtag #RAKDAYOS, and to go to the CFSOS' website (www.rakdaysos.com) to record their acts of kindness. Those who register their 'kind deeds' on the website will be entered to win a grand prize from Melt Mineral Spa that includes a Salt Glow Scrub, Aromatherapy Massage, Essential Facial, Body Scrub and Butter, and a spa candle. To view a list of local businesses that have RAK Cards or to print your own RAK Cards, please visit www.rakdaysos.com.

The Community Foundation of the South Okanagan - Similkameen is a not-for-profit organization that connects generous donors with the causes that matter most to them, in communities throughout the Regional District of Okanagan-Similkameen. It serves as a trusted community resource, addressing issues and leveraging opportunities. By astute management of a growing portfolio of permanent endowments, the Community Foundation uses investment earnings to provide grants to charitable agencies whose projects contribute to quality of life in the region. The Community Foundation has built a solid reputation for high-quality donor services, strategic grant-making and innovative partnerships. Please visit www.cfsos.net for more info.

Random Act Of KXndness Day



CatMatch



My Name is Alice

People sometimes mistake my shyness for aloofness or snobbery, but the truth is I have led a very stressful life in the past. I am in temporary accommodations at Pet Smart in Kelowna, but dreaming of having my own home and family. I am a raven haired, full bodied beauty who loves having her hair brushed. Some people think I am rather plain looking until they see my feet ... I have a few extra toes, well quite a few, which most people find adorable. Just wanted to be totally upfront about my physical appearance. www.AlleyCATSAlliance.org



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Rescue Dog Is Related

You may have seen Mary out walking these two Belgian Tervuren dogs in Okanagan Falls. While they sure look related, it wasn't until after Mary decided to take in a rescue dog that she discovered something more. This younger 3 year old rescue dog "Striker" on the left was actually related to her 5 year old dog "Scouse" on the right. Yes, same mother and father, just a couple of litters in between. Mary has had "Striker" now for three months and he has been adjusting just fine. Rescuing this dog was more like a family member coming home.

Social Media Helps Dog Get Home

Submitted by Nona Lynn

Three weeks ago my brother and his beloved dog, and a group of friends went from Nelson, BC to the Princeton area to go 4x4ing and camping on the Whipsaw Loop. On the last night camping at Lodestone Lake, Logan's dog Boris got spooked and ran off. Since he wasn't familiar with the area, he got lost. Logan and his friends searched and searched for Boris and after staying 2 extra days, Logan eventually had to end his search and go home and back to his job in Nelson. He and our entire family were devastated. After he shared the news with me, I informed the Princeton Bylaw officer Stephanie, the SPCA, and made a few posters which were emailed to the various organizations in the Princeton, Coalmont and Tulameen areas for posting. Stephanie was extremely helpful and said she was going to post it on her Facebook page. We also began posting the information about Boris's disappearance on every Facebook page we could find in these communities. On the Wednesday after Boris went missing, a wonderful woman names Candace from the Tulameen store called to say she'd seen Boris on Monday, and had just seen the poster which was put up at the store by the Tulameen Fire Chief. This was amazing news! So, Logan went back to Tulameen and spent 4 days searching for Boris. Finally on the Sunday, he had to go home and back to work. Another devastating blow, going home without his beloved dog. Another week went by with no information, until the Friday before Thanksgiving when a hunter in the area called to say he had seen Boris. Logan went back again, to the exact GPS coordinates of where the hunter had seen him. And again, after three days of searching and many difficulties like blowing two tires, Logan again had to go home to Nelson on Thanksgiving Monday with no Boris. We were all beginning to loose hope, and were feeling defeated. Then, on Tuesday morning we got a phone call about a posting on one of the Princeton Facebook pages that Boris had been seen again on Thanksgiving Monday. Logan was able to talk to the person who saw Boris and got some tips on the



area he was seen in and turned around again and went to the exact area of Wells Lake. When Logan drove back to Princeton this time, he took an ATV with him so he was able to get to remote Wells Lake. When he arrived at the lake he called and called and then noticed something moving. It was Boris! Once Boris knew it was Logan, the two were reunited. Logan rode all the way back to Lodestone Lake on the ATV with Boris on his lap! But both were thrilled to be together again. Boris was skinny, but seemed amazingly healthy other than that.

