



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.



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

Fall Okanagan Wine Festival is October 1-11

Did you know that Okanagan Falls Winery Association has 13 award winning wineries with over 185 hectares in vines and produces a combined 110,000 cases for an amazing 1,300,000 bottles of wine each year? Visit our local wineries and learn more. www.ofwa.ca



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What is a Governance Study?

The purpose of the study is to review and consider methods of improvement with local governance. Who provides services and at what cost? What do the residents think about this? How could we make it better? How could this affect us? Please note, incorporation is not a consideration.

What matters to you? Let us know through surveys & open forums.

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.

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

OCTOBER 2015 COMMUNITY CALENDAR

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

Call 250.490.6951 or skahamatters@telus.net

* Event info is included in this issue.



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

Advertise Your Business Event Too!

November 2015 Special Events					
November 3 ~ Kaleden Parks & Recreation Open Budget Meeting November 8 ~ Legion Br #227 Ladies Auxiliary Christmas Bazaar November 11 ~ Remembrance Day Ceremonies at Legion Br# 227 November 18 ~ OCP D-1 Open House at Kaleden Elementary School November 28 & 29 ~ Okanagan Falls Winery Association Holiday Cheer Open House					
1 Do you have any household items to donate to the OK Falls Senior Centre's Fall Flea Market? OK Falls Irrigation Water Flushing Oct 1-15*		2 Adult Tech Training* OK Falls Library - Oct 2 & 9 OK Falls Parks & Rec * Youth & Teen Night 7-9pm OK Falls Legion #227* Meat Draws Fri/Sat 5pm		3 OK Falls SeniorCentre* Fall Flea Market 9-1pm OK Falls Legion #227* LA Monthly Bingo 1pm Top Shelf Winery FAN Appreciation Daze *	
4 Festival of the Grape & Fall Art Show * Top Shelf Winery FAN Appreciation Daze * OK Falls Legion #227* Open Darts 11am	5 Top Shelf Winery FAN Appreciation Daze * OK Falls Parks & Rec * Floor Hockey Mondays OK Falls Parks & Rec * Thanksgiving Crafty Kids	6 OK Falls SeniorCentre* Tuesday Bingo 1pm 1st 3 Tuesdays each month Kaleden Kids Club Kaleden Hall 4pm Tuesdays until Oct 20	7 Noble Ridge Vineyards "Harvest Work Day" * OK Falls Parks & Rec * Kids Yoga Weds 3-4pm Badminton * Kaleden Hall 7:30pm	8 Blood Donor Clinic * Penticton Senior Centre Oct 7,8,9 1:30-5:30pm OKF Heritage Meeting * OK Falls Club Room 1pm	9 Advanced Polls* OK Falls Senior Centre Oct 9,10,11,12 OK Falls Museum & OK Falls Info Centre Last Day Open til Spring *
10 Wild Goose Winery "2nd Beale Street Festival" * Okanagan Stoneworks at Okanagan Fall Wine Festival in Penticton * Oct 9-10	11 Church Services* Kaleden & OK Falls Community Churches 10am OK Falls United Church & Anglican Church 9:30am Catholic Mass 11:30am The Well 6pm	12 Thanksgiving Day!	13 Tumble Bumble * Kaleden Hall Tues 11-Noon Adult Tech Training * Kaleden Library Oct 13, 20 & 27	14 Kaleden Ladies Weekly Drop-in * Kaleden Church Weds 1pm OK Falls SeniorCentre* Carpet Bowling Weds 1pm	15 OK Falls SeniorCentre* Thursdays Bridge 1pm & Thursdays Crib 7pm OK Falls Parks & Rec * Get Bent Bellydancing
16 Parenting Conference Penticton Ramada Inn Oct 16 & 17 * OK Falls Parks & Rec * Youth & Teen Night 7-9pm	17 OK Falls SeniorCentre* Drop-in Bingo 1-4pm OK Falls Legion #227* Music Bingo 1pm Oktoberfest at 1912 *	18 OK Falls Legion #227* Sunday Funday 1pm	19 Federal Election OK Falls Senior Centre Kaleden Hall OK Falls Legion #227* Shuffleboard 1pm Starts Oct 19	20 LEGO Night * OK Falls Library at 6pm Yoga with Carrie * Kaleden Hall 9am Starts Oct 20	21 Family Storytime * OK Falls Library Wednesdays 1:30pm OK Falls Legion #227* Drop-in Darts Weds 7pm Starts Oct 21
22 Fall Book Club * Kaleden Church OK Falls Parks & Rec * Active Kids Thursdays	23 OK Falls SeniorCentre* Music & Coffee Wed/Fri 9-10:30am OK Falls Legion #227* Meat Draws Fri/Sat 5pm	24 OK Falls Legion #227* Drop-in Darts Saturdays 1pm OK Falls SeniorCentre* Potluck Dinner 5:30pm	25 St. Barbara's Church 1st 3 Sundays at 9:30 4th Sunday at 1pm OK Falls Legion #227* LA Fowl Supper 4:30pm	26 Kaleden Choir * Kaleden Church at 7pm Starts Oct 19 OK Falls Parks & Rec* Halloween Crafty Kids	27 Preschool Storytime * Kaleden Library Tuesdays 10am OK Falls SeniorCentre* Tuesdays Pool 6pm
28 Pharmasave's Customer Appreciation Day * Inner Bliss Belly Dancing in Kaleden * Drop-in Wednesdays	29 LEGO After School * Kaleden Library at 2:30pm	30 Annual Halloween Dinner & Dance * Kaleden Hall 6pm OK Falls Parks & Rec * Youth & Teen Night 7-9pm	31 Halloween Be Safe & Be Seen! OK Falls Legion #227* Halloween Bash		



WILD GOOSE
VINEYARDS

2nd Annual Beale St. Festival

New Price \$15 - kids under 12 free
includes souvenir wine glass

October 10, 12:00 - 6:00pm

Opening Act: Blues Boys

Headline: Sherman "Tank" Doucette

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**Tom Siddon**

Director of
RDOS Area 'D'



FROM THE DIRECTOR

**"The falling leaves
drift by the window
The autumn leaves
of red and gold"
~ Nat King Cole**

The falling leaves of autumn are poignant reminders of the sunny days of summer now past, yet foretell the inevitable winter weather soon to come. As we gather the abundance of harvest from our gardens, fields and vineyards, we reminisce wistfully about the falling leaves ...

Sadly, we think of those struggling with serious illness, or who have now moved on

from our earthly world. And, our hearts go out to the families of those young children whose lives were lost in recent weeks; such as 5 year old James who was taken so tragically in a bizarre crosswalk accident in Penticton a few days ago; or of the refugee children washing up on faraway beaches, as they flee the tyranny of religious extremism in the Middle East.

So, this is a time to hold close to those who are near and dear to us, and to the thankful for all the blessings we share in this abundant, peaceful land.

Shona Steps In ~ I am pleased to announce that, following an extensive search by RDOS senior management, Shona Schleppe has now been hired to take over as manager of the restructured Community Services Office for Area 'D', (the former EDO), which is located near the IGA store in Okanagan Falls. Shona will be assisted part time by Denise Melenka, who has served Area 'D' residents so diligently for the past several years, and on alternate days by Vickie Hansen who has recently joined the RDOS rural services team. Shona has more to say by way of introduction to her new role as community services manager, elsewhere in this issue.

I'm sure that residents are going to be delighted by the improved access to "one stop services" offered by Shona and her team. Do drop in, or contact the office at 778-515-5520.

Okanagan Falls Town Center Design Project ~ As the old saying goes, "Rome was not built in a day". But, Rome could never have been built at all without a plan! The recent design workshop (called a charrette) was led by our consultants Bob Ransford and Lance Berelowitz. It proved to be a great success! Approximately 30 residents of OK Falls, other interest-holders, RDOS planning staff and experts from the Ministry of Transportation participated in a full-day of "brainstorming" sessions on Friday, September 18th. This was followed on Saturday by a working session of the consultants and their design team who prepared streetscapes and concept plans for a public open house held later in the afternoon. Some 50 members of the community then turned out to discuss these conceptual plans and proposals for the future of downtown Okanagan Falls.

Most of the participants seemed to favour a refined version of the Option B scenario, which had been proposed last year. This would orient the future town centre northward from Highway 97 to the Skaha lakeshore, clustered around the vacant flea market property and extending east-west from Main Street to Cedar Street.

In coming weeks, the consultants will compile their final report, with recommendations for next steps. Meanwhile, interested residents may view the design sketches and conceptual plans by visiting our Community Services Office in Okanagan Falls.

The Senior's Housing Project ~ Our application continues to move forward. Readers may recall that the South Skaha Senior's Housing Society has proposed a 30 unit project of supportive (and affordable) senior's housing to be located on four vacant lots along Willow Street, just south of Veterans Way. Three of these lots are presently owned

by the Legion Branch 227, while the fourth (corner) lot is owned by the Catholic Diocese of Nelson.

The proposed three story project will cost about \$6 million dollars to build. An equity bridge of approximately \$4 million dollars value has been requested from the BC Housing Corporation in response to their recent proposal call for senior's projects in the Okanagan. The balance of \$2 million will be mortgage-financed by the Housing Society, with possible backing by the RDOS. The mortgage funds would be paid back with proceeds from a rental rate of about \$765 per unit.

The Okanagan Falls application led in July to an audit visit to the proposed site by an official from BC Housing. This was followed by a request for the Housing Society Board, chaired by Lorraine Harrison, to attend a meeting with a panel of BC Housing officials on September 16th. At that meeting, which I attended, BC Housing asked the Society a number of detailed questions about financial and operations issues. I believe that the project has a good chance of success, but will need some further refinement. And, it's good that our MLA Linda Larson is helping to push the application along in Victoria.

Meetings with Ministers at the UBCM ~ As I write this column, I am attending the Annual Convention of the Union of BC Municipalities, along with several of my fellow RDOS directors and our Chair, Mark Pendergraft. Together we have met with several Provincial Ministers on such diverse topics as urban deer management, highways and road safety issues (with Minister Todd Stone) and a request of Minister Bill Bennett that the BC Utilities Commission be held more accountable to public concerns in regulating the practices and rate structures of Fortis BC.

I also led an important presentation to the Deputy Premier, Hon. Rich Coleman to advocate his support for our proposed senior's housing project in Okanagan Falls. He is already very familiar with our application to BC Housing, for which he has Ministerial responsibility. While Minister Coleman was not able to commit his immediate support, he did offer some helpful advice on how to move our application forward. In particular, he said it would be essential to consolidate the four lots along Willow Street under one title or "head lease" in order to provide certainty of project ownership to BC Housing and other lenders, if we wish to qualify for project approval.

Sewer Extension to Skaha Estates and Kaleden ~ I'm sorry to report that our application for a \$6 million capital grant from the Building Canada Infrastructure Program, which RDOS applied for last February has been turned down. I haven't yet found out why we were rejected. The grant would have enabled us to move forward with the first phase of our sewer extension project to connect Skaha Estates (and later, Kaleden) with the new Sewage Treatment Plant at OK Falls.

