



# SKAHA MATTERS

"Bringing Community Matters To You"

Volume 7 : Issue 9

September  
2015

Your FREE Monthly  
Community Newsletter

Published by Okanagan Matters Publications

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

[skahamatters@telus.net](mailto:skahamatters@telus.net)

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



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

For full advertising details and to send in a submission, please email [skahamatters@telus.net](mailto:skahamatters@telus.net).



Heather and Andrew Seminiuk enjoy a paddle on Skaha Lake. Photo by Malibu Dreams Photography.

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# SEPTEMBER 2015 COMMUNITY CALENDAR

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

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

\* Event info is included in this issue.



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

<b>October 2015 Special Events</b> October 1-11 ~ Krazee Legz & Okanagan Fall Wine Festival * October 2 & 9 ~ Adult Technical Training at the Okanagan Falls Library * October 3 ~ Fall Flea Market at OK Falls Senior Centre * October 7 ~ Noble Ridge's Annual "Harvest Work Day" * October 10 ~ Wild Goose's Annual "Beale St. Festival" *					
<b>October 2015 Special Events</b> October 1-11 ~ Krazee Legz & Okanagan Fall Wine Festival * October 2 & 9 ~ Adult Technical Training at the Okanagan Falls Library * October 3 ~ Fall Flea Market at OK Falls Senior Centre * October 7 ~ Noble Ridge's Annual "Harvest Work Day" * October 10 ~ Wild Goose's Annual "Beale St. Festival" *		<b>Kaleden Kids Club</b> Kaleden Hall 4pm Tuesdays Sept 15 - Oct 20	<b>OK Falls Legion #227*</b> Drop-in Darts Weds 7pm <i>Do you have any household items to donate to the OK Falls Senior Centre's Fall Flea Market?</i>	<b>OK Falls Senior Centre*</b> Thursdays Scrabble 10am, Thursdays Bridge 1pm & Thursdays Crib 7pm	<b>OK Falls Senior Centre*</b> Music & Coffee Wed/Fri 9-10:30am <b>Noble Ridge Vineyards</b> Barrels & BBQ 4-8pm
<b>BC Corrections Job Readiness Session *</b>		<b>LABOUR DAY!</b> The Bear Bean is Open for business today!	<b>Back To School!</b> <b>OK Mini School *</b> Meeting 6:30pm <b>OK Falls Senior Centre*</b> Tuesdays Pool 6pm	<b>30 Day Challenge *</b> OK Falls Parks & Rec <b>First Day of StrongStart *</b> <b>OK Falls Senior Centre*</b> Carpet Bowling 1pm	<b>Get Bent Belly Dancing *</b> OK Falls Parks & Rec Youth & Ladies Classes Thursdays Starts Sept 10 <b>Fall Book Club Starts *</b> Kaleden Church
<b>Church Services* 13</b> Kaleden & OK Falls Community Churches 10am OK Falls United Church & Anglican Church 9:30am Catholic Mass 11:30am The Well 6pm		<b>OK Mini School * 14</b> First Day of Class <b>OK Falls Senior Centre* &amp; Women's Institute*</b> General Meetings both 1pm <b>South Skaha Housing *</b> Meeting 7pm at Legion	<b>Tumble Bumble * 15</b> Kaleden Hall 11-Noon Tuesdays Starts Sept 15 <b>OK Falls PAC Meeting *</b> Library at 6:30pm <b>Kaleden PAC Meeting *</b> Library at 7pm	<b>Inner Bliss Belly Dancing *</b> Drop-in Wednesdays Starts Sept 16	<b>OK Falls Senior Centre*</b> Thursdays Scrabble 10am, Thursdays Bridge 1pm & Thursdays Crib 7pm
<b>OK Falls Legion #227*</b> Breakfast 8-11am <b>Show 'n' Shine *</b> Ye Olde Welcome Inn Starts at Noon		<i>Last chance for submissions into the October Skaha Matters!</i>	<b>Meet Richard Cannings</b> NDP Candidate Kaleden Hall at 7:30pm	<b>Kaleden Ladies Weekly Drop-in *</b> Kaleden Church 1pm Wednesdays Starts Sept 23	<b>LEGO After School *</b> Kaleden Library at 2:30pm
<b>St. Barbara's Church</b> 1st 3 Sundays at 9:30 4th Sunday at 1pm		<i>Have you checked out all the programs available at the Okanagan Falls Recreation Centre and the Kaleden Community Hall?</i>	<b>Preschool Storytime *</b> Kaleden Library 10am Tuesdays Starts Sept 15 <b>LEGO Night *</b> OK Falls Library at 6pm	<b>Pharmasave's Customer Appreciation Day *</b> <b>Family Storytime *</b> OK Falls Library 1:30pm Wednesdays starts Sept 30	<b>October 2015 Special Events Continued</b> October 12 ~ Thanksgiving Day Holiday! October 13, 20 & 27 ~ Adult Technical Training at the Kaleden Library * October 17 ~ "Oktoberfest" at the 1912 in Kaleden catered by Flambé Catering * October 20 ~ Yoga with Carrie at the Kaleden Hall Tuesdays 9-10am Oct 20 - Dec 15 * October 30 ~ Annual Family Halloween Dance at Kaleden Community Hall
<b>Adult Tech Training*</b> OK Falls Library <b>OK Falls Legion #227*</b> Meat Draws Fri/Sat 5pm		<b>Zumba Gold * 9:30am</b> OK Falls Parks & Rec <b>OK Falls Legion #227*</b> Drop-in Darts Saturdays 1pm <b>OK Falls Senior Centre*</b> Potluck Dinner 5:30pm			



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## You can help shape the future Okanagan Falls Town Centre In Two Ways!

The Regional District of Okanagan Similkameen is undertaking a revitalization plan for the Town Centre of Okanagan Falls. There are two opportunities to be involved.

1. A key part of this plan is a day long "charrette" exercise which will take place on **Friday, September 18, 10 a.m. to 5:30 p.m. at the Senior's Centre.**  
This is an intense, interactive, workshop, with a number of key stakeholders, facilitated by planning and design experts. A limited number of additional community members are welcome to participate. *Participants will need to commit for the entire day.*
2. The 'charrette' exercise will be followed the next day by a public event **Saturday, September 19, 4:00 to 5:30 pm at the Community Centre.**  
This event will allow for the public to review and comment on the concept designs developed for Okanagan Falls Town Centre.



**If you are interested in participating in the charrette exercise, please**

**contact Denise Melenka by September 4, at [dmelenka@rdos.bc.ca](mailto:dmelenka@rdos.bc.ca) or 778-515-5520.**



**Tom Siddon**

Director of  
RDOS Area 'D'



## FROM THE DIRECTOR

### "Hot August Nights"

As summer begins to wind down, I am sure we're all happy to have some relief from the "Hot August Nights" of the past few weeks. It's been a great summer for many of us, but our hearts go out to those who have suffered the drama and despair of lost homes and properties through the recent tragic forest fires that have struck at Rock Creek and parts of the South Okanagan. We all owe a debt of gratitude to the brave firefighters and bomber pilots, emergency service providers and to the many good neighbours who pitched in to offer food and shelter to those who needed help. The

extreme winds, lightening and tinder dry underbrush create a perfect set-up for wild fires. And to those who are careless with campfires and cigarettes, I can only say "butt it out". Don't be a fire bug!

Meanwhile, there's been lots going on in wine country this summer with many visitors to our beautiful beaches, restaurants, trails, and vineyards. I take my hat off to Barb Aschenbrenner and her capable crew of volunteers at the Visitor Information Centre for all their good work in helping our out-of-town guests feel at home in our communities.

**The Governance Study Committee** has met several times since late June and has now selected a consulting group to assist with the study of governance options for Area 'D'. The project will include an extensive public consultation process. At the regular RDOS Board meeting on August 20th the successful consulting team, Leftside Partners Inc. of Victoria, BC, was awarded a contract in the amount of \$47,500 to get this project underway. For further information on the Governance Study, interested residents should contact Christy Malden at RDOS: 250-490-4146 or the study committee Chair, Mr. Bob Daly at 250-497-5044.

**KVR Trail Upgrades Through Kaleden** ~ In preparation for the completion of the KVR walking/cycling corridor through Kaleden, discussions and negotiations are underway with the owners of the Banbury Campground Resort at the north end of Kaleden (Douglas Dewar and his family) and with the Strata owners of the Ponderosa Point development at the south end of town. These discussions, which include Provincial agencies, will lead to the removal of several bottlenecks to public use while respecting the privacy rights of these two developments; and to ensure that proper signage is incorporated in the upgraded KVR corridor to eliminate ambiguity and uncertainty for trail users.

At the same time, progress is also being made in reaching a final resolution of the trail route behind the old Kaleden Hotel and through the McGinn properties along Alder Avenue, and onward North to Sickie Point. All of this is in anticipation of completing the resurfacing of the KVR Trail through Kaleden before next summer.

**Okanagan Falls Town Centre Project** ~ As reported in last month's column, Phase 2 of the Town Centre planning process gets underway with a facilitated town centre design workshop, called a "design charrette" on September 18th and 19th. On Friday the 18th, a wide range of town centre options will be discussed by a diverse group of about 40 stakeholders through an all-day "brainstorming" session, facilitated by urban planners and design experts, and a graphic arts team. The Friday design workshop will be held at the Okanagan Falls Seniors Centre.

On Saturday, September 19th, from 4:00 to 5:30 pm the charrette participants and consulting team will participate in an open public meeting to discuss the most attractive town centre design concepts. This meeting will be held at the Okanagan Falls Community Centre.



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In summary, this project is an exercise in consensus-building about a future "Vision" for downtown Okanagan Falls. If you wish to register and participate in the design charrette, please call Denise Melenka at 778-515-5520.

**New Area 'D' Community Services Office** ~ As announced last month, we have decided to reconfigure the former Economic Development office in Okanagan Falls as an Area 'D' Community Services Office. This office is intended to provide a "one stop shop" for a variety of community services functions. Following interviews with several well-qualified individuals, which were carried out by RDOS senior management, a highly qualified individual has now been selected to fill the position of Area 'D' Community Services Manager. As soon as the required paperwork has been completed, the new CS Manager will take up her duties in early September.

**Kudos to Heritage Hills Parks Committee** ~ Last month, in describing the agreement which has been reached to establish a new neighbourhood park in Heritage Hills, I was remiss in not mentioning the outstanding advocacy and persistent efforts of the Heritage Hills/Lakeshore Highlands Parks Committee. They helped bring this long-awaited park development project to fruition. My compliments to Mr. Ron Obirek and his committee for their excellent efforts to date, and for their ongoing role in helping to develop the park plan and layout in the months to come.