If it wasn't for the ability to spread the word through social media and wonderful citizens in the Princeton, Coalmont and Tulameen areas putting up posters and keeping the word out and informing us when they saw Boris, Logan and Boris never would have been reunited after 18 days being alone and lost in the wilderness. Our family would like to thank all of the wonderful, animal loving citizens in Princeton, Tulameen and Coalmont who help us so that we were able to find Boris.

If you ever loose your pet, don't give up hope! It's amazing how the will to live can keep a pet going and the love for pets by people can bring them together again.

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Do you have a travel question or two? Okanagan Falls Seniors Activity Centre

with Vi Creasey of Reliable Travel

On Wednesday, November 4th from 10:30 - 11:30 am, I will be at the Okanagan Falls Library to answer all your questions regarding travel. Questions like: Do I really need insurance? What will I be covered for? I am single and travel is so expensive to go as a single, are there any ways to keep the costs down? Is it safe to go to Mexico? Austria? Croatia? I want to go on a cycling and sailing trip, where can I do that? How much luggage can I take on my flight? Does it cost to take luggage? I want to use my cell phone in Europe, can I do that? I want to go on a cruise, do I have to take formal wear? I know exactly what I want to do on a trip, but the tours aren't doing what I want, or aren't going when I want. Can you help me plan what I want? Any questions you have, I will be happy to answer, or find out the answer for you.

I just came back from a 3 day repositioning cruise from Vancouver to San Francisco. We were a group of 17 women. What a wonderful fun time we had. I would be great fun to do it again next year. I like to call these short repositioning cruises "cheap and cheerful". Just think about it, three whole days away from all the pressures of life. You can go to the spa, the pool, the bar, the restaurant, play cards, read, or for special good times, the nightclubs whenever you want. You can also nap whenever the mood strikes. Group travel is definitely a good way to travel, and going with a bunch of friends makes it even more fun!

If you think you would like to get a group together, please give Reliable Travel a call, and we can make it work for you.



Reliable Travel

Got Any Travel Questions?
Ask Vi at OK Falls Library on Nov 4th!

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January Departure Specials:

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Jan 15th ~ All inclusive 5 star hotel in Mazatlan, inc air from Vancouver, \$1180pp (taxes inc)

Jan 17th ~ All inclusive 3 star hotel in Puerto Vallarta, inc air \$1135pp.




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with Audree Sikorski

October is upon us, and it has being busy at the Seniors Centre. Our **Elections** for a new Executive will be held at the **General Meeting** on **Monday, November 2nd at 1pm**. If you are a member, please attend to elect a new executive which will run our Okanagan Falls Seniors Activity Centre for 2016. Memberships are only \$15/year for anyone over 50 years of age. 2016 Memberships are now on sale through any of our board members.

We had our Fall Flea Market, which once again was a great success, especially with all the donations that everyone gave us. A BIG THANKS to these Okanagan Falls Local Businesses for their donations to our Draw: IGA; OK Barber Shop; 3 Winds Hair Design; Pharmasave; Jennifer Wilson (Licensed Esthetician at 3 Winds Hair Design); Tickleberry's; The Bear Bean; Dr. James Robertson and Dr. Andrew Robertson. Also, thanks to the members that helped with baking for our Bake Table.

Our **Pancake Breakfast** will return on the first Saturday of the month, after making room for the Fall Flea Market, being November 7th.

The tickets for our Christmas Dinner, for Members, will go on sale on November 1st. Non-members can buy their tickets starting December 1st. It is a great Christmas event at our Centre, with a full turkey dinner for members and friends.

Keep in mind the **Flu Shot Clinic** will be held on Friday, November 20th at the Senior Centre.