The sewer extension is essential to the long-term protection of water quality in South Skaha Lake. So, I am hoping we will be able to secure the required 2/3 funding from our two senior levels of government when the next round of infrastructure grants become available. For now, we have to wait until after the upcoming Federal election to see how much new infrastructure money will become available, and when we can re-submit our application.

Speaking of the Coming Election ~ Don't forget to vote for the Candidate of your choice on October 19th (or sooner if you choose to vote at the advance polls). Red, Blue, Orange or Green; the choice is yours, but please make sure to Vote!!

And, as we move into the darker hours of autumn, and with Halloween approaching, remember all the little ones who will be out on the streets. Please drive with care, for their sake!

Happy Thanksgiving to all!

Yours sincerely,

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



Electoral Area "D-1" Official Community Plan (OCP) Update

By Evelyn Riechert, RDOS Planner

The Official Community Plan (OCP) for Electoral Area "D-1", an area that includes the communities of Apex, Kaleden, St. Andrews and Twin Lakes, is moving forward rapidly.

"The project's Citizens Committee and RDOS staff have been working hard over the summer and will have a draft ready to share in November", says Tom Siddon, Director for Area "D".

Work has focused on the issue areas residents identified as the Plan Area priorities through community engagement activities and a resident survey. The top three issue areas, and some of the changes the new OCP is proposing to address them, are highlighted here.

Natural Environment:

OCP Goal: *Steward and protect the area's natural features and systems, including sensitive and endangered ecosystems, fish and wildlife habitats, and wildlife corridors.*

- **NEW** local area policies for Kaleden, Apex, Twin Lakes, St. Andrews and Other Areas (Green Mountain Road, Farleigh Lake, Marron Valley) with stronger environmental focus and supporting policies
- **NEW** reorganized and expanded OCP section on the Natural Environment and Conservation featuring separate sections on Riparian and Foreshore Areas, Terrestrial Areas, and Conservation Areas
- **NEW** and expanded section on Environmentally Sensitive Development Permit (ESDP) Areas with mapping developed with South Okanagan Stewardship and Conservation Program

Water Resources:

OCP Goal: *Protect and manage water resources, including both surface and groundwater, for residential and agricultural uses, and for ecosystem health and wellbeing.*

- **NEW** surface and groundwater conservation and management policies throughout revised OCP, including direction to develop a groundwater bylaw for the Regional District to better protect, manage and steward groundwater resources in "D-1" and other electoral areas
- **NEW** policies to require additional information for Twin Lakes and St. Andrews for aquifer protection

Infrastructure and Services:

OCP Goal: *Improve and expand infrastructure in designated rural growth areas, including water and wastewater treatment systems, and cellular and internet coverage and connectivity for all settled areas without compromising the protection of the Dominion Radio Astrophysical Observatory from Radio Frequency Interference (RFI).*

- **REVISED AND EXPANDED** policies on protecting operations at the Dominion Radio Astrophysical Observatory (DRAO), a major national research facility and economic generator for "D-1"
- **REVISED AND EXPANDED** water supply/sustainability policies with support for additional groundwater monitoring
- **NEW** policies to support the expansion of sewer service to Kaleden and improve and expand other regional services, including cellular and internet access

The final phase of community engagement will begin in late October and November, which will include additional online information, and online and hard copy surveys, as well as an Open House on November 18th at Kaleden Elementary. In the meantime, be sure to check out the Area D-1 OCP Update website at www.D-1update.ca.

For more information, please contact Tom Siddon, Director, Electoral Area "D" at tsiddon@rdos.bc.ca or 250.809.2548. You can also visit the RDOS website at www.rdos.bc.ca, visit the project website at www.D-1update.ca, or contact Evelyn Riechert at the RDOS at eriechert@rdos.bc.ca, 250.492.4204.

October Hours:

8:30am - 8pm

Tue / Thur / Fri

8:30am - 4pm

Mon / Wed / Sat



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Shona Schleppe

The New Area 'D' Rural Services Office

with Shona Schleppe, Rural Services Manager
Area 'D' Partners, Stakeholders, Commissions,
Boards and Residents, please allow me to do
a brief introduction as I have recently accepted
the RDOS position as your new Area 'D' Rural
Services Manager.

A bit of background, my husband and I have recently moved to Okanagan Falls. Why? We vacationed here for the last 10 years and fell in love with the community! Since moving here we have been embraced by our neighbors, supported the local businesses, shared stories with fellow dog owners and created friendships. We have explored the Valley, picked saskatoons on McLean Creek Road, climbed Peach Cliff, volunteered at the Pharmasave Okanagan Falls Junior Triathlon, attended a few Industry Nights, watched the Movie in the Park, strolled the KVR, paddled Skaha Lake and cycled many miles. The list goes on and we are adding each day to our adventures. We tell our friends and families that every day is Sunday, as we are blessed to live here! We do have one regret, we should have made the move years ago!

Director Siddon announced a few months ago that the office in Okanagan Falls was to be reconfigured. The new intent of the office is to provide a "one stop shop" for a variety of community services and programs. The Office is committed to facilitating Area 'D' community initiatives, fostering development opportunities, ensuring public engagement into development plans and projects, as well as exploring and facilitating applications to secure financial resources for Area 'D' community programs and projects. The Office will also handle routine program and service issues.

As many of you are aware, Area 'D' is involved with a number of planning and development projects from the Okanagan Falls Town Centre Revitalization, Area 'D' Governance Study, South Skaha Shoreline, Age Friendly Project, Heritage Hills Neighborhood Park, Area D1 OCP Update for Kaleden/Apex, South Skaha Seniors Housing project, KVR Upgrades and even new Historic Sites. These are just a few of the many projects and initiatives for Area 'D'. Many of these projects and events are guided by community members. I have had the privilege over the last few weeks to meet many of the committees, commissions and society members. I would personally like to acknowledge your dedication, passion and contribution to the community! Together we can make a difference!

Our Rural Clerks, Denise Melenka and Vickie Hansen, along with myself invite you to drop by the Area 'D' Community Services Office. The Office is located at 5350 9th Avenue in Okanagan Falls near the IGA. We are open Monday to Friday from 8:30am - 4:30pm. Give us a call at 778-515-5520 and we will be happy to assist you. You can alternatively reach me by email at sschleppe@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



Area "D" Governance Study

with Bob Daly, Chair

What is "Governance"? Governance is the process of decision-making and the process by which decisions are implemented. Unfortunately,

the complexity of governance is difficult to capture in a simple definition. The need for governance exists anytime a group of people come together to accomplish an end result. Good governance is an indeterminate term used in international development literature to describe how public institutions conduct public affairs and manage public resources. Though the governance literature proposes several definitions, most rest on three dimensions: authority, decision-making and accountability.

Why proceed with a Governance Study? The purpose of the Governance Study is to review and to consider methods of improvement of local governance, including service delivery to the communities of Electoral Area "D", within the context of the Regional District system. Incorporation is **not** under consideration through this study; nor is the study or its recommendations intended to displace or interfere with existing initiatives within any community of Area "D".

What is involved in the Governance Study? Area "D" is a widespread region, encompassing the communities of Upper Carmi, Heritage Hills and Lakeshore Highlands, Skaha Estates, Twin Lakes, Apex, Okanagan Falls, St. Andrews, North East part of Vaseux Lake, Kaleden, and their surrounding areas. The key to the success of the study will be to engage as many citizens as possible from each community in order to accurately assess the governance and service issues which may be specific to a particular community or which may be shared throughout the entire area. To this end, the Governance Study Committee together with the Consultant will provide a variety of fact sheets on services, will conduct two surveys, and will host three open forums to give citizens from each community the opportunity to learn more and thus give valuable feedback during this process.

Who is conducting the Governance Study? A volunteer group of local residents from across Area "D" make up the Governance Study Committee. Those members are: Bob Daly (Chair), Tamara Browne, Navid Chaudry, Leslie D'Andrea, Sam Hancheroff, Larry Kenyon, Doug Lychak, Myleen Mallach, Gerry Stewart, and Eleanor Walker. This committee will work with the hired consultants, Leftside Partners Inc., who were selected based on their strong qualifications and experience with local governance, their successful work with public consultation, and on the thoroughness of their work plan.

When is the Governance Study happening? The Governance Study is already underway and the completion with recommendations is expected in the Fall of 2016. The committee and consultants met in September to discuss the public engagement/consultation plan and to address time lines for the study. Future Governance Study Committee meetings will be open to the public and a schedule will be developed and posted online for those meetings. For up to date information regarding the study progress and meeting schedules, visit the webpage at www.rdos.bc.ca and look under "popular links" for Area "D" Governance Study.



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Okanagan Falls Irrigation District News

with Bob Daly, OFID Chair

Water Main Flushing ~ Please be advised that the Irrigation District will be flushing the water mains from October 1-15, 2015. During this period you may experience some discoloration or sediment in the water. If you do experience this, please run your cold water tap until the water is clear. To avoid any inconvenience, please check the water prior to doing laundry.

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 some improvements to make around the band shell. This work will be done throughout the fall and continued 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 already present, if there is enough interest from the public. If you are interested in being a donor, contact the Office for more information.

The Irrigation District also welcomes any suggestions you may have toward the improvement of Centennial Park.

Watering Restrictions ~ This is a reminder that watering restrictions will be lifted after September 30th. With the arrival of fall, our water consumption has significantly reduced.

OFID Information ~ For information about any matter related to Okanagan Falls Irrigation District, visit 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



Information Centre Update

with Barb Aschenbrenner,
Information Centre Manager

Another season has past us by and a busy one it was. People from all over the world came to visit our little community and they were all impressed with what we had to offer. We even had some who inquired about moving here, because they were looking for a relaxed and friendly town to live in. So, for all who may have moved here over the last few months, welcome to Okanagan Falls.

It is with sadness, but also with excitement, that we have to say good bye to one of our volunteers. Eileen Cross and hubby are moving to Chilliwack to be close to their family. Eileen has given many years of service to the Visitors Centre and other organizations in the community and she will be missed by many. We all wish you well Eileen and hope that you will come back for a visit.

"Where are the falls?" Well, they were reduced to a series of rapids by flood controls and a dam built in 1950's. Best view of these rapids is from Green Lake Road heading towards our Provincial Park. Did you know? In the 1950's, cattle were herded down Main Street. There is still a cattle sales centre on Cedar Street and it is one of the only two left in British Columbia.

We will be closing Oct 9th this year, but will return next May. I would like to thank all my volunteers for the season, looking forward to working with you all next season and anyone else who would like to join our team. Just give me a call in April and see what we are all about.

Have a Happy Thanksgiving!



Info Centre volunteers saying their good-byes and wishing Eileen all the best.



"Fine lemon yellow, lovely slightly honeyed nose with citrus notes, really good palate with same honeyed fruit and citrus edge, very good use of oak, a really fine wine in the Chassagne 1er Cru style."