**Finally**, Area 'D' was an exciting place to be during the summer months, with many fun events to choose from. I especially enjoyed the Canada Day "Raise the Flag" ceremonies and the Lakefront Classic Car Show on August 15th. Other events of note included the Kaleden Pirate Fun Day on August 23rd and the Annual Legion Day celebrations held on August 29th. Also all the great summer programs organized by Janet Black and Nancy Wigley for the kids. My compliments to all the community leaders who made these events possible.

**A big thanks also** to Chris and Judy Scott of Kaleden, school principal Heather Rose, and all those students and parents who helped create the colorful banners which now adorn many of the power poles along Lakehill Drive and Linden Avenue in Kaleden. Well done everyone!

So it's back to Labor Day and school opening time once again. Summer is just too short, isn't it?

Best regards,

Tom Siddon, RDOS Director Area 'D'

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

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



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

## Monthly Update From MLA Larson

By Linda Larson, MLA for Boundary-Similkameen

Two years ago, at my request, the Minister of the Environment directed Staff to begin looking at solutions to what appeared to be, for some, an unfinished consultation on environmentally sensitive areas in the South Okanagan. The need to conserve and protect endangered habitats has always been of significant importance to the Government. The difficulty for the South Okanagan is that has been continuously occupied for over a hundred years and has a relatively high population. My concern has always been how to protect the Agriculture land and the farmers/ranchers who make a living on this land, while still gaining some security from development for the eco-sensitive areas. There are also recreational activities like hunting and fishing that are part of the local culture and history. These discussions have been ongoing between myself and the Minister of the Environment since 2013.

There are some extremely vocal proponents on both sides of the issue, but I have always believed there is a middle ground that could possibly accomplish objectives on both sides. For all of you who have not had an opportunity to speak on this issue, I urge you to go to the website and answer the questions. I know many of you have had opinions on this Park issue and perhaps did not want to comment publicly, so here is your chance to agree or disagree or even make your own suggestions.

Now is the time for you as individuals (not organizations) to have your say in a non confrontational arena. Go to <http://www.env.gov.bc.ca/bcparks/planning/protected-areas-framework-s-okanagan.html>. Please be a part of the conversation.

We have chosen to live in this beautiful part of the Province, because it is mostly warm and dry. But, there are challenges that come with that and this is proving to be a season full of challenges.

Our small Communities rely on Volunteers for many of the things that make these great places to live in. Some of those Volunteers are Fire Fighters. They train all year and sometimes have long stretches of time without a lot of activity and then there is now. I know they don't do this for the money. They volunteer because they care about their families, their friends, their neighbours and their communities. The Community of Oliver took a bit of time on August 20th to recognize and thank not only the local Volunteer Fire Department, but all the Volunteers who have been involved and continue to be on alert during the fire incidents. Volunteer Firemen from Okanagan Falls, Willowbrook, Oliver and Osoyoos, as well as Search and Rescue, Emergency Services, the RDOS and BC Fire Services have all helped each other through some very difficult and dangerous times.

We are incredibly fortunate to still have our homes and businesses. Others have not been so fortunate. Please remember that fires continue to burn all around us and that our BC Fire Services Personnel are still out there everyday protecting our Communities, so take time to say a prayer for them and their families too.



Kaleden's Kerry Muller & Gord Schellenberg  
(and Barkley) are the

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## Governance Study For Electoral Area "D" Kicks Off

By Bob Daly, Chair

The Governance Study Committee of RDOS Electoral Area "D" is pleased to announce the selection of Leftside Partners Inc. as its consulting team for the Electoral Area "D" Governance Study.

The firm was selected based on its strong qualifications and experience with local governance, its successful work with public consultation, and on the thoroughness of its work plan.

The purpose of the Governance Study is to review and to consider methods of improvement of local governance including service delivery in 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 of Area "D" communities (e.g. Okanagan Falls Revitalization Plan).

The completion of the governance study and recommendations is expected in the Fall of 2016.

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 Governance Study Committee is made up of citizens from throughout Area "D".

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 particular communities or which may be shared throughout the entire area. To this end, the Governance Committee together with the Consultant will provide a variety of forums to give citizens from each community opportunities to participate in the process.

The Committee and Consultant will meet in September in order to finalize 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 for those meetings.

For up to date information regarding the study progress and meeting schedules, visit the webpage at [www.rdos.bc.ca](http://www.rdos.bc.ca) and look under "popular links" for Area "D" Governance Study.



**Kim Harris**

Cell: 250.462.4232

[kimharris@royallepage.ca](mailto:kimharris@royallepage.ca)

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## KALEDEN PUBLIC NOTICE

### THIS NOTICE IS EFFECTIVE IMMEDIATELY for ALL RESIDENTS OF KALEDEN (08/10/15)

The Province of British Columbia has requested all water users to voluntarily reduce their water consumption by 30% and in efforts to protect fisheries and water supplies has now declared the Okanagan in a *Level 4 Drought Status*. There is no Level 5.

The Kaleden Board of Trustees have therefore implemented Stage 2 Watering Restrictions as listed below:

Stage One: (in effect from April 15th to October 15th each year )

1. No watering is permitted outside of the irrigation season from April 15th until October 15th.
2. Watering is permitted from **6:00-10:00 am & from 7:00-11:00 pm**.
3. However, use of micro-irrigation, drip irrigation or a hose with a shut-off nozzle (hand water) to water trees, shrubs or vegetables is permitted on any day, at any time.
4. Automatic underground irrigation systems operating from midnight to 6:00 am ONLY.
5. Agricultural properties with a district irrigation connection **and** flow restrictor **and** who have "farm status designation" through BC Assessment Authority, are exempt from the above restrictions for watering their planted crops only; natural or planted landscaped areas must follow the above conservation measures.

Stage Two: (*now in effect until further notice*) and *in addition to Stage One:*

1. All properties on the **north side of Lakehill Rd., and north of Lakehill Rd.** water only on **Wednesday, Friday and Sunday**.
2. All properties on the **south side of Lakehill Rd., and south of Lakehill Rd.** water only on **Tuesday, Thursday and Saturday**.
3. Agricultural properties with a district irrigation connection **and** flow restrictor **and** who have "farm status designation" through BC Assessment Authority, are exempt from the above restrictions for watering their **planted crops only**; natural or planted landscaped areas must follow the above conservation measures.
4. Automatic underground irrigation systems are included in the above restrictions.

District staff and trustees will be monitoring water usage and sprinkling during the coming weeks and we sincerely appreciate your co-operation in our conservations measures. As Skaha Lake is part of the Okanagan Basin, every drop of water saved benefits all the way to our neighbours up north, saves pumping costs and helps our community be recognized as environmentally pro-active.

Our office is open on Monday, Wednesday and Thursday mornings, if you require any additional information. Phone 250-497-5407.



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NDP Candidate South Okanagan - West Kootenay

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**Tuesday, September 22nd**

**7:30 pm**

**Kaleden Community Hall**

Authorized by the Official Agent for Richard Cannings



## The Bear Bean

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Light Breakfast  
& Lunch Fair

### Back to School Hours:

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Sat ~ 8:00 - 12:00

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## Okanagan Falls Irrigation District News

with Bob Daly, OFID Chair

The good news is that water consumption within OFID this year has not increased over that of previous years; however, the other side of that is given the extremely hot and dry conditions, it hasn't decreased either. We are fortunate that all of the water in Okanagan Falls Irrigation District comes from wells. However, there comes a point when the aquifers have to be recharged and hopefully, this year, a rainy fall and snowy winter will accomplish that.

In the meantime, there are steps we can take to reduce the demands on our wells:

- Don't let the water run when cleaning fruits and vegetables. Wash them in a partially-filled sink instead
- Wait until the dishwasher is filled before running, and save up to 10,000 litres of water per year.
- Turn off the tap when brushing your teeth.
- Reduce shower time. (10 min shower requires 230 litres of water)

For more water-saving tips and info about Okanagan Falls Irrigation District, visit [www.okanaganfallsirrigationdistrict.ca](http://www.okanaganfallsirrigationdistrict.ca), or simply Google, OK Falls Irrigation District.

**Watering Restrictions** ~ We appreciate that our citizens have been adhering to the watering restrictions. Check our website for specific regulations.

**Well #6** ~ Our new Well #6 on Maple Street has been tested and is in full operation now and performing well (no pun intended!).

## OKANAGAN FALLS IRRIGATION DISTRICT

1109 Willow Street | P: 250.497.8541 | E: [ofd@telus.net](mailto:ofd@telus.net)

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

[www.okanaganfallsirrigationdistrict.ca](http://www.okanaganfallsirrigationdistrict.ca)



## Kaleden Volunteer Fire Department

### KVFD September Tip: Emergency Grab & Go Bags

This summer, many people have witnessed or have been a part of an emergency evacuation due to brush fires. Emergencies come in many forms and it is always a good idea to have a "Grab & Go" bag handy. Some key items for your bag should include: Clothes, non perishable food, water, first aid kit, flashlight, out of area contact person information, copies of important documents, etc. Your Grab Bag should be easy to carry like a back pack or suit case on rollers and should be placed near the front door where everyone knows of it's location. For more information on Emergency Go Bags, please visit [www.getprepared.gc.ca](http://www.getprepared.gc.ca).

# OKANAGAN FALLS FIREHALL OPEN HOUSE

**AUTO EXTRICATION  
DEMO! @ 2:00PM**

## EVENTS FOR THE WHOLE FAMILY

Tours of the hall | Face painting  
Bouncy fire truck for the kids  
BBQ and refreshments

## RECRUITING INFO

Ever thought  
about being  
a **firefighter?**



**SUNDAY SEPT 20 12-4pm**

## RCMP Community Report



### Back To School Safety

It is that time of year when the kids are back to school ... where did the summer go!! Thus, it is appropriate to remind everyone of their responsibilities around school zones to ensure everyone has a safe transition back to school. As most probably already know, the speed in school zones are 30 km/h from 8:00 to 5:00 on school days. What some might not know is there have been recent amendments to the Motor Vehicle Act to take into consideration the increase use of schools for regular classes, or for extracurricular activities offered by community centres located in or near school. The new amendments allow for school speed zone hours of operation to be extended where warranted, with no zone commencing later than 8 am or ending sooner than 5 pm (current school zone time). The school zones with extended hours will display same on their white square regulatory speed zone sign. Signs with no indication of hour will remain 8 am to 5 pm, as they have always been. Thus, you need to be alert and pay attention to what the school speed sign indicate and not assume that after 5 or on the weekend or holiday that you can driver more than 30 km/h in the school zone as we could before. Playgrounds speed zones remain the same, 30 km/h every day from dawn to dusk, and can be included within a school zone; therefore, making the rules for both applicable.