We will have a pie auction at the **Pot Luck Dinner**, which is held on the last Saturday of each month, being November 28th. Such great food to enjoy, so bring your favourite dish! No one goes home hungry. Carpet Bowling is every Wednesdays at 1 pm. Tuesday Bingo is going strong on the first 3 Tuesdays at 1 pm. Drop-in Bingo is held the 3rd Saturday of each month from 1-4 pm.

MARK YOUR CALENDAR

- Evening Pool** ~ 6:30pm Tuesdays
- Tuesday Bingo** ~ 1pm the first 3 Tuesdays of the month
- Music and Coffee** ~ 9-10:30am Wednesdays & Fridays
- Carpet Bowling** ~ 1pm Wednesdays
- Scrabble** ~ 10am Thursdays
- Bridge** ~ 1pm Thursdays
- Crib** ~ 7pm Thursdays
- Pancake Breakfast** ~ 8-10am every 1st Saturday
- Music Jam** ~ 1pm every 3rd Sunday
- Drop In Bingo** ~ 1pm every 3rd Saturday
- Pot Luck Dinner** ~ 5:30pm every 4th Saturday

For more information on anything to do with the Seniors Centre, please call Audree at 250-497-5572.



Okanagan Falls Lions Update

with Michael Livingstone, President

Well, It looks like summer is finally over. It is starting to get cool, leaves are changing, and winter threatens. And, the school breakfast program is finally starting. The Okanagan Falls Lions Club serves a hot breakfast for the school attendees. We are looking for volunteers, as the hot breakfast program has been scaled back to just Thursday mornings for now. We would like to bring back the Tuesday breakfast, however, we would need some more volunteers to allow that to happen. Each breakfast requires 4 to 5 volunteers, one of them having done the food safe course. If we can get enough volunteers, it would only require two shifts per month. If you are interested, please contact myself at 250-497-8486.

The next Blood Donor Clinic is on Monday, November 2nd and Tuesday, November 3rd. Please be aware of the different dates.

The Okanagan Falls Lions Club continues to have our meetings on the 2nd and 4th Monday of each month at 7pm in the Okanagan Falls Legion Building. We invite you to come and join us.

Sharon's Care Services

for seniors

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

Contact Sharon at 250.770.0497

thompson298@hotmail.com

Kaleden Weekly Ladies Drop-in Wednesdays from 1-4 pm

Meet at the Kaleden Community Church

All ladies welcome for coffee, conversation & crafts.

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



250.497.8188
info@okfalls.net
www.okfalls.net

Okanagan Falls IS Age Friendly!




Initiative is funded by the BC Age Friendly Program



Our Age Friendly Plan
Continues ...

Workshop Series Throughout November 2015

A little something for everyone! All workshops are one hour and are FREE!

Savvy Seniors Travel Tips - With Vi Creasey of "Reliable Travel"
Wednesday, November 4th @ 10:30 am ~ Okanagan Falls Library
 Got the travel bug? Whether you're traveling to a place you've never been or back to a community you love, your needs and desires may be changing as you age. Pick up some important travel and planning tips.

Staying Healthy the "Natural Way" - With Dr. Tamara Browne
Tuesday, November 17th @ 7:00 pm ~ Okanagan Falls Library
 An interactive session to chat about lifestyle factors, disease prevention, and naturopathic treatments.

What's That Worth? With Theresa Nolet of "Jardin Antiques"
Wednesday, November 18th @ 10:30 am ~ Okanagan Falls Library
 Treasures may be lurking in your junk drawer or the back of your closet. Learn some basic "treasure" identification skills and what NOT to throw out. You can bring one item along for possible discussion.

Transit & Resources - With Myrna Tischer of "Better at Home"
Wednesday, November 25th @ 10:30 am ~ Okanagan Falls Library
 Myrna Tischer of "Better at Home" will explain many of the services her agency offers including transportation for seniors. Lindsay Bourque (RDOS) will also be on hand to chat about possible improvements to the existing Transit service to Penticton. This is an opportunity for you to provide feedback.

Please RSVP to OK Falls Library at 250-497-5886, if you would like to attend.