~ Steven Spurrier



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17.25 Points (90 + Points) ~ 2013 McLean Creek Rd Vineyard Chardonnay

~ Wines scored on a 20 point scoring system by **Steven Spurrier**, Consulting editor for **UK's Decanter Magazine** & chairman of **Decanter World Wine Awards**

Upcoming Event

Okanagan Falls Winery Association HOLIDAY CHEER OPEN HOUSE Nov 28 & 29

T 250.497.8553 | 4287 McLean Creek Rd, OK Falls BC | wineclub@mfvwines.com

RCMP Community Report

Frauds and Scams



While any time is scam time as far as the crooks are concerned, with the cooler weather people are more likely to shift their activities inside and thus be in a better position to get calls or information on the internet that is not legitimate.

One scam that has been hanging around our area since spring is the one where you get an email or phone call from Revenue Canada claiming that you have a refund and they just need some information to process it. They start out with getting just a little information to gain your trust and to appear legitimate. However, you will then be asked for more information until they get some financial information or access to your bank accounts or credit cards. Revenue Canada does not send out email requesting payments or giving refunds.

Another one that remains has various versions of the old "you have won a new Mercedes, a trip or cash or the infamous inheritance where they need your help to secure. Sounds good and as you listen to what they have to offer, remember that these shysters have one thing in common, they want money from you and they plan to give you nothing. They usually disguise it as shipping, taxes, or processing fees. They want you to send them these small fees in advance, a couple hundred dollars or whatever they feel they can get from you. People get caught up in that for a couple of hundred dollars, so they can get a "Mercedes". Often they suspect it might be a scam, but also struggle with what if it is legit, for \$200 I will have a new Mercedes. So, they send the \$200 and of course they don't receive the new Mercedes. Instead, another call for some more money to cover another unexpected cost. You are suspicious, but they can be very good sales persons, and after all you have already sent them \$200, so you don't want to lose that and get nothing so you send more money. This will continue until either you finally say 'no' or they rob you of all your money, and there will never be a Mercedes or anything else delivered to you.

While there are many other versions and scams, they all share one thing in common in that they are all meant to take your money or your identity so as to get money. Most of these scams originate outside of Canada and are impossible for police to investigate and the chance of getting your money back is slim to none. Their corporate headquarters are often nothing more than a vehicle or rented room with a cell phone or lap top computer.

Protect yourself by doing your due diligence before you ever part with any of your money or information. Simply hang up on these scam callers or if you feel they may be legitimate, ask that they send you information in the mail for you to review and consider. This usually weeds out those that are not legitimate, as they have nothing to send you because then you would have time to review the material and realize it is a scam. Delete suspicious emails without opening to prevent them from gaining access to your computer. Ensure that you have proper security protection enabled on your computer and devices.

Remember: If it sounds too good to be true, it usually is and you seldom get anything worthwhile for nothing. And, despite all the technology and advancements, it is still true today that a fool and his money are soon parted!

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



Federal Election on Monday, October 19th

Elections Canada is mailing a personalized voter information card to each registered elector, indicating when and where to vote. Electors who do not receive a card by October 1st, or whose card shows incorrect information, can either go online at www.elections.ca or call Elections Canada at 1-800-463-6868 for further assistance.

Most residents will head to the Kaleden Hall or the Okanagan Falls Senior Centre to vote on Monday, October 19th. Advanced polls are available at the Okanagan Falls Senior Centre on October 9, 10, 11 & 12.

If you are undecided on who to vote for, then attend the "All Candidates Forum" at 7pm on Sept 30th at the Frank Venables Theatre in Oliver. Another very useful tool to see exactly what party most aligns with your point of view is to take the anonymous online political questionnaire at <http://canada.isidewith.com/political-quiz>. The results are amazing!



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Heritage Hills / Lakeshore Highlands Homeowner's Association Hosts All Candidates Forum in OK Falls

By Doug Lychak, President
 Heritage Hills/Lakeshore Highlands Homeowner's Association

On Tuesday, September 15th, 2015, the Heritage Hills/Lakeshore Highlands Homeowner's Association sponsored an All Candidates Forum at the Okanagan Falls Elementary School.

Connie Denesiuk - Liberal, Richard Cannings - NDP and Brian Grey - Independent attended. Marshall Neufeld - Conservative declined the invitation.

The meeting was attended by approximately 40 people from the area of Okanagan Falls, Kaleden and Heritage Hills/Lakeshore Highlands. Mr. Ron Obirek, Vice President of the Homeowner's Association, moderated the meeting.

Many good questions were asked of the candidates, including domestic and foreign policies, support for a National Park in the Okanagan-Similkameen, health care, pensions and GIC, health impacts of EMF's and lowering of taxes for small businesses. There was much consensus around supporting seniors, the National Park, and restoring faith in government through greater transparency and Canada's reputation on the world stage.

We would like to thank the candidates for their attendance and participation.



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Who is Dave-O?

"I have 4 young kids and a very patient wife. I love small towns, people, sports and food. I also enjoy engaging kids and youth in teamwork activities to instill character and integrity. It's important that we teach our kids to engage in the world around them and not just stare at a screen. It's not about being perfect, it's about being perfectly happy being YOU!" ~ says Dave Oosterveld, New Youth & Teen Recreation Supervisor in OK Falls.



On Left - Dave-O with his son getting ready for a big floor hockey game. Hey kids! Join our Monday Night Floor Hockey for K-Gr.4 from 5:15-6:15 pm and Gr.5 & up from 6:15-7:15pm. \$3 drop-in. Active Kids is back on Thursdays from 5:00-6:15pm. Join Dave-O for some fun, semi-structured physical play. \$40 for the session. Late start welcome. Youth & Teen Night returns every other Friday at the OK Falls Community Centre Gym. \$2 drop-in. Oct 2, 16 & 30.

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Nancy's Craft Kids Program returns with Two Special Days!

Please pre-register.

Thanksgiving Centerpiece

October 5th 2:30-4:00 \$5

Halloween Ghouls

October 26th 2:30-4:00 \$5



Kids Yoga with Tammy Semple

Children will learn how to focus and centre themselves with visualization techniques, while building strength and coordination. They also learn respect for self and others through the practice of poses, yoga games, breathing and simple anatomy.



Wednesdays 3-4 pm

Oct 7th - Nov 4th

Please pre-register or drop in to the 1st class.

\$40. For ages 6-10 yrs

Youth & Teens

For 11 years & up

Every 2nd Friday

October 2, 16 & 30

Youth & Teen Night is rocking
with Dave-O in the OK Falls
Community Centre Gym.

\$2 drop-in fee



Take Time for You with Chair Yoga

By Wendy Goudie, Owner of Get Bent

If you suffer lower back pain there are a number of muscle groups, or combinations of muscle groups, that could be involved. One of these common possibilities is the hip flexors, which are some of the strongest muscles in your body. They join the thigh bone to the pelvis and lower spine. If you spend much of your day in a seated position, your hip flexors can tighten up, which can create challenges with posture. Tight hip flexors can limit the range of motion in your hips as well, making it difficult to raise your legs.

Practicing the following exercise on a regular basis can help to loosen your hip flexors and reduce back tension. Loosening the hip flexors will allow you to lift your legs higher to avoid tripping and prevent falls.



Bent Knee Lift

1. Sit in a firm chair with a straight back, feet flat on the floor
2. If needed, a thick book or foot stool under the feet will help. Feet must be flat on the floor
3. Notice the lower back and tummy. Think about how they are working.
4. Pull the tummy in towards the back
5. Push the lower back into the back of the chair
6. Keep breathing and hold
7. While holding this position, lift one knee
8. Hold for a few breaths then lower, before repeating
9. Do several in a row on one leg, taking a rest when needed
10. Repeat on the other side

Be sure to relax the neck and shoulders while you're doing this exercise and remember to keep breathing. Try to breathe normally, through the nose. I'd love to hear about your success with this exercise. Feel free to call or email the studio if you have questions or comments.

Wendy created Get Bent's Chair Yoga program and provides training courses and guest lectures for retirement facilities, seniors groups and health care workers. Get Bent is a full-time yoga and belly dancing facility for all ages offering Chair Yoga classes throughout the week at retirement facilities and in the Get Bent studio in the Cannery Trade Centre. Contact Get Bent at 250 462 1025 or visit the website at www.YogaPenticton.com.



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New in OK Falls!
Youth and Ladies
Classes start in
September



Youth Bellydancing
Zen & Fitness Centre
Thursdays, Sept to June
7-9 yrs ~ 3:30-4:30pm
10-12 yrs ~ 4:30-5:30pm
Monthly \$51.13



Ladies Bellydancing
Multipurpose Room
Thursdays, Sep 10 ~ Dec 17
7:00-8:00 pm
Registered class: \$189

Get Bent 250.462.1025 GetBentDance.com

OK Falls Fire Department Open House

The OK Falls Volunteer Fire Department hosted an Open House on September 20th. Kids enjoyed the bouncy fire truck, face painting and tours of the hall. There was an auto extrication demonstration, along with a BBQ and refreshments. Numerous volunteer firefighters were busy handing out recruiting information to those interested in joining.



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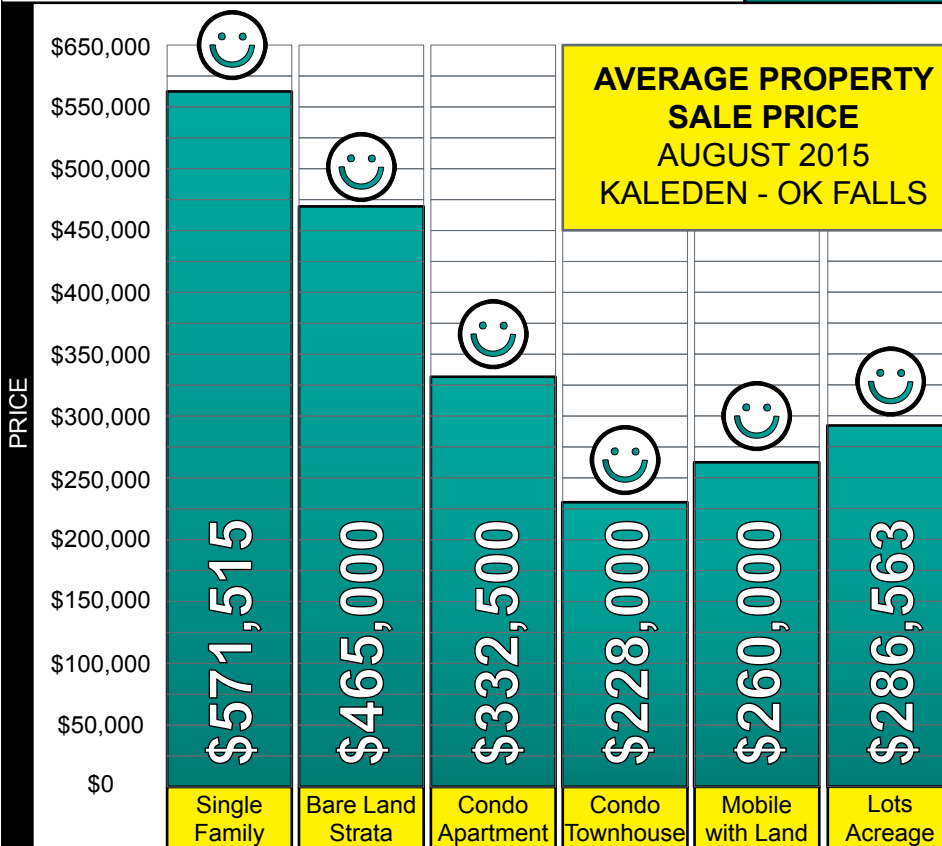
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LOCAL REAL ESTATE MARKET UPDATE WITH

DATA SOURCE: South Okanagan Real Estate Board (2015)

MR. SKAHA LAKE



PROPERTY TYPE

HIGHLIGHTS:

2ND BEST MONTH OF THE YEAR
AUGUST 2015 stands as the 2nd best month for increased volume of sales and average sale price in both Kaleden and Okanagan Falls real estate after June 2015.