Another concern is the "No Stopping Zones" in front of most schools. The no stopping zones are created to provide a buffer zone and better visibility for children crossing the street to enter schools. The problem is that many parents ignore these no stopping zones and stop in these zones to drop of their kids. They believe this is a safe and convenient place to do this. When confronted about this, the typical reply is that I am only stopping for a minute to drop of the kids, I am not parking, and it is the only place available to stop. While it may be convenient for them, it certainly is not safer for everyone else that is trying to get to school. It reduces the visibility, clogs the area in front of the school and causes traffic confusion and delays that can lead to accidents. Pay attention to the signs which while the same size and color display two very different messages. Ones indicates no parking where you may be permitted at times to stop momentarily to drop someone off or pick someone up, while other are strictly No Stopping .

Finally, watch and obey the rules around passing school buses when they are loading and unloading children. Oncoming traffic and traffic following a school bus are required to stop when the school bus warning lights are activated, indicating children being loaded or unloaded. We will again be having police officers riding on school buses to identify and charge drivers that disobey this rule.

With a little planning and consideration, we can all do our part to ensure that everyone's child arrives and leaves school in a safe environment.

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

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## Information Centre Update

with Barb Aschenbrenner,  
Information Centre Manager

What can Dynamite do? Well, back in the Spring of 1929, a small group of Okanagan Falls residents set off to a deserted mining town called Fairview, located just outside Oliver and 16 miles from home. Their mission was to dismantle an old wooden church and bring it back to Okanagan Falls. The plan was a controlled blast with 4 sticks of dynamite inside the church in order to loosen the nails. Odd as it may seem, the explosion spared the wood from damage during the dismantling, except for the steeple. The plan was a success and they brought it to Okanagan Falls by horse and wagon. It was rebuilt and is now the United Church located at 1108 Willow Street. I'm sure they would welcome you to come and see it at their Sunday service.

The last while we have had quite a few inquiries on how to climb Peach Cliff. I was not sure, so I Googled it and this is what I came up with. I punched in "Interesting facts about Okanagan Falls", a screen came up and I chose a site called "Okanagan Falls-Explore Oliver BC" (cause it said Peach Cliff). It describes a detailed way to climb Peach Cliff by getting there off of McLean Creek Road and it has pictures to show you what to look for on the way. It looks very interesting and for all you hikers, I hope you enjoy the hike!

Well, summer has passed us by again and now everyone is back to a normal routine. Please remember to slow down in those school zones and enjoy the activities for the Fall.



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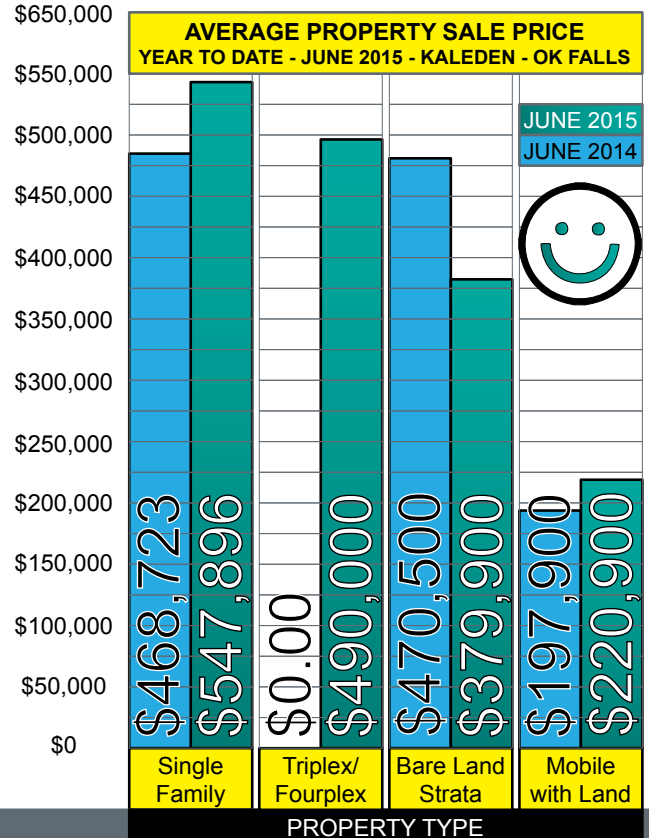
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## LOCAL REAL ESTATE MARKET UPDATE WITH

SOURCE: South Okanagan  
Real Estate Board (2015)

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## Q: WHAT'S HAPPENING AT THE OKANAGAN FALLS COMMUNITY CENTRE THIS FALL?

**A:** Ride the KVR, Sponsor a Banner, Make & Take, Come Drum With Us, Children's Ballet, Kids Yoga, Dru Yoga, Flow Yoga, Gentle Yoga, Sleep Better, Functional Fitness, Kiddies Floor Hockey with Dave-O, Sampler Series for Older Adults, Crafty Kids, Active Kids, Halloween Carnival, Tiny Toes, Youth & Teen Nights, Teen Floor Hockey, Bollywood Dance, 30 Day Fitness Challenge, Youth Belly Dance, Pickelball, Indoor Soccer, Friday Night Fun, and, and, and ... Have you seen the New Fall Flyer?



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## Take the Lean & Clean 30 Day Challenge!

**Starts Sept 9th**

With Certified Fitness Instructor  
Kathy Orioli

& Registered Holistic Nutritionist  
Shelly Covert

**See [okfalls.net](http://okfalls.net) for details**



Summer holidays are over and kids are back to school. Why don't you get your self back on track as well and join Kathy Orioli and Shelly Covert for this fun, motivating outdoor training program that is designed to challenge all aspects of your fitness and nutrition.

This challenge starts on Wednesday, September 9th and runs until Friday, October 9th.

Cost is \$125 and classes are Monday evening from 5-6pm, Wednesday & Friday morning from 6-7am. Two day option also available.

**250.497.8188    [info@okfalls.net](mailto:info@okfalls.net)    [www.okfalls.net](http://www.okfalls.net)**



## Okanagan Falls Recreation

with Janet Black,  
Recreation Coordinator

As we wind down our summer and ramp up for fall programs, a number of appreciations are in order. Our summer camp partnership with the Boys and Girls club exemplified, in my mind, the meaning of working together for the children of our community. We had one of our best summers ever, with weeks full of smiling kids and lots of positive feedback. Thank you Forrest Cooper - the kids loved you! The Boys and Girls Club is a professional and dedicated not-for-profit organization that supports children wherever they can. Having noticed the loss of the daycare in the Okanagan Falls Elementary School, the Club has applied for licensing and is anticipating opening a "Before and After School Care for Children", right in the school. Contact the center directors at 250-493-0512 for more information.

Secondly, many thanks you to our Okanagan Falls IGA for sponsoring the "What's on Wednesday's" series this summer. From yoga to sandcastles, bollywood to barbeques, and everything in between, Wednesday's at Kenyon Park was the place to be!

If you haven't already, please have a look at our Fall Program Flyer on the website, or in print at the office or from the library. Registration opens on September 1st. We have a lot of new programs and a few of the old favorites of course. See you at the Community Centre, where very soon you will be able to roll walkers, wheelchairs, and strollers up the new access ramp!

**INNER BLISS BELLY DANCING** by Jenny  
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Perry Tompkins, Pharmacy Mgr

## Live Well HEALTH TIP

brought to you by  
**Pharmasave  
Okanagan Falls**

**Vitamin D** ~ As we make our way into the fall months and the days get shorter, it's a good time to discuss the importance of Vitamin D, a.k.a. the sunshine Vitamin.

As its nickname implies, Vitamin D is produced naturally from sunlight exposure and its well known that people living in the Northern Hemisphere struggle to get enough sunlight during the Fall and Winter months and this can seriously limit the amount of Vitamin D their bodies make. This is particularly true of older adults and Vitamin D supplementation is often recommended in this age group.

Why is Vitamin D so important? Many people are familiar with it's effect on bone density: Vitamin D is needed to ensure enough Calcium gets absorbed from the small bowel and directed toward maintaining adequate bone density, which in turn can help prevent low-impact bone fractures characteristic of osteoporosis.

Increasingly, however, adequate Vitamin D levels are being linked to lower risks of heart disease and cancer and longer life expectancy and as the research develops, routine Vitamin D supplementation is likely to become more widely recommended in healthcare circles.

So as the sunshine dwindles, consider increasing your dietary intake of milk, fish and fortified products (orange juice) or supplementing with tablets or capsules (Vitamin D3 1000IU-2000IU per day). Your body will thank you for it!

***"Try not to become a man of success, but rather try to become a man of value." - Albert Einstein***

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## Kaleden Welcomes Carrie Few to the Parks & Recreation Team



Carrie Few ~ New to Kal-Rec Team!

After a 24 year absence from the area, I relocated to Penticton in December 2014. In Penticton, I started teaching small specialty classes at Penticton Yoga Therapy. I have been teaching all levels outdoor yoga behind the old 1912 Hotel in Kaleden since June and have completely fallen in love with this community. With over 2000 direct teaching hours to various ages and speciality groups, I feel confident that I can help improve mobility, as well as quality of life for those attending classes. I bring a wealth of knowledge and a genuine passion for sharing the benefits of Yoga.

Although I'd been teaching in various locations in Penticton since January, I was longing for a genuine "connection" with the students attending my classes. That connection was created during my first class in Kaleden. The ladies were all so welcoming and friendly ... we even stayed after class for tea on the lawn together! It was so refreshing as a new teacher to the area, to be welcomed so warmly. So when I learned of a position available serving the community of Kaleden through the Recreation Department ... I jumped at it!

I'm more than happy to give back to this community ... the same way they gave to me. I'm excited to bring more recreational activities to the beautiful community of Kaleden. We'll be offering a Kids Club after school program, our outdoor Yoga class will move indoors and we'll be introducing a Chair Yoga class in the fall. I look forward to meeting you and seeing you at our various programs.

**Sign up for the Kal-Rec e-newsletter and stay in touch!**

Visit [www.kal-rec.ca](http://www.kal-rec.ca) to sign up and get interesting news and updates delivered to your inbox.



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**FOR PRE SCHOOL  
CHILDREN ....**

Come down after Story Time at the Library. Bring a snack and join us for active play from 11 - noon.

Come and check out the new toys & equipment!

Provided this is a suitable time slot, and the program is well received, we have the option to continue through November.

Please share your thoughts so we can continue to develop quality programs for families.



**TUMBLE BUMBLE  
AT  
KALEDEN HALL**



**11AM - NOON  
TUESDAYS**



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SEPT 15TH**

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## Simple and Powerful Prevention Tips for Obesity, Diabetes, Heart Disease, and Cancer - *The Food Connection*

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



Lifestyle choices, and particularly food and beverage choices, are amongst the most powerful tools individuals can use to improve overall health and prevent chronic illness. Researchers are now predicting that obesity will overcome smoking as the leading cause of cancer within the next decade. In North America we have some very telling statistics to support the notion that healthy food choices have a significant influence on disease prevention and overall health. For instance, one in five deaths is associated with obesity, 40% of all

health care expenditures are associated with over consumption of sugar, one trillion dollars annually of health care spending in the US is attributed to fighting the damaging effects of sugar, and 8 obesity related illnesses account for 75% of all health care costs.