Zumba Gold
 October 24th - December 5th
 Saturdays 9:30 - 10:30 am
 Okanagan Falls School Gym
 \$30 for all 6 classes or \$10 drop in.





The Royal Canadian Legion Branch #227



The most important event on the Legion's calendar is **REMEMBRANCE DAY** on **November 11th**. The Legion's Colour Party and members of the Legion will attend Kaledon Elementary School and Okanagan Falls Elementary School the day before on November 10th to explain to the children what this important day means to everyone.

The program for Remembrance Day is:

9:30 am ~ Doors to the OK Falls School Gym Open to the Public
 10:00 am ~ Remembrance Day Service, then parade to the Cenotaph
 11:00 am ~ Service at the Cenotaph outside the OK Falls Legion
 Honouring the fallen, followed by laying of wreaths.

Following the ceremony, everyone is invited into the Legion for a Free Lunch, especially the children as Mat Duffus will be entertaining.

Don't forget to buy your poppy and wear it with pride! Join the community as we gather together and show thanks to the men and women who fought bravely so we can all enjoy the freedom we love.



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

Okanagan Falls Women's Institute

with Betty Lynch

Now, it is the time to forget my travels for a while and settle down to this business of mine. This business is trying to keep you informed, dear reader, of the latest events and comings and goings of your Women's Institute.

Actually, we have exciting news from the Rock Creek Women's Institute. These active, charitable ladies have produced a calendar starring themselves, and it is a lot of fun, with the women in goofy costumes and poses (not THOSE costumes and poses). The calendar is already in its second run, so I suggest for all of those interested, please contact: rockcreekwi100@gmail.com. This a worthwhile effort, as all funds derived from the sales will be given to help those who suffered in the dreadful fires this past summer. So, hurry up, order your calendars and help these neighbours. The cost of the calendars are \$15 each or 2 for \$25.

The Women of the Institute have been busy this Summer and Fall by taking part in the "Year of the Wise" at the Library by reading to children, joining a book club, and presenting an evening with Eleanor Walker and Thelma Detjen who spoke on the History of Okanagan Falls. Our Okanagan Falls Library is a wonderful place for learning and enjoyment of the many programs it has to offer, and a natural gathering place in the community.

We are looking forward to this upcoming season with the Institute, as we have had some very positive feedback from women in our community interested in finding out more about the Okanagan Falls Women's Institute. We are still looking for new projects and welcome ideas from everyone. Our next meeting will be held on Monday, November 16th at 1pm in the Club Room at the Community Centre. Please come, and share with us.

"For Home and Country", Betty Lynch

The Women's Institute meets in the Club Room of Community Centre. For Information, please phone Thelma Detjen at 250-497-5255.

Ladies Auxiliary of Branch #227 Update

with Audrey Steeves

Yes, Christmas is coming and fast! So, get a head start by coming to the **LA Christmas Bazaar**, where you will find a large variety of presents and decorations. It is on **Sunday, November 15th** starting at 9am. And, to really get things going, there will be a Pancake Breakfast for \$5, which runs from 8-11am. See you there!

The October meeting of the Okanagan Falls Ladies Auxiliary opened with the Initiation of Sue Walker by President Louise Sax. Thank yous were received from the two recipients of the LA \$500 scholarships and the from Barbara Few for the LA catering for her Mother's 100th Birthday Celebration.

The September Zone report from the meeting held at Princeton Br# 56 was given by Helen Brewis, and our LA won the Attendance Plaque. The next South Okanagan & Similkameen Zone meeting will be November 22nd at Br #97 in Oliver. The next Provincial LA Convention will be held at Peace Arch in May 2017.

As a fundraiser, the LA are selling Christmas Fruit Cakes. To order, please contact Stan and Lana Maber.

Help was arranged for the regular Meat Draws, the Veterans Dinner, the November 1st Dart Shoot, the LA Dinner on November 20th, the Lion's Luncheon on November 21st. Final plans were discussed for the LA's 20th Anniversary Fowl Supper which was held in October.