CONDO DEMAND GOES UP
More real estate sales have occurred for townhomes and apartments in August 2015 than any other month this year.

MOBILE HOMES
AUGUST 2015 is the strongest month for average sale price for the mobile home property type.

MARKET CONCLUSIONS
We are still experiencing lots of activity in the local real estate market. Have you been thinking about selling? Contact Taras Kinash / Mr. Skaha Lake

Kaleden Update

PARKS & RECREATION

with Doug King, Kal-Rec Chair

Summer is officially over, the days are getting shorter, and fall activities have started once again. Our clubs have also returned too. Check our website calendar for dates & times - www.kal-rec.ca/calendar.html

Budget ~ The process of preparing the budget that will be presented at the AGM next March has begun. The Commission will hold our open budget discussion meeting on November 3rd, 2015 at the community hall. The meeting is open to all Kaleden residents and starts at 7:00 pm.

Parks ~ Buoy, swim lines and rafts will be removed in early October. The water will be shut off and irrigation systems and washrooms will be winterized by mid-October. Upgrades to the washrooms will be made shortly thereafter. Plans are to include a washroom for those using wheelchairs.

Programs ~ Kal-Rec has two new programs for children this fall. Tumble Bumble for pre-school age children is every Tuesday at 11:00. We're thrilled to see all the happy little faces exploring the new toys and equipment. Drop in and join us, just \$3 per family. Kids Club is now full with 12 registered children and a fun schedule of activities and guest instructors. If you would like to 'late start', please call the Rec office, so we can consider expanding this active program.

Our program coordinator is also working on some new initiatives for next year, having applied to the New Horizons for Seniors Programs. We propose to fund an activity sampler series for older adults, so cross your fingers for that announcement in early 2016.

And finally, as the weather turns we are bringing Carrie's Yoga Class indoors. We've re-purposed the stage into quite a sweet space for the program starting October 20th. Please pre-register so we can launch this regular yoga program. See you at the Community Hall!



Special Events ~ Ahoy Matey! Despite the kerfuffle with the smokey skies and the rescheduling, "Family Fun Day Pirate Style" was a wild buccaneer of a day. Thanks to the Kaleden Fire Department for putting on the annual Fire Brigade event ... always a big hit!

Our next special community event is the annual Halloween Dinner & Dance, which will be held on Friday, October 30th starting at 6:00pm.

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October 30th DOORS OPEN AT 6:00 DINNER 6:30PM

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Kaleden Parks & Recreation Commission:
For Tickets Please Contact - Paul @ 250-497-8715
or Kaleden Recreation Office 250-497-8188



Kaleden Volunteer Fire Department KVFD September Tip: *Hear the Beep, where you Sleep!*

October 4-10th is Fire Prevention Week. The National message this year is "Hear the Beep, where you Sleep, Every bedroom needs a working smoke alarm". When it comes to smoke alarms, it's Location, Location, Location. Outside and inside the bedroom is the ideal spot to place a smoke alarm.

Take this time to talk to your children/family about escaping the home upon hearing a smoke alarm. Identify a safe meeting place and teach them how to call 911 to report an emergency.

Spotlight on Volunteers!

Meet Mike Gane



Here is one of our Kaleden volunteers, Mike Gane. Mike resurrected the Badminton drop-in program close to five years ago. He has also served on numerous societies, which currently includes the Kaleden Irrigation District and the Kaleden Museum Society. He truly loves to give back to his community.

If you or someone you know would like to give badminton a try, come down to the Kaleden Hall on Wednesday evenings from 7:30-9:30. Everyone welcome!

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.

Why do I feel so tired Doc?

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



This is a very common question in all Doctors' offices. Unexplained fatigue is a mysterious malady and the cause can be elusive. Often, regular physical and laboratory exams come up normal to the frustration of everyone involved.

In my experience and review of the science on this topic, two causes stand out as the most significant contributors to chronic, unrelenting fatigue. Keep in mind that most ailments have more than one cause. It is more a case of many factors contributing to body systems being overwhelmed (like the straw that broke the

camel's back), than a single cause. The human body can deal with many insults, but at some point if too many things are overloading it, a tipping point is reached where systems start to fail. It is at this point that chronic symptoms such as fatigue can set in.

The two main causes of fatigue that I wish to discuss today are **Adrenal Fatigue** and **Mitochondrial Fatigue**. The two tiny adrenal glands which are located above our kidneys, release hormones such as adrenaline and cortisol to help our minds and bodies cope with stress. Ideally, they are in a relaxed but alert state, maintaining vigilance in preparation for stressful events to occur. When stress to the body and/or mind occurs, they quickly act by releasing stress hormones to help us cope with the stressor (this is commonly known as the *fight-flight* or *freeze* response). This system works well if stressful events in our life are rare and intermittent. However, in today's busy world, the adrenal glands can be *stuck on* causing them to run out of resources to produce stress hormones and ultimately becoming less effective and, in fact, burned out. When this happens we can lose our ability to sleep soundly and cope with even minor stressors. A vicious cycle ensues in which the body becomes increasingly more fatigued, and relief is hard to find because the body cannot rest.

The mitochondria are tiny organelles that produce energy within our cells. Thousands of mitochondria reside in every cell, turning raw energy sources from food and oxygen into high octane ATP energy. ATP provides an effective, powerful resource for powering our physical needs. Over time and with an excess of toxins, poor nutrition, stress, lowered hormones, chronic infections etc., our mitochondria can also burn out. This has been termed *mitochondrial dysfunction*. It is a state of low oxygen utilization leading to low ATP production. To rev up the mitochondria, it is necessary to improve the manner in which oxygen is utilized by the cells.

Lifestyle factors are the key to successfully re-energizing the adrenal glands as well as the mitochondria. Regular sleep, regular exercise, regular meals, stress management, high quality natural food, avoiding processed foods and chemicals, hormone balance, and detoxification all contribute to the regeneration of both the mitochondria and the adrenal glands. Often, underlying latent viral, yeast, or bacterial infections are contributing to ongoing fatigue. New genetic testing for microbes can help uncover these infections which can be difficult to find with traditional testing methods.

Naturopathic Doctors are trained and experienced in testing and treating chronic fatigue. Let us know how we can help. For more info, contact Dr. Tamara Browne in Okanagan Falls at 250-497-6681.



Blood Donor Clinics October 7, 8 & 9

1:30-5:30 pm - Penticton Seniors Drop-in Centre
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Dr. Tamara Browne, Naturopathic Physician

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Kids Choosing To Be Active!

Nolan, Evan and Leah getting active after school. "We just love playing sports", they told us. Keep up the great choice kids and stay active everyday!

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



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Gout and Diet/Lifestyle: The Do's & Dont's ~

Known to humanity for millennia, gout was referred to as the "rich man's disease" because it was supposedly more common among the wealthy who could afford to indulge in seafood, meat and alcohol, foods rich in purines. These naturally occurring chemicals exist throughout the body. When broken down, they form uric acid, which under the right conditions, may accumulate and crystallize in just about any place, causing severe pain, debilitation and potentially disfigurement.

Nowadays, the prevailing view on diet and gout is a little more nuanced. High uric acid occurs due to enhanced production or reduced elimination, or both, and these are largely determined by genetics. However, diet certainly plays a role. Consumption of low-fat dairy products, for example, has been shown to lower uric acid and may reduce the frequency of gout flares. Likewise, eating cherries on regular basis has been associated with reduced attacks, as has consumption of caffeinated beverages such as coffee and tea (in moderation), in addition to daily Vitamin C. Finally, adequate water intake is crucial to preventing crystallization.

In contrast, seafoods such as tuna, scallops and sardines have been associated with higher risk, as have organ meats like liver. High-fructose corn syrup, sometimes labelled as "glucose/fructose" is also bad news and shows up in soft drinks and many processed foods. As far as alcohol goes, beer tends to be the biggest offender, followed by liqueurs. The association between wine intake and gout is less clear, although higher alcohol consumption generally means higher risk. Perhaps most compelling is the link with excessive caloric intake, as overweight individuals consistently display a higher risk of gout.

In closing, if you are struggling with gout or elevated uric acid and are looking for ways to reduce your chance of flares, consider these dietary and lifestyle approaches. Your joints will thank you! See you in November and stay tuned for info on flu shots, slated to arrive later this month!

***"If we wish away our laugh lines,
we wish away the memories that made them."***

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Okanagan
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Before & After School Care Returns In Okanagan Falls

Okanagan Falls Elementary School is thrilled to share that Before/After School Care will officially open on Monday, October 5th. Registrations are currently being processed, so get yours in now! Care runs from 7:00-8:30am and 2:30-6:00pm, as well as early dismissal days from 12:00-6:00pm. Please note that care will not be provided on Pro-D Days, nor during Winter/Spring/Summer Breaks.

Thank you to the Okanagan Boys and Girls Club and Ms. Kusmack and Ms. Willment for becoming our new facilitators and also a thank you to Ms. Bonnie and Ms. Pam for their mentoring support with this transition. And, thank you to our local families for your patience and support as we transitioned with the leadership of this important service in our school. We look forward to having the centre open and serving families with children in the Okanagan Falls Elementary School.

Any you have questions or would like to register your children for this program, please give Carol Albano a call at 250-493-0512 x 112.

Parenting Conference ~ Oct 16 & 17

Penticton Ramada Inn

Get Connected! Practical parenting tips from
Dr. Vanessa Lapointe & Dr. Simon Nuttgens.

Limited Registration. Free Lunch & Childcare .

\$15 Friday Evening. \$30 Two Days. \$45 Couple.