The over consumption of sugar (including *high fructose corn syrup* found in pop and juice as well as many other processed foods from breads to cereals, plus honey, agave, sweet fruits, maple syrup, and table syrup), is a leading cause of cancer, obesity, diabetes, heart disease, high blood pressure, high cholesterol, metabolic syndrome, infertility, back pain, gastric ulcers, and gallstones. Of all the offending sugars, high fructose corn syrup (HFCS) appears to be the most harmful.

The simple solution is to reduce consumption of all sugars and artificial sweeteners. Yes, even artificial sweeteners promote obesity and metabolic dysfunction to at least the same degree as does HFCS (therefore, diet soda is no better than regular soda). If you need a sweet treat, I recommend using Stevia or Xylitol. Stevia is naturally sourced from a plant which is up to 150 times sweeter than sugar and has no effect on blood glucose levels. Xylitol looks and acts much like table sugar and therefore, can be substituted one-for-one in baking and other uses, but has a much lower effect on blood sugar. Further, xylitol has positive effects on oral health, helping to prevent cavities and tooth decay and is safe for diabetics. Dark chocolate and dark berries have many health benefits and very little blood sugar effect, making them another good choice for sweet treats.

As you cut out the excess sugars in your diet, replace them with health promoting calories which normalize both *insulin* and *leptin* levels by consuming more healthy fats and proteins, such as: avocados, olive oil, coconut oil, organic butter and eggs, raw nuts and seeds, grass fed and wild meat and game, and wild northern fish and seafood. Always add plenty of fresh vegetables of every colour to keep your diet balanced. (*Insulin* is a hormone that facilitates the transfer of blood glucose into cells to be used in the production of energy; with chronically elevated blood glucose levels, the cells develop a resistance to insulin causing a state of increased blood glucose, increased fat deposition, and low energy. This is a metabolic disorder that can lead to type 2 diabetes and obesity. *Leptin* is the "satiety hormone". It helps regulate energy balance by inhibiting hunger. In obesity a decreased sensitivity to leptin occurs, resulting in an inability to detect satiety and over-eating despite high energy stores.)

For optimal health and prevention, eat well, stay hydrated by satisfying your thirst with plenty of pure, clean water, and avoid processed foods and sugar. Choosing foods from the *earth* rather than the *factory* is a good rule of thumb to ensure the foods you eat are keeping you healthy. Keep in mind that the daily habits of life you develop are more powerful than any medicine.

For more information about improving your metabolism, contact Dr. Browne in Okanagan Falls at 250-497-6681.



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## Take Time for You with Chair Yoga

### Give Your Feet & Ankles Some Love!

By Wendy Goudie, Owner of Get Bent

Most people spend a lot of time on their feet. According to Statistics Canada, the average man walks 9,500 steps a day, the average woman 8,400. This daily average lowers by about 1,500 steps a day at ages 60-79 years. With this decrease in activity, there can be risk for health challenges. Not only are we generally less active as we age, our reflexes and co-ordination tend to slow and we lose muscle mass and strength. Health problems such as arthritis and stroke, as well as medications can affect our balance and energy levels. Can you recall your most recent reason for passing up an exercise opportunity?

Even light activity can increase your chances for prolonged health and speedy recoveries. Have a seat in your favourite arm chair and put your feet up - literally - and you can begin to improve balance and develop stronger and more flexible arches, ankles and toes.

#### Curl and Spread the Toes

Try this exercise before bed each night. Or if you spend time watching TV, for an entire commercial break. Try it for a week and share your progress with me. I'd love to hear about your successes!



1. Sit in a chair with one or both legs extended in front, off the floor
2. Straighten your knee(s) if you can
3. Use your foot and ankle strength to pull your toes back (flex)
4. Spread your toes. You may not have much (or any) space between the toes, but it will slowly improve if you concentrate and keep trying
5. Keep your ankles flexed and curl your toes over, clenching them up. The trick is not to straighten your ankle - it needs to stay flexed.

Hold each position for a few breaths and continue to switch back and forth between curling and spreading the toes. Your feet might feel cramped when you curl the toes - this is good because it means you are working hard, but you could ease off a bit. On and scale of 1 to 10, 1 being no work and 10 being very difficult, try maintaining effort to a 6. When you are tired and want a break, lower your leg(s) and relax.

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



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**Classes start in**

**September**

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**Zen & Fitness Centre**

Thursdays, Sept to June

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Thursdays, Sep 10 ~ Dec 17

7:00-8:00 pm

Registered class: \$189

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GetBentDance.com

## Important Information For Fruit Tree Owners



To protect the commercial fruit industry in the South Okanagan and Similkameen, the RDOS has had a bylaw in place, Bylaw 2070, since 2001, to ensure better control of fruit tree pests in Areas A,B,C,D,E,F,G and the Town of Oliver.

All cherry tree owners are responsible for controlling pests, such as the Western Cherry Fruit Fly and Spotted Wing Drosophila on their properties to prevent them from severely affecting nearby neighbours and professional cherry growers.

Complete control of Western Cherry Fruit Fly using sprays can be difficult and ineffective for non-commercial growers. Therefore, cherry tree owners should control these flies using other acceptable control methods. Acceptable pest control methods are available on the Ministry of Agriculture website at <http://www.agf.gov.bc.ca/cropprot/tfipm/fruitfly.htm> for Western Cherry Fruit Fly or <http://www.agf.gov.bc.ca/cropprot/swd.htm> for Spotted Wing Drosophila.

Because of the prevalence and very serious economic impact of the Western Cherry Fruit Fly and Spotted Wing Drosophila, the RDOS asks that all cherry tree owners with infected trees do at least the following: 1) Strip trees of all cherries as soon as they are ripe; 2) Ensure no cherries are left on the ground; and 3) Prune hard-to-pick branches to a manageable height.

Removal of all cherries will ensure that the Western Cherry Fruit Fly maggots contained within the cherries are removed before they can burrow out and fall to the ground. This will prevent them from maturing to hatch as adult fruit flies the next year.

Inform RDOS Pest Control staff of cherry trees that aren't being properly cared for, or are infected, please call Public Works Projects Coordinator, Zoë Kirk at 250-490-4110 or toll free 1-877-610-3737 or email to [zkirk@rdos.bc.ca](mailto:zkirk@rdos.bc.ca).





## An Okanagan Falls Healthy Communities Special Feature

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



### Eating Local Produce Is Easy!

The staff of Matheson Creek Farm is ready to help you find just the right produce for your next healthy meal choice. Visit their Strawbale Fruit Stand on East Side Road ... "A perfect place to experience the freshest fruit you will ever eat." Eating locally grown fresh produce is the easy and preferred choice around the South Skaha Area. Matheson Creek Farm is open daily through to the end of October.

*If there is someone or something you would like to see honoured for healthy choices, email [info@okfalls.net](mailto:info@okfalls.net) or call 250-497-8188.*



## Matheson Creek Farm

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Tel: (250) 497-5414  
Fax: (250) 497-8279  
Cell: (250) 689-0524

### 5 Tips To Help Your Child Have A Great School Year:

- 1. Be an Informed & Involved Parent/Guardian** ~ All school parents/guardians are a member of PAC (Parent Advisory Committee), so ensure to attend your monthly school PAC meetings to be involved in having a parental voice, supporting the school with chosen initiatives, and advocating for what's important in your child's education. Open and frequent communication with the school ensures that parents are an important part of the team. If your children's school or classroom offers a special event, make a point of attending as these kinds of events give parents the opportunity to learn more about the school, individual classrooms, staff, and bridge valued lines of communication essential to best support a child's school experience.
- 2. You don't need to wait for parent-teacher conference time to meet with your child's teacher** ~ If you would like to share some information about your child, call the school and make an appointment, or jot a note to your child's teacher requesting an appointment. Teachers are happy to meet with parents, appreciate the opportunity to share information, and this consistent communication is key to putting kids first.
- 3. Know your school's education team** ~ Your school's educational team is comprised of dynamic, qualified, expertized professionals who are dedicated to helping every child have a quality educational experience. Parents are a child's first and foremost teacher and a vital component of every child's success. By staying in touch with the school, parents are in a proactive informed position directly involved in helping their children have a great year and make the most of the learning opportunities. Professional relationships focused on putting kids first can only enhance your child's educational experience.

- 4. Talk/Reflect/Goal-set with your child about school and limit screen time** ~ Your child is also a valuable source of information. Show your child that you are interested in what he or she is learning. Try not to ask close-ended questions such as, "Was school enjoyable today?", as you will probably get a one or two word answer. Instead, try saying, "Tell me something you learned today that you didn't know before", or, "Tell me the most exciting, interesting or funny thing that happened at school today." You might be surprised at what you learn! "Three stars and one wish" is a strategy for helping children reflect and goal set for the next day. Ask them to share three stars or highlights of their day and one wish for something they hope to achieve or experience tomorrow. Screen time includes time spent on devices, computers, and watching TV. Setting up healthy routines for activity, screen time, outdoor play, friends, etc. is important so that your child is getting a variety of social opportunities required to develop social and problem solving skills. Too much screen time limits one's opportunity for physical activity and human connections, which can directly impact one's health and well-being.
- 5. Check out the school website** ~ The school's website is another good way to learn about your child's school. Often you will be able to get information about the school's staff, schedules, policy and procedure, supply list and more. For instance, many schools post their code of conduct on the website. Take the time to go over the code of conduct with your child to ensure that everyone knows what is expected and be reminded the best example is our own modeling of appropriate manners and behaviours as positive exemplars for socially responsible, responsive, and mindful citizens. Remember one of the best messages you can give your child each day is the reminder to take on their day being the best they can be - work hard, play safe, and throughout, always be kind.

**Please contact Ms. McCall today at 250-497-5414 if you wish to register your child for Preschool, Kindergarten to Grade Seven, or if you are interested in becoming a helper/volunteer in our community elementary school.**



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### Okanagan Falls StrongStart Centre

with Samantha James

Welcome Back Everyone! I hope you all enjoyed a relaxing summer. The Okanagan Falls Strongstart Centre re-opens on Wednesday, September 9th. Our project this month is "the farm". We will have various special guests throughout September, so please stop by and pick up your calendar to know those special dates and times.

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 250-809-2802.