The nominating of Jean Mellish, Noreen Morrice and Lucy Flath presented a tentative slate of Officers and Executive for 2016. These were President Louise Sax, Vice President Colleen Clark, Secretary Denise Head, Treasurer Louise Johnstone, and Executive Members Helen Brewis and Bernie Diachuk.

Meeting attendance winners were Evelyn Tufford and Donna May Thompson. The first early bird membership draw went to Gail Roberts.



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OK Falls Heritage & Museum Society

with Marla Wilson

Fall is definitely in the air. Cool mornings, warming to sunny afternoons, then cool again at night. After the hot days of summer, the cool fresh air feels good!

A good meeting was held on October 8th. Our society is in good order. We didn't get as many visitors during the summer, but we blame the heavy smoke in the valley for that. The flower beds were kept clean and tidy. Our summer barbecue was a success. When it rained, we all ran for the roof over the patio. When the sun came out, so did we.

A Christmas dinner was discussed, but there will be more information about it in next month's Skaha Matters. This year, we will sell tickets for the dinner so we have a "head count" of people who will be attending. There are a few jobs and repairs to be done in the spring. It just gets better and better!

Have you seen the Thriftee Shop lately? There have been some changes made that makes shopping a little easier. We got in a "furniture moving mode" and couldn't stop till we were done. A large collection of new books has been donated to the shop. These would make good Christmas gifts, if you have readers on your list.

The next meeting of the Heritage Society will be Thursday, November 26th at 1:00 in the Club Room at the Community Centre. We hope to see you there!

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Laurie Kingsfield

Cell: 250.498.1110

LKingsfield@telus.net



Haircuts for the Helping Hand

Deb and Chad Wetter of East Side Salon have set aside Saturday, December 5th as their fundraising day for the Okanagan Falls Helping Hand. Book your Holiday haircut now, make a donation to the Helping Hand, and help us to help those a little less fortunate this Holiday Season. They will cut and style women, men and children's hair. (No chemical services.) They will have a suggested donation price, but whatever people want to give will be fine. Book your haircut now!

EAST SIDE SALON

439 Panorama Crescent

Just off Eastside Road in Skaha Estates

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for your
Christmas
Styles!**



Deb and Chad Wetter
Award Winning Master Stylist



eastsidesalon@shaw.ca

Tuesday - Friday 9am - 7pm

Saturdays 9am - 4pm

778-515-1497

Gift Certificates Available!

Kaleden Museum ~ A History Tid Bit

with Meredith King

Though the war years were tough for the citizens of Kaleden, through hard work and cooperation the orchards owned by the families continued to grow and produce.

In 1914, during the first year of the war, the first crop of apples were harvested by Harry Corbitt. He made up the boxes in the Sandy Cameron building and Happy Potter, a Penticton Fruit Union man, was brought in to pack the 129 boxes of Jonathon apples. They were shipped to Penticton on the Mallard.

Apricots were the first fruit to become commercially important and in 1915 and 1916 Western Cannors took most of the Kaleden crop. George Robertson and Jud Findlay hauled the fruit to Penticton in wagons fitted with bolster springs. The remainder of the crop was purchased by the Penticton Fruit Union. They hauled it loose to Penticton for packing in 1915 and sent a Miss Warren down to Kaleden to supervise the packing the following year. In the meantime, Muir Steuart, from the Summerland packing house, arrived on the scene to compete for produce. In 1916, he obtained a small portion of the local tonnage and hauled it to Summerland for packing.

In 1917, a number things changed. As the local tonnage grew, so did the competition. The Penticton Fruit Union became the Penticton Co-operative Growers and they set up operations in the Lapsley shed on the Kaleden wharf and then when the weather grew colder, moved to the basement of the closed Hotel. Nelson Menzies was sent from Penticton to oversee the packing.

Muir Steuart, in a bold move to secure more stock, built the first packing house where the Community Hall now stands. He hired Fred Graham as manager who remained until Steuart sold out.



The first Kaleden packing house where the present day Kaleden Community Hall is.

By 1918, Kaleden had become the largest producer of apricots in the valley and the apple crop that year had risen to 4200 packed boxes, so the tonnage was in fierce demand.