250.496.5511 www.communitiesforkids.ca

Okanagan Falls StrongStart Centre

with Samantha James

October all about Autumn! This month we have Infant Development here on Thursday, October 1st, Speech and Language on Thursday, October 8th, both at 10am. Our always popular "Storytime with Georgia" will be held on Wednesday, October 14th at 9am.

We are off to Matheson Creek Farm for our annual trip to the pumpkin patch on Friday, October 16th, so be sure to join us for the bus ride leaving the school at 9am. We are excited to host our annual Halloween Dress Up Party on Friday, October 30th.

Please Note: We will be closed for Thanksgiving on Monday, October 12th. We will also closed on Friday, October 23rd for a Professional Development Day.

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.

Okanagan Falls PAC Update

with Deborah Rivest, Parent Advisory Council Chair

Plans for our Annual Christmas Basket Raffle are already underway! In fact, we are requesting community support for donations of cash or pre-made baskets to make up the fabulous raffle prizes for lucky ticket holders at our School Christmas Concert. The basket submission deadline is Friday, October 16th. Items can be dropped off at the school office, or make arrangements for pick up by calling Deborah at 250-497-5384 or email dbogan@shaw.ca.

Okanagan Falls Elementary School is once again a part of the Farm Bag Fundraiser. Sign up to receive a fresh 20 lb bag of produce each month through January. The cost is \$30/mth, with partial proceeds to our school's PAC, all while supporting local farmers in the process. Visit www.localmotive.ca and choose 'Okanagan Falls Elementary' when you sign up online. For any questions, email farmbag@localmotive.ca

We invite ALL parents to join us for our next PAC meeting of the school year on Tuesday, October 6th 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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OK MINI SCHOOL

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

We have one spot available for the 2015/2016 school year, so give us a call if you might be interested. Our Cookie Dough Fundraiser to support the preschool is currently underway. If anyone would like more information or want to place an order, please contact Bonnie.



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~ The Sloan Family

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School District No. 53 Board Report

with Sam Hancheroff, Vice-Chair, School Trustee

Okanagan Falls Elementary News:

Welcome back students and staff! On behalf of the School District, I wish you all an exciting, positive, and active-learning year!

During the summer, our district operations staff worked hard to make our school clean and welcoming for the school opening. Specifically at Okanagan Falls Elementary the facilities projects were renovation of the computer lab to offices and a meeting area, and installation of a handicap ramp on the northwest corner of the community section of the building. School District 53 provided the labour for the ramp and Okanagan Falls Parks & Recreation received a grant for the materials. This is evidence of the excellent partnership we have between our School District and the OK Falls Parks & Rec!

Once again, OK Falls PAC is asking for community donations for their Annual Christmas Basket Raffle. The draw will be in December at the school's Christmas Concert. The money raised this year will again be used by the PAC to purchase items for the classes off our teachers' wish lists. The PAC are asking for items to create themed gift baskets (or your own Company Basket). Baskets will be placed in the school's display case prior to the event; they will be identified both at the event and in Skaha Matters.

Thank you to Telus for the backpacks and school supplies that they donated to our school and to schools within the district.

School District No. 53 News:

Positive Start: We would like to extend our thanks and appreciation to all staff - teachers, support staff, maintenance crews, administrators and exempt staff for ensuring a smooth and positive transition for students and staff.

Staffing: Senior staff will meet with each school following the September 30th enrolment counts to review allocation of staffing and additional areas of support needed.

District Professional Development Day: Approximately 130 teachers, administrators, support staff and trustees gathered for a first annual district day conference at the Frank Venables Theatre and SOSS school. Keynote speakers included Peter Liljedahl, a mathematics professor at Simon Fraser University and Colleen DeVeyrac, an international public speaker and teacher who has worked with youth at risk. Breakout sessions were facilitated by the keynote speakers, as well as teachers and administrators.

Secondary School Apprenticeship Programs/Ace-It Programs:

Most of our students in these programs continued their training over the summer. All but one of the students was successful, which is a huge success! Thank you to Rod Kitt, Career Prep Coordinator for supporting the students over the summer and checking in so that they could be successful. SD No. 53 will receive \$20,000 from our Industry Training Authority (ITA) for SSA program support for the 2015/16 school year. We are very thankful. This will fund an SSA Support Coordinator to help SSA students in grades 10, 11 and 12 attain practical experience with a local employer. Students will "earn while they learn" and gain credit towards their high school diploma and the apprenticeship portion of their trades training.

Gateway to the Trades 2015: This program will run at SESS from September 21 to December 11, 2015. It will provide a valuable opportunity for students to gain first-hand knowledge to make an informed choice of which trade to enter, learn practical skills and industry requirements for a variety of building trades, and find out how to be successful in future employment and training.

World Teacher Day 2015: World Teacher Day is recognized annually on October 5th. It is meant to commemorate teachers' organizations worldwide and acknowledge the work teachers do across the globe. As we have done in the past, SD No. 53 and SOSTU will make a joint contribution to Canadian Women for Women in Afghanistan, a charitable organization with goals to advance education and education opportunities for Afghan women and their families, and to educate Canadians about human rights in Afghanistan.

School-Based Innovations/Initiatives: The next learning forum is scheduled for October 14th at 4:30 in the board office annex. The topic will be school learning plans. The purpose of this forum will be to share the goals and inquiry question for 2015/16 for our schools/sites.

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

School is back in full swing at Kaleden Elementary! September is always an exciting month for both students and families to return to a school, reconnect with friends and prepare themselves for another year of learning and personal growth. This year, Kaleden School has approximately 93 students returning with five divisions of classrooms. We were thrilled to welcome back all of the same teaching and support staff as last year with the exception of our new school secretary, Mrs. Helen Terry.

We feel very proud to have accomplished the "Kaleden Community Banner Project" last spring. The banners were erected in early summer and proudly display the art work of all students at Kaleden School. This is a wonderful example of the collaborative effort that unfolded last spring between the school and greater community. Thank you again to all members of the community that gave their time, interest and donations to bring this project to fruition.



This year, the Kaleden School community is looking forward to continuing to extend our reach into the greater Kaleden community. Initiatives such as the Student/Senior Buddy program will continue at the Kaleden Community Hall. We welcome new "big buddies" to join us if you have an hour or so per month to spare. Please feel free to contact either Meredith King or Heather Rose (Principal) at the school if you are interested. We hope to start a new session in late fall.



Mrs. D's Playschool

Morning & afternoon spaces available for 3-5 year olds.

Starting in September in the Kaleden School.

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Kaleden Elementary PAC Update

with Brad Nunes

The KES PAC is off to the races this year with many fun and exciting events for both the school and the community at large!

The PAC would like to remind all Kaledenites that one place you should never race is in a school zone. The speed in a school zone is 30km/h from 8:00am to 5:00pm on school days. Many of our kids have to walk on the roadside and are frequently distracted by birds and/or Pokemon cards. Please slow down and be extra vigilant in school zones and whenever you see kids on the road.

Our first big community event is a Thanksgiving Lunch on Monday, October 5th at noon. \$5 gets you a full turkey dinner and everyone is welcome! The next PAC meeting is Tuesday, October 13th in the school library at our fresh new time of 6:00pm. It means we can stare at the cookies an hour earlier before someone finally opens them. Lastly, if you are brave enough, come out to our spooky Halloween pumpkin carving extravaganza on Wednesday, October 28th following recess. Rumor has it Ms. Rose is going to attempt to recreate the Mona Lisa in squash form. It should be exciting.

School Trustee Report for SD67

with Ginny Manning

Over the summer, the City of Penticton completed permanent traffic calming measures at Wiltse, Uplands, Carmi and Parkway Elementary Schools. The temporary delineators that reduced the road width have been replaced with a permanent concrete curb line that serves to slow traffic. Additional signage will be provided to address the crossing of pedestrians and cyclists at the crosswalks.

The District's Financial Statements are audited annually and once again the task was completed by BDO Canada. Jonathan McGraw from BDO commented that the statements were in order and were prepared according to GAAP (Generally Accepted Accounting Practice) as per Ministry requirements. He also commented that the School District has very good internal controls in place.

The new K-9 Curriculum is complete and teachers are encouraged to use all or parts of it for this year. It will be fully implemented in the 2016/17 school year. The grades 10-12 curriculum will be available for a trial period next year and fully implemented in 2017/18. The new curriculum was developed by educators from around the province.

Changes to Provincial Exams and 'FSA's' will be rolled out on a trial basis in September of 2016/17. New reporting guidelines are also being developed. More detailed information is available on the School District website at www.sd67.bc.ca.

Several policies are available on the district website for comment:

- #203 Student Fees - housekeeping changes
- #310 District Code of Conduct - the Ministry of Education requires that these policies follow the exact wording of the updated BC Human Rights Code. The policy must list all the prohibitive grounds for discrimination.
- #725 Video Surveillance - housekeeping changes and clarifications regarding real time monitoring and surveillance exceptions in the event of a criminal investigation.
- #290 Freedom of Information and Protection of Privacy (FOIPPA) - This is a new policy
- #540 Employee Travel - updated guidelines for expense claims

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
 Tuesday 1 - 5 pm / Thursday 1 - 8 pm / Friday 1 - 5 pm

Kaleden Library is holding our annual "Guess the Weight" Pumpkin Contest. Come and enter your best guess, winner takes the pumpkin home to carve for Halloween!

Join us for Fall Storytime on Tuesday mornings from 10-10:45 am. Storytime is a FREE program for preschool children ages 2 to 5 years old. Come join us for lots of fun ... listening to stories, singing songs, playing with our puppet "Marley" and meeting new friends.

After school LEGO will held on Oct 29th from 2:30-3:30 pm for ages 5 to 12 years old. Please contact the library to register for this FREE program, as space is limited.

Would you like to increase your computer skills? Personalized Technical Training is being offered at the Kaleden Library on Oct 13th, 20th and 27th. Bring your laptop, smartphone, eReader or tablet. We are booking 40 minutes sessions and free of charge! Please call the library at 250-497-8066 for more information on this program for adults. Registration is required, but limited space is available.

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



We had a great summer here at the library with our Summer Reading Club meeting every week for stories and crafts. Many of the kids met their summer reading goals with our top reader reading more than 108 hours in total. Congratulations to Elias Isted! (Shown in photo to left.)

We have a few programs running in October for the kids. Look for Family Storytime, which begins again on Sept 30th at 1:30 pm and will continue every Wednesday until Dec 16th. Lego nights will be Tuesday nights at 6:00 pm Sept 29th, Oct 20th and Nov 24th.

For adults we are offering Personalized Technical Training on Fridays Sept 25th, Oct 2nd and Oct 9th. These will cover basic computing skills and registration is required.

Senior Resource Information Sessions will also be taking place in the library every 4th Wednesday of the month at 10:30 am starting Sept 23rd. October's meeting will focus on Housing for Seniors.

Other October dates to mark on your calendar: Oct 6th join us for "Quilting with Barb" at 7:00 pm. On Oct 14th at 10:30 am, Perry Tompkins, Pharmasave Pharmacy Manager will be presenting "How to Prepare for Winter". Great information for seniors on how to keep healthy during cold and flu season. On Oct 27th at 6:30 pm, join us for "History of Okanagan Falls".