#### Regular Hours:

8:30am - 8pm  
Mon / Tue / Thur / Fri  
8:30am - 4pm  
Wed / Sat



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**Wednesday** ~ Loaded Poutine Burgers!  
**Thursday** ~ Roast Beef, Yorkshire Pudding, Mashed & Veggies  
**Friday** ~ Hand Battered Fish & Fresh Cut Fries  
**Saturday** ~ Spicy Buffalo Crispy Chicken Fingers & Fresh Cut Fries  
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**Eat In/Take Out** 940 B Main Street, Okanagan Falls **250.497.6555**



## Okanagan Falls PAC Update

with Deborah Rivest, Parent Advisory Council Chair

Welcome back to school for our 2015-2016 school year! The Okanagan Falls Elementary PAC hopes everyone had a fantastic summer. We look forward to seeing the familiar faces on the school grounds, along with welcoming new families into our school community.

Our first PAC meeting will be held on Tuesday, September 15th at 6:30 pm in the school library. Everyone is welcome to attend. If you have any questions or ideas, please call Deborah at 250-497-5384.

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## OK MINI SCHOOL

We still have a few spots available for the 2015/2016 school year and are currently accepting registrations. The first preschool meeting will be held on Tuesday, September 8th at 6:30pm at the preschool. The first day of class will be on Monday, September 14th.

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.

## Esthetics at

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- Shellac Polish
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- Lash & Brow Tinting

**Jennifer Wilson**  
Licensed Esthetician



**250-462-4912**

837 Main Street in Okanagan Falls

## A Warm Welcome to Jennifer Wilson

3 Winds Hair Design would like to give a warm welcome to Jennifer Wilson, our New Licensed Esthetician now working out of our salon.

Jennifer has an Esthetics Diploma from Blanche Macdonald Centre and has been an active Esthetician since 2000. She is BC Beauty Council Certified and had completed the Spa Technology Program from Langara College. Jennifer is a Master Technician - CND and has completed the North American School of Podology Levels 1 & 2. She was also the former Manager of the Spa at Naramata Heritage Inn and is specializing in Foot Care.

Jennifer is excited to bring her practice to Okanagan Falls and looks forward to serving the residents in our community. Jennifer offers foot care, hand care, shellac polishing, hair removal, along with lash and brow tinting. Her services are for both men and women.

For more information or to book your next appointment with Jennifer, please call 250-462-4912.



**PENTICTON EXCEL**  
CENTRE FOR EXCEPTIONAL LEARNING

## Penticton EXCEL Opens

The Penticton Centre for Exceptional Learning (Penticton EXCEL) is a specialized centre for addressing the specific needs of

highly-functioning autistic children. Students will work toward their British Columbia Certificate of Graduation, or a Dogwood Diploma.

Research suggests that one in 68 North American children will be diagnosed with autism. For some of these children, the public school system works very well and can provide a nurturing, inclusive environment. For other students with autism, the public system is simply unable to meet their very diverse needs, thereby leaving children's self-worth shattered and families emotionally exhausted.

Penticton EXCEL was created by a group of local parents who wanted more for their children. More than what public schools could offer. More than what they could offer by home-schooling. A learning centre designed and staffed specifically for students with high functioning autism. A sensory-sensitive centre where students could augment their Ministry of Education curriculum with life skills, social skills, and executive function skills. A centre without bullies. A centre where being "unique" is "normal". This type of alternative education for students with autism is not new, but it is new to the South Okanagan. There are excellent private learning centres in which students on the autism spectrum are thriving: our children deserve this chance to thrive too.

To fully meet the needs of the students, the centre is partnering with behavior consultants, occupational therapists, and speech and language therapists. These specialists meet with the students to further identify areas of deficit and strength, so that they may customize and deliver additional needs-based training. Life skills including how to safely ride public transit, grocery shop, and prepare healthy meals will be part of our students' education. Our students will be set up for success in their athletic endeavors as well, with exposure to individual sports such as golf, swimming, tai chi, paddle boarding and yoga.

The Penticton EXCEL program operates from 9 am until 2 pm Monday through Friday during the regular school year. The centre is located at #120-3547 Skaha Lake Road. To inquire if Penticton EXCEL is the right fit for your child, please call the Executive Director, Carrie Ferguson, at the centre at 236-422-0207 or email to [info@pentictonexcel.com](mailto:info@pentictonexcel.com). Visit [www.pentictonexcel.com](http://www.pentictonexcel.com) for more information.

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## CatMatch

### Meet Rainbow



I am used to leading a busy life and want to slow my pace down now. I have raised my family and was an active foster mom as well, but all the kids are now in solid relationships of

their own and it is my turn to find love and security. Currently working as a greeter at Bosely's Pet Store in Penticton, I would really like to retire full time. I am kind and loving and know the right person is out there for me. Look me up if you think you would like to get to know me, I truly am one of a kind! **Just contact [www.AlleyCATSAlliance.org](http://www.AlleyCATSAlliance.org).**



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## School Trustee Report for SD67

with Ginny Manning

Hard to believe the start of the school year is just around the corner. I hope you enjoyed some time with family and friends over the summer. BC families new to the district should register their child/children at their neighbourhood school. Secondary and Middle Schools will be open as of August 24th and Elementary Schools are open August 31st for registration and start up information. The first day of school is Tuesday, September 8th.

If you are registering for Kindergarten, your child's birth certificate and BC Care Card will be required along with the parental BC Care Card and proof of address (i.e. driver's licence, utility bill, lease agreement). Families who have moved to BC from another province or from outside Canada, should contact Caroline Ryan at the School Board Office for registration information. (Ph: 250-770-7700)

More registration information is available on the School District website at [www.sd67.bc.ca](http://www.sd67.bc.ca). School supply lists are also on the website.

I know that talented staff, plus great students, plus supportive parents and caregivers, equals a successful school year ... School District 67 has all that and more. See you around the schools.

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



### Mrs. D's Playschool

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

Starting in September in the Kaleden School.

Call Grizela Dos Santos at 778.931.0070

## Kaleden Elementary PAC Update

with Brad Nunes

As the summer free-for-all vacation comes to a close, the KES PAC would like to remind all Kaledenites that school zones will be in effect starting September 8th. Please slow down and keep your eyes open, as many children will be trudging to class with their heads hanging low, already pining for the joyous summer days of anarchy.

Just one more quick reminder that the first KPAC meeting is September 15th at 7:00pm in the KES Library. I will be giving away free high-fives to any new faces (and I'll save a couple for the regulars as well).



### Piano and Theory Lessons in Kaleden

Members of BC Registered Music Teachers

Dillys Richardson, ARCT  
250-497-5925

Carmen Leier, ARCT  
778-515-2592



Free Wireless Internet!

[www.orl.bc.ca](http://www.orl.bc.ca)

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

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

**Tuesday Morning Storytime** is back! Starting September 15th from 10:00-10:45 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" & meeting new friends.

**LEGO Afterschool** is on September 24th from 2:30-3:30 pm. For ages 5-12 years old. Please register for this program as space is limited.

**Would you like to increase your computer skills?** Technical training is being offered at the Kaleden Library on October 13th, 20th & 27th. Bring your laptop or tablet for these 40 minutes sessions for FREE! Please call the library for more information on this program for adults.

For more information on these programs and to register at the Kaleden Library, please call 250-497-8066 or email [www.kaleden@orl.bc.ca](mailto:www.kaleden@orl.bc.ca).



On Left - The Kaleden Library is happy to announce that Bevin completed her "100 Books to Read Together before Kindergarten". Bevin is proudly showing Glenda, one of our librarians, her last book read to her by her Mom, Daniella. Congratulations Bevin! On Right - Jane Bland presenting Konrad his tent for winning the "Make At Home Project". His project was a Lighthouse. Congratulations Konrad!

**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



**Summer Reading Club** wrapped up on August 25th, which was well attended every Tuesday evening. Remember kids, you can bring in your reading records to the library until Friday, September 11th. Thanks to all the community readers and various special guests.

**Family Story Time** will resume on Wednesday, September 30th and continue every Wednesday afternoon at 1:30 pm until December 16th.

**LEGO Night** will be held on Tuesday, September 29th at 6:00 pm. Come build something wonderful! (LEGO is provided).

**"Year of the Wise" ~ Personalized Technical Training** will be available for Seniors at the Okanagan Falls Library on Fridays: September 25th, October 2nd and October 9th. Topics will include; navigating your device, downloading an ebook, searching the internet, downloading apps, setting up an email account, using library resources, researching a subject, searching the library catalogue, and Facebook assistance. Registration is required and you must bring your own device (laptop, tablet, ereader or smartphone.) Please call 250-497-5886 to register.

## EAST SIDE SALON

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Skaha Lake &amp; Beyond (Photo by Erik Kabos of Valhalla Window Cleaning)



Okanagan  
Boys & Girls Clubs  
A good place to be

## Thank You For Your Support!

with Laurene Sloboda

On behalf of the Okanagan Boys and Girls Clubs, I would like to pass on HUGE thanks to the community and visitors to Okanagan Falls and the surrounding area for helping make this event a great success. We raised over \$1900.00, which is an amazing accomplishment and our most successful Moonlight Movie Night thus far!

Special thanks to Troy and Colin at Okanagan Falls IGA, who once again facilitated the donation of our BBQ food and drinks, and to the ladies working at IGA that evening who helped us out when we needed ice or needed to purchase more supplies.

Thank you to Janet and her team at Okanagan Falls Parks and Recreation for really campaigning to have the movie in Okanagan Falls again, as well as helping with promotion and for providing us with an awesome venue for the second year in a row!

Thank you to Helen and her team at Okanagan Falls Interior Savings Credit Union for making and selling more than 200 bags of popcorn for us! It was a hot item and they sold out before the movie even started!

Thanks to Jen Van Houten from SUN FM who came out to be our emcee for the evening. Also, a big thank you to all of the staff from the Oliver and Penticton Okanagan Boys and Girls Clubs, who came out after work to volunteer at this event.

We really could not have pulled this event off without all of the support from the above-mentioned people, and I am ever so grateful! Let's hope we can keep this event going every year.



Photo by Malibu Dreams Photography



**Saturday, October 17th**

**Bavarian Themed Buffet Dinner  
& Live Musical Entertainment!**

Reservations Required



**250.486.8939**  
flambecatering.com

## Is a Career in BC Corrections for You?

BC Corrections will be hiring local residents to fill about 240 full-time correctional officer positions at the new Okanagan Correctional Centre in Oliver set to open in Fall 2016. BC Corrections is helping to prepare those interested by offering free readiness sessions, which includes information about corrections and the judicial system, as well as explaining the roles and tasks a correctional officer is expected to perform. Information will also be available on how to prepare to apply for these exciting and rewarding careers.

Readiness Sessions are scheduled as follows:

- Saturday, September 5th from 8:30 - 4:00 at Penticton Days Inn, located at 15 Riverside Drive in Penticton.
- Sunday, September 6th from 8:30 - 4:00 at South Okanagan Secondary School, located at 6140 Gala Street in Oliver.
- Saturday, September 12th from 8:30 - 4:00 at the Justice Institute of BC, located at 825 Walrod Street in Kelowna.