The Penticton Co-op, in an effort to meet the competition, moved their packing operations up the hill to two large tents across Linden Avenue from the Steuart packing house. They survived 1918, but it was to no avail. By 1919, Muir Steuart, with the advantage of a site, a building and permanent equipment, had cornered most of the tonnage and the Penticton Co-op packed up and went home. Muir Steuart continued as the dominant fruit handler until 1922 when he sold out, lock, stock and barrel to the Penticton Co-op.

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.



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

Heritage BC Seeks Public Input To Locate And Assess BC's "Stop of Interest" Signs



Are there "BC Stop of Interest" signs in your community? Heritage BC is giving BC residents the opportunity to share their opinions about BC's Stop of Interest signs

and the commemoration of historic people, places, and events across the province. Help us locate the BC Stop of Interest signs. There are lots of ways that you can participate. And, prizes to be won!

Heritage BC wants your help to locate and visually assess the condition of the Stop of Interest signs found throughout British Columbia. Starting back in 1958, Stop of Interest signs were erected across British Columbia to commemorate significant historic people, places, and events. Over 100 signs were erected from the 1950s through the 1990s. Since that time, some signs have gone missing and some have been moved.

In partnership with the Heritage Branch of the Province of British Columbia, Heritage BC is seeking public input to gauge the present location, condition and content of the Stop of Interest signs. This is the first step in creating a contemporary inventory to start planning for the future of the Stop of Interest signs in British Columbia.

Minister of Forests, Lands and Natural Resource Operations, Steve Thomson says, "I've seen many of these signs during my travels in BC and admit that some are in decline. I'm glad we are able to partner with Heritage BC to inventory and plan for next steps for formative signs."

"This is a fun and educational way for family, friends and colleagues to learn more about British Columbia's history and discover some of the interesting "Stops of Interest" in our province," says Heritage BC Executive Director Kathryn Molloy. "Send us your photos and notes about the Stop of Interest in your neighbourhood for a chance to win prizes."

So, are there Stop of Interest signs near your community? You can participate by taking pictures of the signs and the stop of interest they refer to, noting the location, then completing Heritage BC's online form at www.heritagebc.ca/stops-of-interest-signs-condition-assessment-survey. Forms can be submitted online until December 18, 2015. The information submitted will be used to formulate a report for the Heritage Branch for the end of 2015.

You can also follow Heritage BC on Facebook and @HeritageBCCanada on Instagram and Twitter and upload your Stop of Interest photos using the hashtag #bcstopsofinterest. Online form submissions, as well as social media submissions, will be entered into a prize draw.

Heritage BC is a not for profit charitable organization supporting heritage conservation across British Columbia through education, training and skills development, capacity building in heritage planning and funding through the Heritage Legacy Fund.



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South Okanagan Genealogical Society

Meeting at 7:00 pm on Thursday, November 5, 2015

At the Penticton Library and Museum Auditorium.

Join us for a presentation about using public libraries (and librarians!) for genealogical research. Non-members welcome by \$5 donation. We are now open most Wednesdays from 10-3 at the auditorium to help you with your research.



Helping Hand Update

with Keray Levant, Helping Hand Chair

We at Helping Hand are preparing for our annual Christmas Hamper program. Our annual food and donation drive will officially start on November 12th. All your support in years past is greatly appreciated and we look forward to your

sharing in our goal of making Christmas more joyful for those in our community who unfortunately find things a bit short this Christmas.

The food collection bins will be in the local stores beginning November 12th, and registration forms like the one included below will also be available at Okanagan Falls Pharmasave and Okanagan Falls IGA. The gift tree will be up in our local IGA by November 16th. There will be a Pajama Tree at Interior Savings Credit Union as well. The Fill the Van for Helping Hand event will be in the IGA parking lot from 10am until 3pm on Saturday, December 5th. Any local businesses who would like to partner with us, please call 250-486-2767. A big thank you to all the businesses whose employees do participate.