All programs are free. Please call 250-497-5886 to register.



Denise Blashko

New Executive Director At South Okanagan Chamber

The South Okanagan Chamber of Commerce Board of Directors appointed Denise Blashko as their new Executive Director last month. Denise Blashko replaces Bonnie Dancey, who left the Chamber in June 2015 after 11 years of service. Bonnie has taken a new job with the Royal Canadian Legion, helping branches around the Okanagan and Kootenays. Denise was the "Training & Project Coordinator" at Community Futures in Penticton prior to joining the Chamber.

"I'm very excited to take on this new role," says Denise, "I'm diving right in to "Festival Of The Grape" planning, as well as engaging the Chamber membership and helping to provide value to them."

The Festival Of The Grape is on Sunday, October 4th from 12-5pm at the Oliver Community Centre. Tickets are \$30 each with free admission for kids under 19 years of age. Visit <http://oliverfestivalofthegrape.ca>.

For more information on the South Okanagan Chamber of Commerce, or to arrange a meeting with Denise Blashko, call 250-498-6321 or email manager@sochamber.ca, or visit 6237 Main Street in Oliver. Lots of great information on their website at www.sochamber.ca.



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Online Registration is October 1st - November 30th ~ 3 age group categories, as well as group categories (duos, trios, band, dance, etc.). Limited spaces available in each group category. Performers Workshops are included for those signed up by November 30th.

Performers Workshop ~ A great opportunity for all young performers to gain valuable coaching technique's in voice, singing, stage, interviews, speaking, dance, band, performance and instrument skills and more. Workshops will feature professional workshop presenters and seasoned (local and area) performers. These workshops will also be geared to performer's ages and specific performance needs. Workshop details, along with registration, available on the website.

Denis Chaykowski, Fresh BC Talent Quest, SEASON 4 - 2016
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When Is The Best Time to Sell?

with Brian Moen, Realtor with Royal LePage Locations West

Talk to any real estate agent, and they will tell you that there are certain seasons that are more favorable to sell your home than others. Often, the best time to list and sell a single family detached home is in the spring, followed by early to mid fall.

Most families want to make the purchase of their home and complete the transaction before the summer months, when the kids and family are on summer vacation. Parents are keenly aware that school registrations need to be dealt with ... and who wants to be loading a moving truck in the middle of August? Sensibly, spring also offers the best time of year to showcase your home. After a long winter, the first hints of cherry blossoms and crocuses seem to trigger the "moving bug" in many people. Gardens tend to look their best in fresh bloom, when the leaves are on the trees. Homes appear more appealing when the weather is warming up and buyers tend to be in high spirits. It's also usually easier to get your home ready for sale at this time of year ... from painting inside or out, to the simple ability to keep the house cleaner without the winter muck being traipsed throughout every time someone walks through the front door. Just remember, when you sell at the busiest time of the year you will face more competition, so make sure your home shows at its best!

If you're selling anything over a certain price (and that depends on where you live, but we'll say anything in the top 20% price range of your community), expect the summer months to be particularly slow. Expensive homes require buyers with big pockets ... and where are they in the summer? Most likely away on vacation, not looking for a home ... so that's where the early to mid fall selling season comes in.

Fall is considered the next best time to list your home on the market, especially if it's a nice long Indian summer. Linked to the "back to school" mentality, with the leaves turning fabulous colours and nice cool crisp temperatures, you'll have another good shot at selling a family home ... often to someone who's already in your neighbourhood. That being said, be prepared to keep up that curbside appeal as the weather changes. Some properties will sell at any time of year, such as those aimed at first time home owners, especially condominiums and town homes. Often these buyers are not faced with the constraints of school catchments, and are much more interested in amenities like underground parking, recreation facilities and the nearest coffee shop. These buyers are happy to shop at any time of year, so sales will often be a bit steadier throughout. Vacation properties always do their best in the spring and summer months, because that is when buyers visit these destinations. They benefit from the fact that vacationers will actually be where these listings are, and not just looking at pictures online or in a brochure. It's also hard to imagine water skiing when the temperature is hovering at zero and the cottage for sale has had the water and power shut off for the season.

Having said this, there really is no wrong time to list your home, because if you price your home right, and make every effort to present it in a superior way, chances are you will sell your property in a timely manner. However, if you find that you have to list in December because of a change in career or what have you, remember to be realistic. The holidays in particular can be the hardest time to sell, when everyone's minds are on other things. Don't be frustrated though ... you never know. After all, one of my listings sold last year on Christmas Eve.

**Brian
Moen**



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Penticton Creek Kokanee Project

By Larry Martin

For several years, Kokanee returns to Penticton Creek have been estimated using generally accepted sample methods. In order to ensure these estimates are accurate, a fish trap has been installed near the Penticton Art Gallery. A fence is used to ensure all fish pass through the trap and to prevent those that have already passed from being trapped again. Each morning the fish are counted and released to continue their journey to the spawning beds. The sample estimate will be compared to the actual count in order to calibrate the sample procedure for future years.



L-R above: Installing the fish trap on Penticton Creek, trap in place, and fish released.

The Penticton Creek Fish Trap was used to collect parent fish that provided 50,000 Kokanee eggs. These will be raised over the winter at the hatchery and will be returned to Penticton Creek into the same spawning beds where more than 3,000 fish have returned. The hatchery uses water from Penticton Creek, thus it is expected the eggs will mature at a similar rate as those in the creek.



L-R above: Taking measurements of parent fish, quality Kokanee, and collecting eggs.

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

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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Vaseux Lake Bird Banding Station Open to Schools and Public

The Okanagan Similkameen Conservation Alliance has received funding from Environment Canada to offer pilot school and family programs at the bird banding station. Now in its 15th year, the station bands about 1500 birds as they make their way south during fall migration. Programs will focus on bird conservation and bird biology. Programs run from September 22nd to October 15th. Contact Jayme Friedt at meadowlarkfestival@osca.org.

Protecting A Lake That Means So Much To Me

By Pamela Mann

The lake means peace and beauty and life itself.

It means watching the sun rise on the quiet waters, hearing the birds sing. It is seeing the young Eagles grow from squawking youngsters, demanding adolescence, and finally the majestic bird of prey that they are. Hearing the Osprey swoosh overhead and watching it dive into the water to catch its prey. Paddling through reeds and noticing a dozing Painted Turtle in the afternoon sun. Discovering a bird nest over our front door and watching the young chicks peeking out of the nest waiting for mom and dad to return with breakfast.

It is the sounds that drift over the lake. It is the sounds of neighbours laughing and chatting over a glass of wine in the early evening. It is laughter and horseplay of children splashing in the lake. It is the sounds of friends calling out from their boats as they paddle by.

And while I have touched on the many things the lake means to me, I have not mentioned the most basic thing it means. In fact, it is so basic that I take it for granted and often forget about it. The lake means LIFE - without the Lake none of these things that mean so much to me would be there, including me. Our lake provides water, food, and enjoyment to its people and its wildlife.

Earth is covered in 70% water and unfortunately 40-50% of our waters are impaired or threatened. "Impaired" means that the water body does not support one or more of its intended uses. This could mean that the water is not suitable to drink, swim in or to consume the fish that was caught there.

We are just now beginning to understand how all the water is connected and how we are impairing our lakes and the all the water around us. We must each make it our job to educate ourselves and start protecting all of our waters for everyone.

HELP WANTED: Housekeeper

Penticton & District Community Resources Society is accepting applications for the part-time / casual position of Housekeeper for the Better at Home program in the Okanagan Falls/Kaleden area. Must have reliable transportation, housekeeping experience and the ability to relate to seniors in a respectful manner. For more information, please call 250-487-3376 or visit www.betterathomepenticton.com. Interested applicants are invited to email their resume and cover letter as an attachment to resumes@pdcrs.com or by mail or in person to:

Penticton & District Community Resources Society
330 Ellis Street
Penticton, BC V2A 4L7

Applications should be clearly marked
"Housekeeper - Better at Home Program"

Funded by the Government of British Columbia, managed by the United Way of the Lower Mainland, Better at Home Penticton is a program of the Penticton and District Community Resources Society delivered in partnership with the South Okanagan Seniors Wellness Society.



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www.bclivestock.bc.ca for complete sale listings and updates.



Happy 100th Birthday To Audrey Pollack!

Audrey Pollack was born in Twickenham, England on September 29, 1915. She came to Canada when she was 12 years old and now resides in Okanagan Falls.

A wonderful 100th Birthday Party was held on September 26th at the Royal Canadian Legion Br# 227. The room filled with family and friends joining Audrey in celebrating this amazing and memorable Birthday. Letters from around the world were shared, along with special wishes from the Her Majesty The Queen of England, the Governor General of Canada, Premier Clark, MLA Larsen, to name just a few.

A very Happy 100th Birthday to you!



Okanagan Falls Seniors Activity Centre

with Audree Sikorski

September, with its cooler nights and days, makes for a nice month to get back to normal with our regular programs at the Centre. We had a late start with our general meeting being one week later, because of Labour Day.

The Fall Flea Market will be held on October 3rd from 9 am to 1 pm. We have 14 tables rented to outside vendors, so there's lots of deals to find. The Seniors Centre always has their White Elephant table, book table, bake table, and a Silent Auction with really good deals too. We also sell tickets on a raffle, featuring items from our local businesses. You can purchase lunch, snacks and coffee here too. Donations are still coming in everyday and we always need more. If you need to drop off good used household items, (Please no electronics), deliver them to the centre when one of the programs are going on and the door is open. We rely on this fund raiser to help the Seniors Centre provide programs to all our members throughout the year. We would also be grateful for donations of baked goods for our bake table.

Elections Canada will be using our Centre for advance polls on October 9, 10, 11 and 12, as well as the actual election on October 19.

Carpet Bowling is back every Wednesdays at 1pm. Tuesday Bingo is back going strong again on the first 3 Tuesdays at 1pm. Come on down and see what you can win. Drop-In Bingo is held the 3rd Saturday of each month from 1-4pm. We will not be having our monthly Pancake Breakfast on the first Saturday, being October 3rd, as we've made room for the Flea Market that day. Our monthly Pancake Breakfast will return on November 7th. Potluck Dinners are held the last Saturday of each month. It is always a great time to catch up with friends and neighbours, or just enjoy the many different dishes prepared by everyone. Bring your favorite dish to share and see what we mean.

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

Bridge ~ 1pm Thursdays

Crib ~ 7pm Thursdays

Fall Flea Market ~ 9-1pm Saturday, October 3rd

Drop In Bingo ~ 1pm Saturday, October 17th

Pot Luck Dinner ~ 5:30pm Saturday, October 24th

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



250.497.8188
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Our Age Friendly Plan Continues ...



Workshop Series Throughout October 2015

A little something for everyone!