Interested applicants can also find out if they are physically up to the challenge by taking the Correctional Officer's Physical Abilities Test, which is also a job application requirement. The test involves running stairs, dodging obstacles, pushing and pulling heavy objects, and gaining control over a resisting subject through endurance and agility. If this challenging career interests you, did you know that you can receive complete student loan forgiveness?

The main BC Corrections website is [www.pssg.gov.bc.ca/corrections](http://www.pssg.gov.bc.ca/corrections). Career info can be found at [www.gov.bc.ca/bccorrectionscareers](http://www.gov.bc.ca/bccorrectionscareers). And, to find more info on loan forgiveness and scholarships within the BC Public Service, go to [www2.gov.bc.ca/myhr](http://www2.gov.bc.ca/myhr) and type in "BC Corrections". Competitive wages and great benefits could be yours! Find out if becoming a Correctional Officer is the right career path for you. Those interested in attending a readiness session and/or taking the physical abilities test, should email [recruiter.occ@gov.bc.ca](mailto:recruiter.occ@gov.bc.ca) stating "REGISTER" in the subject line or call 604-462-5170 today.

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Summer Fun on Skaha Lake (Photo submitted by Marg Swartz)



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Ranch Equipment Auction Sale Dave Daku, Kelowna **OCTOBER 3, 2015**

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### OKANAGAN FALLS

**September 14th**

**October 5, 19, 26th\***

*October 26th*

*Special Angus*

*Influence Calf Sale*

### KAMLOOPS

**Sept. 1, 15, 22, 29th\***

*September 29th*

*Special Calf & Yearling Sale*

**October 6, 13, 20, 27th**

**Kamloops Stockyard \_ 250.573.3939 Cheryl Newman or Bev Baker**

**Okanagan Falls Stockyard \_ 250.490.5809 Shawn Carter**

**www.bclivestock.bc.ca**



## Simple And Quick Ways To Improve Curb Appeal When Selling Your Home

with Brian Moen, Realtor with Royal LePage Locations West

When selling your home, the tremendous importance of making a good first impression cannot be overstated. There's not a seller out there who would want potential buyers to drive by and just continue on their way. But despite the critical role of curb appeal, there are still a fair number of people who focus so much on preparing the inside of their house that they forget about the outside.


You know you've achieved great curb appeal when the outside of your house looks inviting enough that a buyer will want to stay long enough to see the inside of the home. Great curb appeal will not only help you sell your home faster, but it can help the value as well.

If you are like most people, you probably have a budget with which you need to adhere while your home is on the market. So what can you do, if anything, to improve the curb appeal of your place? Here are 3 simple, quick, and affordable strategies you can deploy right now to give your curb appeal a boost.

**Clean Up & Repair** ~ Nothing makes the outside of a house less appealing than piles of trash, toys, or debris lying around. Walk the perimeter of your house and throw out any trash you see. Find a place to store any toys or bikes that might have taken up residence on the side of the house. Time to put away any projects you may have started and left outside. Once the outside clutter is gone, take a step back and examine the windows, doors, sidewalks, decks, etc. If you haven't washed the outside windows recently, it's time to break out the soap and water. Look for areas of exterior paint that might need touching up; it's amazing what a fresh coat of paint can do for doors and shutters. Likewise, updating the weather sealant on a wooden deck breathes life back into the space. Look for minor repairs that should be completed. Items such as garage doors, sidewalks, front porches, fences, siding, shutters, etc. should all be in good repair if your home is on the market.

**Landscaping** ~ After you have performed a thorough clean up and done all necessary repairs to the outside of the house, it's a good idea to throw some time and attention into your landscaping. Be careful, this is an area where you don't want to spend too much money, because you won't recoup your dollars. However, a little bit will go a long way in creating a warm, inviting entrance into your house. You don't need to spend \$15,000 on a premium landscape package, but for a few hundred dollars you can get the facelift your yard may need. Start by trimming trees and pruning shrubs, and then follow up by removing any and all dead or discarded foliage. Pull out all the unsightly weeds. If needed, plant a few inexpensive shrubs to fill in empty spaces. Put down a new layer of mulch in your landscaping beds and under trees. Make sure your lawn is fertilized and cut to the appropriate length; routine lawn maintenance produces great results.

**Other Tips** ~ When trying to improve the curb appeal of your home, one of the best things you can do is think like a buyer. Be critical of your house and take notes; pretend you are a potential buyer, and be honest about the things that might turn you off, and then address those things. Don't forget to look up - to the roof that is - many home sellers never look at the condition of their roof, but it's something buyers will notice. Make sure that your house number is easy to see from the street. Open all shutters, blinds, and curtains - not only will it make your house brighter on the inside, but clear windows look better from the street. Try standing across the street and take notice of how your window treatments look from the outside; get them looking uniform. Update your outdoor light fixtures, if necessary, and if you don't already have them, try placing accent lights in your landscaping; solar powered lights can be placed anywhere you'd like. Take a look at your mailbox; does it need to be replaced? And last but not least, sweep the driveway, sidewalks, and front entry to ensure that all walkways are clean and clear.



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## Spotlight on Volunteers!



### Meet the Okanagan Falls Interior Savings Volunteers

The Interior Savings Credit Union was the title sponsor of the Okanagan Falls Boys & Girls Club recent "Moonlight Movie" held in Kenyon Park on Monday, August 17th.

Over 500 people filled the park and enjoyed watching the movie "Home". A special thank you to the volunteers of our Interior Savings Okanagan Falls Branch for their continued support of our community events. We really appreciate all that you do in our community!

### 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](mailto:info@okfalls.net).

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**Laurie Kingsfield**

Cell: 250.498.1110

[LKingsfield@telus.net](mailto:LKingsfield@telus.net)



## The Lakefront BBQ Show & Shine

The Lakefront BBQ Show & Shine held on August 15th was a great success thanks to organizer Geoff and all of his fantastic volunteers. What a wonderful display of cars, with so many makes and models on site. It was hard to pick just one that stood out, as so many were just simply amazing to view and appreciate.

"I would like to thank all the people who parked cars and manned the registration desk. Thanks to the Parks & Rec Staff who had Kenyon Park looking good, and thanks to the Shriners who sponsored the event. Thanks to the Lions Club, who cooked and served up breakfast and lunch. And, thanks to the Okanagan Falls Fire Department for the loan of their giant BBQ grill, along with the delivery and pick-up from Kenyon Park. And finally, a big thanks to all the car owners from around BC who brought their awesome vehicles to the Falls. I hope to see everyone next year on August 13th, 2016." ~ from Geoff & Grace

## OK Falls Hotel Pub & Grill



Pub ~ Open Daily from 11am - 11pm (or later)



Restaurant Side Open for Private Functions Only

**Wednesday ~ Music Bingo 7pm (Wings \$6/pound)**

**Baron of Beef Every Saturday ~ 11:30-3pm**

*Thanks to everyone who  
came down and enjoyed our  
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## The 4th Annual Family Bike Rally

Bikes filled Main Street over the August 14-16 weekend for the 4th Annual Family Bike Rally held at the OK Falls Hotel. Proceeds from the Bike Raffle of a 2015 Harley Davidson FLHX Street Glide drawn that weekend went towards the South Okanagan Women in Need Society. Thanks again to everyone that organized, volunteered, along with the live music and tasty burgers ... What a great weekend of fun!



## Learning About Stroke

### Fall 2015

### Have you had a stroke?

***Want to learn how to cope with changes caused by stroke and how to avoid another stroke?***

- **Learning About Stroke** is an education-based, 9 week program offered to stroke survivors and caregivers.
- Sessions are **2 hrs long** and focus on providing information on the lifestyle improvements needed to lower the risk of having a second stroke, as well as, memory, behavioural and other issues.
- This program is designed to show survivors and caregivers how to improve their quality of life.

**To reserve placement** in the next **Learning About Stroke** program to be held **IN YOUR AREA**, please call:

**South Okanagan Similkameen Brain Injury Society**

**at (250) 490-0613**

**This program is offered at NO CHARGE.**

### Recovery Following A Stroke

Located in Penticton, the South Okanagan Similkameen Brain Injury Society (SOSBIS) is a non-profit service provider to acquired brain injury and stroke survivors. SOSBIS has been providing support and information programs free of charge to survivors of stroke since 2004.

Learning About Stroke is offered in the autumn, winter and spring, in Penticton and rotates through the outer communities in our catchment area. The goal of our education-based stroke support program is to provide resources and tools to individuals, so that they may live their lives to their fullest potential. The small group setting also provides an opportunity for survivors and caregivers to learn new strategies and share their experiences with others.

The stroke support program runs for 8-10 weeks consecutively covering issues commonly experienced by stroke survivors and their caregivers. Topics include general health and lifestyle improvements to lower the risk of having a second stroke, developing a better understanding of memory, problem solving, and communication challenges. Anyone who has had a stroke and still lives in their own home or anyone who is an active caregiver of a stroke survivor can participate in this program.

To reserve placement in the next Learning About Stroke program in Penticton or the South Okanagan, call SOSBIS at 250-490-0613 by September 15th (Penticton) and September 18th (Oliver/Summerland).



### Blood Donor Clinics

**September 10 & 11**

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

To donate BY APPOINTMENT, call 1-888-2DONATE  
OR [www.blood.ca](http://www.blood.ca) ***It's in you to give!***

# Liquidity

Artist  
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Series

to inform and inspire...

Tania Gleave | September 12 at 3pm  
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Brent Comber | September 19 at 11am  
*Western Living's 2013 Designer of the Year*

Philip Jarman | September 19 at 3pm  
*Luerzers Archive Top 200 Ad Photographers*

Jeff Burgess | September 26 at 3pm  
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For more information please call (778) 515-5500  
or visit [www.liquiditywines.com](http://www.liquiditywines.com)

## "Alla Kan Fiska"

By Larry Martin

"Alla kan fiska" is the motto of Swedish fishing distributor Fladen, which roughly translates to "all or anyone can fish".

This is so true. My first fishing rig was a bent pin, tied to a string on a stick. I spent many hours fishing from my Grandparent's dock for bull heads that weren't more than a few inches long. We inconvenienced the fish for a few minutes by placing them in a water filled bucket, then let them go to be caught again. In those early days, I began to observe that small changes in the presentation brought continued success catching these now catch-weary fish.

You know where the fish are and have made them an offering that has been rejected. Instead of changing your lure or fly, try adjusting your presentation. When trolling you can change lure depth and speed by simply changing the boat direction, an "S" curve is often used to describe this technique ... as the lure in the inside of the turn will slow, while the lure on the outside of the turn will speed up.

When fly fishing, the ability to cast can be a key factor in how your fly is presented to the fish. There is no way around it. To increase your success, you have learn how to cast and you have to practice.

You've seen the commercials for Golf, advising you need to practice and the best way is from a certified professional. Fly fishing also has certified professional instructors and two of the best have just moved to the Okanagan.