Okanagan Falls Helping Hand is a registered charitable organization. Donations can be sent to Okanagan Falls Helping Hand at P.O. Box 640, Okanagan Falls, BC V0H 1R0. Tax receipts will be issued for all donations of \$20.00 or more. If you have any questions, please contact us at 250-486-2767.

Okanagan Falls Helping Hand Christmas Hamper Registration Form

For Residents of Okanagan Falls Area Only

(Skaha Estates to Vaseaux Lake)

Name: _____

Phone: _____

Street Address: _____

of Adults: _____ # of Children (if applicable): _____

Boys Ages: _____ Girls Ages: _____

Boys Sizes: _____ Girls Sizes: _____

**Deadline Date for Registration:
Wednesday, December 9, 2015**

Request made by: _____

Phone: _____

Send Registration Form To:
Okanagan Falls Helping Hand
P.O. Box 640, Okanagan Falls, BC V0H 1R0
Or place registration form in the drop box
at the Okanagan Falls IGA.



NEED A RIDE?

If you live in the Kaleden area
and need a ride to Penticton or Kaleden
please call 250-460-3387

The transportation
program is part of
the Kaleden HUB



LOCAL CHURCH DIRECTORY

Kaleden Community Church

Family Worship ~ Sundays at 10:00 am

Fall Book Club ~ Next meeting is Thursday, November 12th. Our book is "The Celtic Way of Prayer" by Esther De Waal. Please contact the Church for further information.

To Mexico With Love ~ Thank you for your continued support of the "To Mexico With Love" bottle drop-off. Plans are now underway for our next trip scheduled for March 14-26, 2016. Stay tuned for updates.

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

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

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

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

Okanagan Falls Community Church

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

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

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

Okanagan Falls United Church

Sunday Service ~ 9:00 - 10:00 am

All ages are welcome! Coffee and social time to follow service.

1108 Willow St, OK Falls / 250-497-1171 / www.okfallsunited.ca

Rev. Ken Jones will be starting as our new minister on November 1st. He has been a minister in the United Church of Canada since 1985. Over the past 30 years, Ken has developed an appreciation for many ways of being spiritual. He has seen how First Nations people all over the world recognize the presence of the Creator in all things. This knowledge has challenged Ken over the years to reach beyond himself to seek God in theater, community choirs, figure skating, dancing, in nature, in cities, on mountain tops and in quiet glades. Ken's path in life is to seek truth and find fun in whatever life brings.

Our Lady of Lourdes Catholic Service

Sunday Mass ~ 11:30 am

1039 Willow St, OK Falls / Administrator - Father Neil

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

St. Barbara's Anglican Church

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

Coffee and social time after the Church Service.

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

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



Photo courtesy of
Penticton 2016
BC Winter Games

Ready to Rock the Games! Penticton Curling Club icemakers Del Haidenger (right) and Rick Admussen prepare to ice over the Penticton 2016 BC Winter Games logo onto one of the ice sheets that recently went in. The city is hosting the multi-sport event February 25 to 28, 2016 and is looking for volunteers. For more information visit www.BCGames.org. The organizing committee celebrates a milestone on **Thursday, November 12th with the Torch Lighting Ceremony** that is open to the public and will include live music and entertainment. It will take place outside of the South Okanagan Events Centre on the plaza at 6:30 pm. For more information, call 250-492-2026.

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250.494.7752



Flowers or Fish Heads?

Send yours to skahamatters@telus.net

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



Flowers to Ed Mauer who kindly raked a portion of the mess left by the paving company on a portion of East Side Road in the Skaha Estates area. Thank you! ~ from walkers and neighbours alike

Flowers to the Highways folk that installed the reflective markers and posts along Kaleden's Walkway down Lakehill Road. Very well thought out, and they should greatly reduce the chances of cars kissing those new curbs on dark and stormy nights! ~ from Bruce in Kaleden

Flowers to all the locations that supported our "Where's Ken?" initiative. Ken is at 1108 Willow Street from 1-3 pm Saturday, October 31st. Come in for a meet and treat! ~ from Eleanor Walker of OK Falls