Transit 101 - How to Transfer

Monday, October 5th @ 1:00 pm ~ OK Falls Community Centre

A BC Transit volunteer will be on hand to explain how to transfer to other bus routes once you arrive in Penticton. Bring your questions.

Improve Your Balance - With Kandice

Tuesday, October 6th @ 11:00am ~ OK Falls Zen Centre

Join our local fitness instructor Kandice and learn a series of simple stability and balance exercises that you can take away and practice at home.

Lakeshore Walk - With Elaine

Tuesday, Oct 13th @ 11:00am ~ Kenyon Park in OK Falls

Enjoy a social walk along the lakeshore with Elaine and friends. Jenny will also be on hand with an orientation to walking with poles.

How to Prepare for Winter - With Perry Tompkins

Wednesday, Oct 14th @ 10:30am ~ OK Falls Library

Join Perry Tompkins, Pharmacy Manager at Okanagan Falls Pharmasave, in a presentation on keeping yourself healthy during the cold and flu season.

Move And Groove - With Elaine

Tuesday, Oct 20th @ 11:00am ~ OK Falls Zen Centre

Join Elaine in a mostly seated exercise program cued to music we all love; i.e. Abba, Commitments, Eagles and more.

Seniors Housing - With Myrna Tischer of "Better at Home"

Wednesday, Oct 28th @ 10:30 am ~ OK Falls Library

What is Supportive Housing, Assisted Living & Low Income Housing? Who is eligible for SAFER (Shelter Aid for Elderly Renters) and HAFI (Home Adaptations for Independence) and how do you apply? Bring your questions for Myrna.

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RDOS Adopts Heritage Plan

Submitted Press Release

The RDOS is pleased to announce that the Regional Heritage Strategic Plan (RHSP) was adopted by the Regional District Board of Directors at the September 17, 2015 Board Meeting. In late 2013, the Board retained consultants from Denise Cook Design to identify existing heritage sites and values throughout the region. The comprehensive plan incorporates valuable input from a regional Working Group, extensive public consultation and contributions from local heritage experts and societies.

Based on the objectives of the RHSP, an implementation strategy was developed outlining actions to achieve the goals of a heritage conservation service in the region. The recommendations include major action items intended to be carried out in Year 1 (2016) to build a foundation for heritage conservation and promotion throughout the region. The implementation in Year 1 emphasizes the creation of the regional service, the formation of the Regional Heritage Committee and adding several sites to the heritage register.

Historic places are educational resources that help people understand and appreciate architecture, technology, art and culture. As repositories of local history, historic places also help us understand our own communities and remind us of our responsibilities to past and future generations. The Regional Heritage Strategic Plan is a huge step forward for heritage conservation within the Region. Projects like these help the RDOS to foster dynamic and effective community relationships, while also meeting public needs through the development and implementation of key services.

The Regional Heritage Strategic Plan can be viewed at: <http://www.rdos.bc.ca/departments/development-services/planning/projects/heritage-sites/regional-heritage-strategic-plan/>

For further information, please contact Lindsay Bourque, Rural Projects Coordinator, at 250.492.0237 or lbourque@rdos.bc.ca



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Okanagan Falls Heritage and Museum Place - 1145 Main Street

Okanagan Falls Women's Institute

with Thelma Detjen

After a busy Summer, both as WI members and enjoying Holidays, it is good to get back to regular routine, even though some members are still on Holiday in Canada east of the Rockies.

At our first meeting in September, we had two special guests join us. Shona Schleppe, the new RDOS Area 'D' Rural Services Manager, and Jeanette Reza Ariza, a local Yoga Teacher. Each gave interesting information on their respective positions. Shona is newly appointed to her position and is becoming acquainted with the various organizations in the Community. Jeanette is from Mexico and lives in Oliver. Both are very interesting ladies.

Due to our elections in November, a decision was made to have each member to interview and bring in Nominees for all positions. That is President; Vice President; Secretary; Treasurer and two Executive members.

For our October outing, two members will be speaking at the local Okanagan Regional Library on the History of Okanagan Falls. (See the Okanagan Falls Library article for more information.)

The Band Shell has received a "Grant In Aid" from RDOS. There is still a smallish amount needed to complete the project. The Committee is looking forward to stepping down from this project.

"For Home and Country", Thelma Detjen

The Women's Institute meets 2nd Monday every other month at 1pm in Club Room of Community Centre. For Information, please phone Thelma Detjen at 250-497-5255.

Considering Cuba?

with Vi Creasey of Reliable Travel

With political tensions between the United States and Cuba easing, a tide of change will soon land on Cuba's sun-kissed shores. Jet Blue, an American charter airline, will soon be flying into Cuba. As a result, the visitor numbers to Cuba will rise and the legendary haven will change forever. If Cuba is on your list of places you want to go, this winter may be a great time to take that trip!

Cuba is located at the entrance to the Gulf of Mexico and is the biggest island in the Caribbean. The country's archipelago is made up of 4,195 keys and islands. Going to Cuba is like taking a trip around the world in perfect weather. You can clamber over the ruins of French coffee plantations, tour Spanish colonial cities dating back to the 16th century, fish where Hemingway once fished, and swing to irresistible Afro-Cuban and Latin rhythms.

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Call Audree at 250-497-5572 or Janet at 250-497-5521

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.

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The Royal Canadian Legion Branch #227

with Sharon Proctor

It's officially fall, as I write this and I reflect on what a beautiful long summer we had.

Talk about raining on our Parade! But, as El Presidente' Robert said on Legion Day in the middle of a Dunk Tank Decision after the downpour, "There's blue sky over yonder, so it's on with the show!" So our annual Legion Day carried on, regardless of the weather.

It was the little town parade that could! So many Kudos to our Vets, Audrey Steeves, Pete Pederson, Hank Simmons and Donny (quarters) Thompson, who bravely climbed on board their Legion Float built by Lucie and Ethel, our Legion FBI team. At least they were dressed for the weather. On board Vi and Mike Creasey's Reliable Travel Float with Band El Surf Cats (nearly electrocuted) were shivering Hula Dancers, being Samantha, Diane, D'arcy and my Granddaughters Athena and Victoria, along with Wet Candy Man, Uncle Rich. Mike Livingstone's 'Lion's Float' (his wife Val was with the Hula Dancer) surfed along with the rain advertising their many projects. Our Okanagan Falls Fire Department and our associate Fire Department with Guy and his Granddaughter did a great job. The real troupers of the Parade were the Legion Colour Party headed by Rod Few and Nigel's last big Piping Event was celebrated with us! They marched through wind and rain and scared the rain away!

Our Annual Legion Day turned out to be very successful with my many thanks to the 3 Musketeers, Robert, Wayne and Dawn, who were always there from Day 1 saying, "Yes, I can"! Ton's of thanks to Julie, her hubby and daughter Sasha, Drumming Barb, and Mat Duffus for making the Kid's Corral so much fun! The Pancake/French Toast Brekkie, as always, was great, along with our BBQ Volunteers who at first needed gum boots outside. Fireman Rene' and the set up tear down committee were super. So nice to see young people out helping us! The Auction ladies as always were fabulous, asking "Where is Cosco going to set up shop?" Lorraine kept our Meat Draws going and 50/50 Bill worked his magic. This all while El Surf Cats and Miki and Ken kept the house rockin'. Dawn and Iris served many libations and helped us make lots of 'Doneros' to give back to our ever supportive community!

This year's Gold Sponsor was UEE. Thank you for your continued community support! Silver Sponsors were Royal Lepage, IGA, and the Okanagan Falls Wine Association. Bronze Sponsors included The Robertson Doctors, OK Falls Food Market, Interior Savings and Normar Industries. Our Rainbow Sponsors were Heritage Market, Centex Quick Stop, Okanagan Falls Pharmasave, The Natural Family Health Clinic, Easy Lock Self Storage, Okanagan Falls Seniors Centre and Main Street Consignment. The Rainbow sponsors came together for us on short notice, as well as our many donators right down to Oliver and Osoyoos, especially the Petrocan Gas Station managed by Jen Gallagher who gave Dawn two golf packages and a gas card for our Auction. It was also great to see Helen Gallagher and the United Spirit Dancers. Thanks again to all our lovely sponsors.

In other news, the Candlelight Service held at our Okanagan Falls Cemetery with some of our local children and the Girl Guides was done very well with many thanks to Robert and Wayne. Thanks again to all who came out to support us with this memorable event.

It's now down to serious negotiations with our Skaha Housing Society, BC Housing, RDOS, and of course the Legion, regarding "Affordable Housing" on Legion and Church Property. Tom Siddon has been a great help and our meeting last week showed great support to moving forward. We need YOU to make this happen!

Happy Fall Everyone and let's make it a big Community Christmas!



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Legion Dates to Remember:

Wednesday Nights ~ Drop-in Darts at 7pm

Fridays & Saturdays ~ Meat Draws & 50/50 Draw at 5pm

Saturdays ~ Bingo Russ with Musical Bingo 1:00-4:30. Test your Musical Memory. Prizes and Loads of Fun!

Saturdays ~ Drop-in Darts & Pool at 1pm

Sundays ~ Funday Sunday at 1pm - Horse Races, Bingo & Hot Dogs
(Also a good day to have a Birthday Party at the Legion!)

Saturday, October 3rd ~ 1st Saturday of every month is 1pm LA Bingo

Sunday, October 4th ~ 1st Sunday of every month we have an Open Darts Event, with Soup & Sanny's provided by the LA. Register at 10:30 am, starts approximately 11:00 and runs until about 3:30 upstairs.

Monday, October 19th ~ Shuffleboard starts at 1pm and Pool TBA. Sign up sheets on our Sports Floor.

Wednesday, October 21st ~ In-house Dart League at 7pm. Sign up sheet on Sports Floor with cut-off on October 10th.

Saturday, October 31st ~ Halloween Bash, Band & Food after the Meat Draw, with prizes for best costumes in many categories.

REMINDER: Look for more news on Legion Week coming the 1st week in November, along with our Veterans Dinner, Remembrance Day Ceremonies, and other events in November.



Top L - Legion President Robert gets dunked! Top R - Little OK Falls future firefighter.
Btm L - Reliable Travel parade float with umbrellas. Btm R - Diane with Athena & Victoria.



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OK Falls Heritage & Museum Society

with Marla Wilson

It seems that fall came early this year. Summer just flew by. Soon the swans will be returning to Vaseux Lake and the sheep will be coming down from the hill tops. Fall will start to paint the leaves with autumn colours as the sun moves south.

Heritage BC is holding their 2015 Convention in Rossland, BC on October 2 and 3. Thelma Detjen and Marla Wilson are all signed up to go and find out what is new in Heritage BC. We have each signed up for different workshops and seminars. A general meeting of the Heritage Society will be held on **Thursday, October 8th at 1:00 pm** in the Club Room at the Community Centre. Thelma and Marla will share with you what they have learned at the Convention. Anyone interested in our Heritage & Museum is welcome to attend. For more information, call Thelma at 250-497-5255 or Marla at 778-439-2275.