Verlie and Dennis started the Atlantic Fly Fishing School in 1993, where they taught over 3500 prospective fly fishers. In 1999, Denis was elected to the Federation of Fly Fishers Casting Board of Governors. The FFF Casting Board is made up of 25 of the top teachers in North America and Europe, which are responsible for developing casting instructor certification criteria and programs.



Verlie and Dennis Grant

Verlie is an accomplished fly tier and is a certified Federation of Fly Fishers casting instructor.

In June of this year, Dennis and Verlie moved to Summerland where they plan to retire. They will continue to offer private lessons for both beginners and advanced casters through the Okanagan Fly Casting School. For more information, visit [www.flyschool.net](http://www.flyschool.net).

I have had the good fortune to attend presentations by Dennis and Verlie and look forward to fishing with them as active members of the Penticton Flyfishers.

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



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Dear Editor,

This election, retirees across Canada are asking Members of Parliament and candidates, and all Canadians, to make sure the next Government of Canada honours its promises and commitments to retirees, and to all Canadians on retirement income security.

Employees played by the rules: They served their employers with honour and dedication during their careers. An employer that has benefitted from the services provided by retired employees should not be allowed to go back on the promises and commitments made to those pensioners.

Retirees do not have the ability to bargain in retirement; they do not have the leverage that employees have and many do not have the option to earn other income. Their retirement income security cannot be left to the whims of employers and policy makers.

A pension is a promise and a commitment: Employees provide their service and employers compensate them. That compensation includes pensions. Pensioners trust their employers to keep their side of the agreement – to honour their promise.

Canadian retirees deserve retirement income security. The best security we can give them is legislation to ensure that no employer, public or private, can go back on the pension promises made to people once they are retired. I urge citizens to ask candidates in the upcoming Federal Election, to take a stand on the issue of Pensions and support retirees in our communities.

Sincerely,

Lynn Jackson

President, National Association of Federal Retirees

South Okanagan Branch

126 Cabernet Drive,

Okanagan Falls, BC V0H 1R3

Phone: 250-488-9940



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## Go Beyond "Cookie Cutter" Vacations

with Vi Creasey of Reliable Travel

Last month I went to a Luxury Travel show in Las Vegas. The show was called Virtuoso. There where travel suppliers from 90 different countries in the world, all equipped to help you put together the perfect vacation for yourself and your family. These are not "cookie cutter" vacations, but companies that will do exactly what you want. How about a private dinner for two on the Great Wall of China? A special boat trip in New Zealand, so that you can jump off the boat at night and see the phosphorescence outline your body? Anything you want to do, or want to have included in your special vacation is available if you know the right people to arrange it. How about going to Italy or France for a week of painting and then another week at a cooking school? Is there a bike trip or perhaps walking vacation on your bucket list? After my Virtuoso week, I now know the suppliers who will help you put together your perfect vacation. Please give me a call for all your travel needs.

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## Locals Compete In 55+ BC Games

Zone 5, representing the South Okanagan, sent 64 participants to the BC Seniors Games held in North Vancouver Aug 25-29. Eight of these participants were from our local South Skaha area: Rick and Sandra Hawthorne from Kaleden in Darts; Tony and Lil Blashko from Kaleden in Ice Curling; Russ Ashton, Denise Head and Jean Mellish from OK Falls in Darts; and Ken Kamp from OK Falls in Slo-Pitch.

"The 55+ community is very active year round in the South Okanagan and Similkameen. While sports and activities such as Bridge, Slo-Pitch, Tennis and Ice Hockey remain popular, sports such as Mountain Biking, Karate, Pickleball and Squash are rapidly climbing in numbers. For people not familiar with the BC Seniors Games Society and their efforts, I encourage you to visit their website ([www.bcseniorgames.org](http://www.bcseniorgames.org)) and connect with Zone 5 organizing members," said Lisa Navin, Event/Sport Development for Tourism Penticton. The City of Penticton recently submitted bids to host either the 2018 or 2019 55+ BC Games. "With the 55+ BC Games landing in Lower Mainland communities 4 out of 5 times from 2012 to 2016, we believe that the Okanagan will likely see the Games at least once from 2017 to 2019," commented Navin.



**Are you over 50? Just \$15/yr to join!**

*Enjoy activities that interest you.*

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**Become a member of the OK Falls Seniors Centre!**

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

## Okanagan Falls Seniors Activity Centre

with Audree Sikorski

Well, we have made it through the heat of the summer, lots of tourists, and smoke from the fires to the south of us. Now will come the cooler temperatures, so we can return with our programs this Fall. You are all invited to come and enjoy all the activities. We welcome all the new people that moved to Okanagan Falls over the summer, along with Seniors already living here. If you have not yet checked us out, it is a great place to get to know others and have fun too.

Please Note: Our monthly **General Meeting**, usually scheduled for the 1st Monday each month at 1pm, will be delayed until Monday, September 14th due to Labour Day on September 7th.

**Tuesday Bingos** are back in full swing on the first 3 Tuesdays at 1pm. It's a fun way to spend the afternoon. (Jackpots are great too!) **Drop-in Bingo** is the 3rd Saturday of each month from 1-4pm.

Our **Pancake Breakfast** will be held 8-10am on Saturday, September 5th. It's a great deal at \$4.00 for pancakes, scrambled eggs, sausages and a beverage. Bring the whole family the 1st Saturday each month.

**Potluck Dinners** are the 4th Saturday of the month starting on Saturday, September 26th at 5:30pm. Enjoy the background music creating an atmosphere to give everyone the opportunity to catch up on all the news, now that we are settled in after the month of August off.

Gretha Jensen is back to lead the **Scrabble Group** on Thursdays from 10am - 12pm. You don't have to be an expert, as this is just a friendly social game. Come check it out ... it could fill dark winter days for you.

**Tuesday Pool** will be starting on September 8th at 7pm in our pool room. **Thursday Bridge**, which continued through the summer, remains at 1pm, as does **Thursday Crib** at 7pm.

**Carpet Bowling** is going to be held on Wednesdays at 1pm starting September 9th. Come try your skill at it. Members will be glad to teach you and you will definitely have a lot of fun. Again, something indoors to do in the cold days coming.

**Music & Coffee** continues on Wednesdays & Fridays from 9-10:30am. Everyone is welcome to stop by. Our musicians have made their practice sessions open to everyone in the community. They meet Tuesday mornings at 9am and Wednesdays at 6pm to practice for an hour or 2. If you play an instrument, why not stop by and join in.

Our **Fall Flea Market** will be held on Saturday, October 3rd from 9am until 1pm. Besides 14 tables rented to outside vendors, the Centre has a White Elephant Table and a Homemade Bake Table, along with a Silent Auction with really great deals. Our Kitchen will also be open to purchase lunch, snacks and coffee. So, you can spend a lot of time looking over all the great items for sale. The Centre also has a book table to sell all the many books that have come into our centre by donation. THANK YOU everyone who donates your books throughout the year. They make a great amount of money to keep our Centre running. We also have a GREAT DRAW with fantastic donated items from our local businesses to be drawn at the end of our wonderful day.

The Senior Centre is currently accepting donations of GOOD used household items for our Fall Flea Market. If you are doing a clean out of no-longer-needed-goods, **please keep us in mind for a place to donate**. Please drop off donations to the Centre before Friday, October 2nd. (No Electronics Please!) We would be grateful for donations of homemade baked goods for our bake table too.

Our Spring and Fall Flea Markets are two of our major fund raisers and help the Senior Centre provide programs to our members throughout the year. Memberships are only \$15/year for anyone over 50 years of age. **For more information on anything to do with the Seniors Centre, please call Audree at 250-497-5572.**

## The Royal Canadian Legion Branch #227

with Sharon Proctor

Hi there everyone! This is Sharon with our Legion Report. August has been a good month, especially the third week. We all enjoyed the Car Show in Kenyon Park and the Bike Rally at the OK Falls Hotel. We had many visitors to the Legion to enjoy our Meat Draws and Pancake/French Toast Breky. Cudos to the Kitchen and the Bartenders!

As I write this report, we are getting ready for our Western Legion Day Event, where I know we are all going to have a great time. We are small, but we are 'Mighty'. Smoky skies will not stop us, as we will get er done! Many thanks to the community for their ongoing support and we are all great 'Recyclers'. Did you know that most of the money that the Legion makes is given back to the Community? In 2014, the Branch gave approximately \$25,430 to charities and bursaries and our Ladies Auxiliary gave \$19,950. We love the community we serve!

On to our Fall Adventures with our Sporting Events. Sign Up Sheets will be posted in early September and the starting date will be approximately the 3rd week in October. Darts and Shuffleboard seem to be the most popular, but we would love to see our local Pool Sharks out to start a league. Do we have a Captain out there willing to get this going?

It's time to close and go and decorate the Legion and our Parade Float for Legion Day on August 29th. Let's keep the spirit up in our little town and so many thanks to our Fire Fighters, you inspire us all!

### Dates to Remember:

**Wednesday Nights** ~ Drop-in Darts at 7pm

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

**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!)

**Sunday, September 20th** ~ Pancake & French Toast Breakfast 8-11am

**REMINDER:** Sign up sheets for Darts, Shuffleboard & Pool Leagues.



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## Okanagan Falls Lions Update

with Michael Livingstone, President

Well, summer is slowly drawing to an end, which means that the OK Falls Lions Club will be coming out of summer hibernation and continuing to improve our community.

We are looking forward to serving a hot breakfast one morning per week at the Okanagan Falls Elementary School. We are all reminded that school will be starting soon, so please slow down and drive carefully in the school zones.

The OK Falls Lions Club members that volunteer at the Blood Donor Clinics remind you that the next Blood Donor Clinic at the Seniors Centre in Penticton is on September 10th & 11th. They look forward to seeing you there! Remember, "Blood ... It's in you to give!"

Our support will continue for Lions Clubs International projects, like the British Columbia Lions Society for children with disabilities. The Lions Foundation of Canada Dog Walk will be on the agenda to continue our support of that project. Our used eyeglass program continues to assist people in third world countries with their quest for improved vision. Our donations to Lions International helps to control and prevent diabetes, hearing loss, river blindness, and other health issues world wide. I am sure that other projects that the Lions Club can support will come up as the year progresses.

Thanks again to all that supported the Lakefront BBQ Show & Shine in Kenyon Park on August 15th. The OK Falls Lions Club we were happy to serve breakfast and lunch to all those that stopped by. It was also nice to see so many of you during the parade for the Western themed Legion Day on August 29th. Always a great community event!

## MEETING NOTICE!

To ALL Members of the  
Royal Canadian Legion Branch #227  
&  
South Skaha Housing Society ...