Flowers to the Okanagan Falls Legion. A great place for Veterans to socialize through darts, shuffleboard, pool, curling and golf. We have meat draws, bingo and crib too. The Ladies Auxiliary put on special meals and snacks, plus we have dances with different musical groups. Legions help veterans in need of assistance, as well as families who are burdened. Donations are made throughout the community to assist organizations in their endeavours. Come on out and have a look at your local Legion. ~ from Pete Pedersen of Okanagan Falls

Flowers to the new Post Master in Okanagan Falls. We would like to welcome to Linda Watson, who recently transferred here from Leader, Sask to replace Barb Hudson after her retirement on July 31st. Stop by and say "hi" to Linda next time you pick up your mail. ~ from the Canada Post Staff



Flowers to the Okanagan Falls community for your enthusiastic support of our new pizzeria, Bully's Pizza, opening soon! With our 50 years of experience in the restaurant industry, we are excited and ready to serve our local community. More details in the next issue. ~ from John and George Moutsos of Okanagan Falls

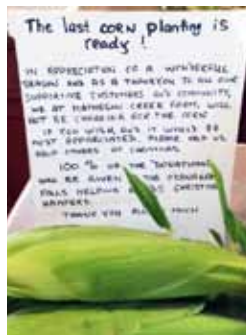
Flowers to and sincere thanks and appreciation to all the people who helped the candidates and the voters during the election. Thank you also to all the candidates who had the courage to let their name stand. You rock! ~ from Eleanor Walker of OK Falls

Flowers to the Okanagan Falls Heritage and Museum Society for their generous donation to the Band Shell project in Centennial Park. ~ from the Okanagan Falls Irrigation District and the Community

Flowers to the Kaleden residents that frequented our store, you have enriched our lives. ~ from Gord & Kerry Schellenberg

Flowers to Matheson Creek Farm. They had a very late planting of corn and their customers had been patiently waiting for it to mature. Well, on October 25th they started picking it and chose to give 100% of the proceeds from the sale of this corn to the Helping Hands Christmas hammers. That first day was so successful - they collected over \$200 and still had more corn to sell. Their last day open is October 31st. Thanks for your community support!

~ from Skaha Matters



Fish Heads to the high speed traffic on Maple Street in Okanagan Falls. There are lots of families living in this area, let alone the blind spot on the hill before UEE. Please slow down! ~ from Ed in OK Falls

Please Note: Date change for the South Okanagan Performing Arts Centre (SOPAC) Society AGM is now Wednesday, November 18th (postponed from October 28th) at the Shatford Centre 7pm. The guest speaker will be executive-director of the Okanagan Symphony Society, Robert Barr. All welcome to attend. For more information, call Donna Schellenberg at 250-492-6923.

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It is with great sadness that we bid farewell to:

Murray Earl Francis Heath

August 18, 1936 - September 28, 2015

Murray was a resident of Okanagan Falls.

Our beloved father and brother, Murray Earl Francis Heath, passed away on Monday, September 28, 2015. Murray battled with cancer for the past year and a half. Murray is survived by sister, Caroline Shuttleworth, sons Michael Heath, Danny (Trudy) Bellefleur and Marty Bellefleur, daughters Maureen Heath (Gordon Bryson), Miriam (David) Hopkins, Megan (Ken) Demyen and Debbie (Bill) Neudorf. Murray had many grandchildren, nieces and nephews. He was predeceased by his wife Denise Heath, his parents John and Irene Heath, brothers Bill Heath, George Heath and Gerald Heath.

Murray had lived in Okanagan Falls for the past ten years. His closest companion, after the loss of his wife, was his little dog "Cricket". He enjoyed the company of his friends and neighbours, who were very kind and caring to him during the time of his declining health. Our family wishes to express our deepest thanks for this kindness and consideration given to our father.

In lieu of flowers, donations to the cancer society would be appreciated. Interment of his ashes will be in Gravelbourg, Saskatchewan where he will be laid to rest with his wife, at a later date.

Credible Cremation Services Ltd., privileged to have been entrusted with Murray's final arrangements. 250-493-3912



In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae (1872-1918)

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