We had an interesting number of tours through the summer. People came to see our Museum and Bassett House from many corners of the continent. One lady said that for her it was "a walk through the past". The last day the Museum will be open for touring is October 9th. On October 10th, the Bassett House and Museum will be put to bed for the winter.

Welcome to the new volunteers who are joining to the Heritage Society and the Thriftee Shop. Many thanks to Reg for fixing and painting the big window on the west wall of the Thriftee Shop. It looks as good as new! Summer frocks are being stripped from the tables and racks and being put into storage, while the fall and winter clothing are coming out. Some Halloween costumes have been brought in and will be on display from the first of October. If you are looking for costumes, come in early before they are all gone.

Ladies Auxiliary of Branch #227 Update

with Audrey Steeves

Get your appetites ready for the FOWL SUPPER on SUNDAY, OCTOBER 25TH starting at 4:30pm. The meal is celebrating its 20th Anniversary, so come and enjoy a really good meal and save your cooking. This will be held at the Legion building and the cost is \$12, youngsters \$6 and little ones \$3. You can reserve your place by ordering tickets from Legion Br# 227 lounge or call 250-497-8338 by Thursday, October 22nd. There will be prizes, including winning the cost of two meals back!

Are you a craft person, an artist, a baker or have some other talent? If so, you will be interested in the LA CHRISTMAS BAZAAR on Sunday, November 8th. (Yes, Christmas is coming!) It will be from 11am - 5pm, and you need to book your tables now as they are already going fast. The cost is \$10 per table. Please phone Denise at 778-515-0464 or Lana at 250-497-7389.

The LA held its first regular meeting after summer break in September with a very good attendance. President Louise Sax welcomed George Peaks, President of LA Br# 56, and Karen Wittick, Secretary of LA Br# 56. President Sax expressed her thanks and appreciation to all the member who had helped and given of their time at the various activities over the summer.

The recent South Okanagan Similkameen LA Zone meeting was held at Br# 356 in Princeton on September 27th. Official delegates were Colleen Clark and Helen Brewis. A number of members also attended the dinner and dance held the night before.

Help was arranged for the October LA Dinners on October 2nd and 16th. Please note the change in time for the Friday Night Dinners is now to start at 4:30 pm instead of 5:30 pm.

Meeting draw winners were Audrey Steeves and Terry Barnard.

The LA \$500 scholarships were presented to Amanda Bentley and to Samantha DesBrisay at the June South Okanagan Secondary School Graduation Ceremonies. The Okanagan Falls Elementary School Grade 7 Sportsmanship Award went to Mason Holt.

Kaleden Museum ~ A History Tid Bit

with Meredith King

In 1919, foreclosure proceedings were instigated against the Kaleden Development Company and by 1921 the assets, together with a proportionate share of the irrigation system, was taken over by a group of English businessmen under the name of Kaleden Estates. This group included Lord de Vesci, one of the original investors.

At first, the Kaleden Estates group put up an additional \$31,500 to help rebuild and extend the irrigation system, which had been constituted an improvement district under the BC Water Act, when the Kaleden Development Company ran into financial difficulties during the war. Later on, in May of 1928, the Kaleden Estates sent Mr. E.N.M. Vernon to manage their holdings here.

Starting in 1929, Mr. Vernon began replanting the 250 acres of abandoned orchards and much of the land north of the post office was planted under his direction. He remained as manager and as an active community worker until he died in November 1943. He lived in a small home on a five acre orchard, which he had purchased and planted for himself just South of the PetroCanada station by Highway 97. When he passed away, he left his home and orchard to the community of Kaleden; the proceeds to be used to build a community recreation centre for the children of Kaleden. Perhaps sometime in the future we should think about renaming the hall the ENM Vernon Memorial Hall in memory of his generous gift.

From 1943 to 1956, the holdings were managed by Emery Lockhart. In 1956, the remaining property of the Kaleden Estates were sold to a Mr. Harder of Victoria and shortly thereafter he resold to Kaleden Orchards.

You might find it interesting to know the final disposition of the original 3000 acres purchased by James Ritchie.

- 203 acres were sold to private ownership prior to 1921.
- Several hundred acres were taken up by roads, cemetery or turned over to the BC government.
- 262 acres were deeded to Kaleden Irrigation as settlement of taxes.
- 55 acres were abandoned as unsuitable for planting.
- 245 acres were sold to private ownership from 1921-1954 in 5 & 10 acre parcels.
- 1759 acres were sold as ranch land including the Gillespie and Junction Ranches.
- 161 acres, plus several townsite lots, were developed and held until 1956 when they were finally sold.

Thus the Kaleden Estates along with its predecessor, the Kaleden Development Company, and James Ritchie, all of whom played significant roles in the development of our community, finally faded into the annals of Kaleden history.

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



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Operating daily Monday to Friday, the volunteer drivers will pick you up at your home, deliver you to your destination, then bring you home again.



LOCAL CHURCH DIRECTORY

Kaleden Community Church

Family Worship ~ Sundays at 10:00 am

Fall Book Club ~ Next meeting is Thursday, October 22nd. 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 ~ 9:30 - 10:30 am

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

1108 Willow St, OK Falls / For more information, call 250-497-1171 or

www.okfallsunited.ca

Our 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



Helping Hand Update

with Keray Levant, Helping Hand Chair
We held our first organizational meeting in September to start getting ready for the Christmas Hamper campaign. The food drive held at the Okanagan Falls IGA on September 19th received 225 pounds of food donations. Thanks for your support!

Available at the Okanagan Falls IGA on a table by the checkouts are pre-packaged bags of food items available for purchase in denominations of \$10 and \$20. Once purchased, these food bags are donated to us. This is an easy way to support our Christmas Hampers and no need to double check those expiry dates.

Once again this year, we have started our apple program, where we pick up and deliver boxes of apples to the Okanagan Falls Elementary School from September to June. Many thanks to Matheson Creek Farm on East Side Road for their generous donation of apples.

If you have any questions, phone 250-486-2767 and leave a message.



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KALEDEN COMMUNITY CHOIR

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Kaleden Community Church

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Any questions, please call Meredith at 250-497-6995.

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Flowers or Fish Heads?

Send yours to skahamatters@telus.net

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



Flowers to Anne Davidson who read to the Storytime Children at the Kaleden Library. Anne's choices were nursery rhymes from Mother Goose and a story about a Panda Bear and the bear's funny faces. We all just loved it. Thank you! ~ from *Glenda of the Kaleden Library*

Flowers to the new "Where's Ken?" signs in Okanagan Falls. Do you know where Ken is? Stay tuned for the next issue of Skaha Matters and see if you are right. ~ from *the creative team in Okanagan Falls*

Flowers and a welcome to a reopened coffee shop in Okanagan Falls! ~ from *Patrick Longworth*

Flowers to Monica and Lawrie Belliveau who pick up garbage nearly everyday as they take their daily walk around the Pineview Dr neighbourhood. ~ from *Bob of Kaleden*

Flowers to Wedgies Pizza for having the best pizza bar none. I hope you might consider re-opening your business here in Okanagan Falls. ~ from *Marilyn a Wedgies Starved Pizza Lover*

Fish Heads to the dog owners on Christie Mountain Lane who think it is okay to let their dogs bark every time they are put outside. We moved to this area to enjoy the peace and serenity, not to listen to someone's dogs barking at everything that walks, talks or moves. Is it asking too much that you teach/train your dogs not to bark???

~ from *a very annoyed resident*

Fish Heads to those individuals who ride a golf cart up and down Ash Street in an unsafe fashion and at a very unneighbourly hour. You may have thought you were unnoticed, but I heard the noise from your vehicle (which appeared to be unlit). Please care about yourselves and your safety and show some courtesy to your neighbours!

~ from *your neighbour*

Fish Heads to the person who was on a scooter type machine and was apparently chasing a deer and her child from a tree near one property and appeared to harass them both for more than a few minutes. Perhaps that was your property you were chasing them from? If so, then you went too far by chasing them beyond that point. I realize you may hate deer or dislike their ways, but would you feel better if someone reported you to the local police or animal control for your behaviour towards the deer? ~ from *Patrick of Okanagan Falls*

Fish Heads to those residents who think the street right of way is an appropriate place to park unlicensed vehicles, stack firewood and store boats and RVs for years on end. ~ from *a resident concerned about unsightly neighbourhoods affecting property values in Kaleden*

Fish Heads to all local governing bodies that I've contacted to have a Street Light installed at Hwy 97 and Pump House Road in Okanagan Falls. After months of correspondence and no action to remedy matters, my concern remains unchanged. Let's address the current unsafe conditions in our community! ~ from *Melody Walker of OK Falls*



Tarot Card Readings

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

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It is much less stressful for those left behind, if all the decisions are pre-arranged. For example, your family will not have to face the possibility of emotional over-spending, which often happens following the death of someone close. Unlike days past, younger folks of today are extremely busy, and tend towards everything being easily accessible. They do not have the time anymore to deal with long drawn out or complicated issues. The easier it is for them to tidy things up, the better. Therefore, it is up to you to put your estate in order. Make a will and update it on a regular basis. Make sure all bank accounts, investments, etc. are carefully logged and accessible to your executor/executrix.

Pre-planning allows you the advantage of time. Time to discuss your final wishes with your family. Time to make the choices that best fit your needs and your budget.

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

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* Painting
* Yardwork
* Cleanup
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Cherry Hill Coffee

Fresh Baked Goods

Serving Up
Light Breakfast
& Lunch Fair

Hours Open:

Mon - Fri ~ 8:00 - 3:00

Sat ~ 9:00 - 1:00

Closed Sundays & Holidays

778-515-2210

5121 Hwy 97 OK Falls

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Ye Olde Welcome Inn

**Family Friendly
All Ages Welcome!**



**Chef On Duty
Until 10pm Daily!**

Family Owned Business Since 2005!

Known around the Okanagan for Fresh Food & Excellent Service!

Set under the dramatic landscape of McIntyre Bluff (Indian Head), the historic Ye Olde Welcome Inn has been a long-time favourite place for people to relax and dine by the real wood burning fireplace. Enjoy a barbeque on the patio or play a game of pool or darts.

Our extensive menu features most meals for around \$10 or up to \$20.95 for a New York Steak and Lobster. You can depend on Dale or any of the year-round staff to give you "old school service" every day of the year, with a chef on duty until 10:00 pm seven days a week.

Come savour fresh, home-made food served by well trained staff in our warm, friendly and comfortable establishment!



Thank you Okanagan Falls for your continued support of our business!

250-498-8840 39008 Hwy 97 at Gallagher Lake - 9km South of OK Falls

Eat In or Take Out

Lots of Gluten Free Menu Options!

***Come & Check Out
Our Decorations!***

Enter if you dare!

All month long it's ...

HALLOWEEN

Create wonderful memories at our locally owned & operated pub!