**Monday, September 14, 2015**

**7:00 pm**

Royal Canadian Legion #227  
Okanagan Falls  
(Jack Hill Room 3rd Floor)

**RE: SENIOR'S HOUSING**  
**In Okanagan Falls**



250.497.8188  
info@okfalls.net  
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Join us for our first in the series:

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**Saturday, September 26th at 9:30 am**

Okanagan Falls School Gym

*Zumba® Gold brings popular Latin and International dance rhythms to an easy exercise routine. This is a beginner's class for the active older adult who loves to dance!*

**Have you registered for our Newsletter yet?**

We are currently developing an Age Friendly Resource Directory in partnership with the United Way. If you would like to receive a copy of this and/or our new Okanagan Falls Age Friendly Newsletter, please add your contact information to our database by emailing info@okfalls.net or calling 250-497-8188.



## Okanagan Falls Women's Institute

with Betty Lynch

Truth be told, I sure did not want to write this one. September means Fall, and in Fall, we do Fall things ... i.e. school, work, proper shoes for cooler weather, jackets, cooking real meals - all of those really good for us 'must-dos.' However, in Autumn we are also looking forward to re-energizing ourselves and renewing our connections to people and organizations. Now, the Women's Institute is inviting visitors to come and find out just what we are all about. We are looking for ideas for further projects we can develop. We need you, dear reader, to come with your fresh view points on what can be done for your own benefit and the benefit of your community. We do need you. Come along to our first meeting of this new season on Monday, September 14th at 1:00 pm in the clubroom next to the school gym, and inspire us! I thank you for giving some consideration to this invitation.

"For Home And Country", Betty Lynch

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thompson298@hotmail.com

## OK Falls Heritage & Museum Society

with Marla Wilson

Twenty five friends and members of the Heritage and Museum Society enjoyed a great outdoor barbecue on July 25th in the garden of the Society. The weather wasn't perfect, but when it did sprinkle, we all huddled under the roof of the patio till it passed, then the sun would come out and everything would dry off. Hamburgers, fresh veggies, iced tea and lemonade were served and a large Birthday Cake honoured the two older members in attendance, Audrey Steeves, whose 94th birthday was the 24th, and Mary Ferris who will be 99 in December. Bob Wilson flipped the burgers on the grill, Grant Henderson brought his music and sound equipment and crooned to us during the meal, Heather Jackson prepared some games so we could learn how much we knew (or didn't know) about Okanagan Falls and Canadian History. There was some head scratching with them! Thank you to all those who helped prepare the food. Also, a special thank you to Colin Powell and IGA for their support for the barbecue.

Heritage BC is holding this year's convention in Rossland on October 2nd and 3rd. Thelma Detjen and Marla Wilson are registered to attend and see what all is happening in Heritage today. The convention is offering various workshops, tours, and information sessions, for which we have signed up. Of course, there are lunches and a big supper with a key note speaker. We plan to return with some great information and a few new contacts and ideas to share with our community.

The Thriftee Shop just finished the "Great Summer Clearance Sale". The plan was, "buy first item at full price, get second item for half price". We needed to clear out some of the summer clothing and make room for the winter frocks in storage. Some new people to the community are coming in to the shop to volunteer their time. It is a great way to get to know their neighbours and make new friends.

Eileen Cross, a long time resident of Okanagan Falls and member of the Heritage Society, is relocating to Chilliwack. For the last 10 years, Eileen has looked after the Bassett House, opening it up in the Spring, and putting it to sleep in the Fall. She has sat on the executive for many years, and she worked on the Kenny McLean room when it was being set up. We wish her and her family a happy retirement. We will really miss her in the Thriftee Shop and as a part of the Heritage and Museum Society.

## Kaleden Museum ~ A History Tid Bit

with Meredith King

Kaleden in its infancy, orchards just beginning to produce, James Ritchie with massive debt, a world-wide depression, and then the onset of World War I. Conditions for disaster.

World War I would have serious effects for James Ritchie, the Kaleden Development Company and the community itself in a couple of ways.

The first was felt almost immediately in 1914, as residents and workers joined the armed forces. This left a manpower shortage, which became more and more critical as the year went on. Ritchie was left short-handed and tried to counteract this by hiring some twenty-five Japanese from Vancouver the first summer. They lived in tents along Spruce Avenue where Viking Farms is now located. They stayed only one year, but despite that fact, that part of Spruce became known as Jap Camp Lane. Though the term was politically incorrect, it remained Jap Camp Lane to Kaledenites until it was officially named Spruce Avenue sometime in the sixties. In the following year, Ritchie hired Chinese labour from Vancouver.

By 1916, even that ceased. The war had made itself felt in another way. Britain was fighting for its very existence and all her dollar reserves were needed for munitions and food. As a result, no investment monies were allowed to leave the British Isles and that meant that there were no funds available to care and maintain the Kaleden Development Orchards. This was the final blow and a heartbreaking decision was made to abandon the company orchards and the entire 250 acres of planted and already producing trees died out.

This also affected the rest of the development of Kaleden. The major part of the work force had gone to war. People tightened their belts for the duration. Families helped families survive and get their crops off and the work done. Children did the work of their fathers. There were no visitors for the hotel, no investment monies to tide the hotel and the store over, the world was in turmoil and the citizens of Kaleden barely survived from summer to summer. The economy in Kaleden was at an all time low. Add to that the decline in water transportation and the vast improvement in motor cars and road conditions and the stopover in the tiny village of Kaleden became redundant. First the hotel and then a short while later, the store, succumbed to the poor economy and closed up shop.

After the war, in 1919, the creditors foreclosed.

One hundred acres, which had been purchased outright by individuals, had producing orchards, and these had been brought through the war years without any losses. Another hundred acres were in the process of being purchased, and during the foreclosure proceedings these people were allowed to complete their purchases and obtain title.

The monies collected were not enough to satisfy the debt, so James Ritchie and the Kaleden Development Company, which had played so large a part in our history, passed from the picture.

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.

### Kaleden Ladies Drop-in Begins Again!

**Starts September 23rd**

**Join us 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.



### H&M THRIFTEE SHOP

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## LOCAL CHURCH DIRECTORY

### Kaleden Community Church

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

**Fall Book Club** ~ will begin Thursday, September 10th. Our next book is "The Celtic Way of Prayer" by Esther De Waal. Please contact the Church for further information and/or to sign up. Copies of the book are also available for purchase (\$13).

**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](http://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](http://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

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### Violet Elizabeth "Betty" Schneider (nee Thomas)

**September 2, 1917 - July 14, 2015**

A Celebration of Life will be held at the Okanagan Falls United Church on Mom's Birthday, September 2nd at 11:00 am with a tea to follow. In lieu of flowers, memorial donations on Mom's behalf may be made to the BC Cancer Foundation or the Alzheimer Society of BC.

## Okanagan Falls Helping Hand Providing Christmas Food Hampers For Those In Need

with Keray Levant, Helping Hand Chair

Autumn is here. Helping Hand is beginning preparations for our Christmas Hamper program. For the 3rd year, we will be holding a food and donation drive in conjunction with the province wide BC Thanksgiving Food Drive on Saturday, September 12th from 9-12 at the Okanagan Falls IGA. Food donations should be non-perishable, and if from home please check that the expiration date is good to December 2015 or beyond. Last year we had 520 pounds of food donated and \$400.00 in cash donations.

We will hold our first organizational meeting for the 2015 season on Tuesday, September 8th at 10 am in the lower level of the Okanagan Falls Community Church at 1356 McLean Creek Road. If you would be interested in helping out this year, or just coming to listen in and see what we are about, please join us. If you have any questions, please phone 250-486-2767 and leave a message.

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## Flowers or Fish Heads?

Send yours to [skahamatters@telus.net](mailto:skahamatters@telus.net)

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



**Flowers** to the Okanagan Falls Fire Department for their quick response to our car fire, as well as to neighbours Mike and Kay who quickly called them. Much appreciated! ~ from James Hiibner

**Flowers** to those that worked on the art banner project in Kaleden. They all look amazing! Thanks to Judy and Chris Scott, the Kaleden Elementary students, and to Fortis for the installations. ~ from Kim Denis

**Flowers** to Meredith King for sharing stories of the history of Kaleden to our Summer Reading Club at Kaleden Library. And, **Flowers** to Jane Bland for judging the BUILD IT Make At Home Project. Congrats to Konrad Breier for building a lighthouse and winning the tent.

~ from the staff at the Kaleden Library

**Flowers** to Douglas Dewar, owner of Banbury Green RV Park & Campground in Kaleden, for his recent \$500,000 donation to the South Okanagan Similkameen Medical Foundation. This money will go towards medical equipment for the new Patient Care Tower at the Penticton Regional Hospital. Thank you! ~ from Skaha Matters

**Flowers** to the Okanagan Falls Volunteer Fire Department and the many locals who helped to quickly put out a brush fire on McLean Creek Road. It was directly across the road Synchromesh Wines and right next to Meyer Family Vineyards. This roadside fire ... Not hard to see how this started ... Could have been devastating! ~ from John

**Flowers** to the neighbour of the 1912 who mentioned us in the last issue. Thanks for giving us kind words about our music. This always give us inspiration. Thanks! ~ from Mat Duffus and the Pro Bonos

**Flowers** to the Pinot Noir Celebration at Linden Gardens. What an excellent event and a great blog article from our friend John Schreiner on Pinot Noirs in BC and this recent BC Pinot Noir Celebration! <http://johnschreiner.blogspot.ca/> Looking forward to next year! ~ from John

**Fish Heads** to the person who destroyed our beautiful flowers in the barrel outside Interior Savings in Okanagan Falls sometime between Sunday, August 2nd and Monday, August 3rd. We were enjoying how lovely they were this year and it's very disappointing that someone felt the need to pull the majority of them out.

~ from the staff at Interior Savings Credit Union in Okanagan Falls

**Fish Heads** to the dog owners on Sheep Creek Road and McMurray Road who think it is okay to move to the country and then let their dogs bark all evening and night - keeping their neighbours awake and from enjoying their own homes. ~ from Sleepless in Sheep Creek

**Fish Heads** to whoever is responsible for the information signs coming into Okanagan Falls from the South. It is an absolute disgrace to our community. Please get it fixed. ~ from a concerned senior citizen

**Fish Heads** to the person who doesn't respect our wonderful beach and left behind a baby's dirty diaper. And, **Flowers** to Caitlyn Buckland for picking up garbage on the beach during her visit from Penang, Malaysia. ~ from Jean of Okanagan Falls

**Fish Heads** to the residents along Hwy 3A for having two sprinklers going 24/7 in a field of weeds. Even if you were growing crops you would not need so much water. The more water you pump out of the ground will affect the aquifer upstream from you and may create hardship if someone's well goes dry due to your careless waste of water. ~ from one of your upstream neighbours

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

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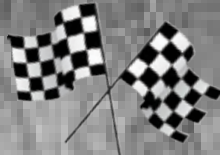
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