



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 18 : Issue 8

August 2026

Your FREE Monthly
Community News!



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Time To Consider Local Elections

By Myleen Mallach, Owner/Publisher of Skaha Matters

There are 9 elected positions to fill in the Skaha Matters readership: Directors for Area "D" and "I"; Mayor and 4 Councillors for the District of Okanagan Falls; as well as School Trustees for SD53 and SD67.

Subrina Monteith has stated that she will not be seeking re-election as RDOS Area "I" Director. Matt Taylor has also stated that he will not be seeking re-election as RDOS Area "D" Director; however, he did confirm that he will be seeking election as the new Mayor.

Are you interested in running as a candidate in the upcoming local election? Two very informative websites with invaluable content are gov.bc.ca and elections.bc.ca. Find out what to expect, along with the process, requirements, documents, financial rules, etc.

Candidate Nomination Packages will be available as of August 4, 2026 from either the Okanagan Falls or Penticton RDOS offices. Packages need to be returned to the Chief Election Officer at the Penticton RDOS office between September 1-11, 2026. Advance Voting Day is October 7, while General Voting Day is October 17.

Stay tuned for more on our local elections in the September issue.



Are you an Election Candidate?
Share why we should vote for you
in September & October Issues!
skahamatters@telus.net 250.490.6951

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Between
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Quick Facts: Skaha Matters is published every 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. Limited locations also carry copies. For full advertising details, please visit SkahaMatters.com.

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RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Report All Crimes To Get On The Police Radar

People will often readily identify that "crime is out of control" in their area, and yet when we review reports and statistics for their area, we find the opposite to be true. However, when we speak further with these individuals, we find that in fact there have been break ins, thefts and other criminal activities in their area, but they have not been reported. When asked why, they often reply that they feel there is nothing the police could or would do.

Yes, there are times there is little the police can do about some criminal events, but they need to know otherwise they are not even aware there is or may be a problem. The "squeaky wheel gets the oil", when it comes to prioritizing police response.

Police regularly review the number and types of calls for service and where they are coming from in order to identify trends and hot spots and the appropriate response. If you are not reporting, your area is not getting on the "police radar" and how can we work together to address the concerns if you don't tell us. The police can't always attend every complaint and sometimes there is no reason to attend, but that is never a reason for you not to report.

Online Crime Report (OCR) is available for incidences that do not have a known suspect (<http://report.rcmp.ca>). You never know if your information leads to solving a bigger incident that you might not be aware of.

Here to Help



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KONANZ

MEMBER OF PARLIAMENT

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Member Of Parliament Update

By Helena Konanz, MP For
Similkameen-South Okanagan-West Kootenay

Welcome to Summer!

With the break from the House of Commons, I have been out in the area attending community events, in Listening Sessions with people at their homes and one on one in the office and at their doors. This time of year is my opportunity to connect with people and listen to the issues that are top of mind for you.

I will continue to encourage other MPs to visit our riding and to better understand the challenges of this area. MP John Barlow, who is Shadow Minister for Agriculture, came and sat down with winery owners, farmers and fruit growers. These one on one conversations with people who are affected by tariffs, by interprovincial trade and by other federal regulations help ensure that the key issues from people in our area are top of mind.

For instance, affordability continues to be a concern for many. Rural communities rely on highways and their vehicles for everyday life from the transportation of food and goods, to travel to medical appointments or soccer games. The rising costs of food, housing and goods are pinching many budgets. I have visited food banks in our area. I was disturbed by the worrying trend that more seniors are relying on these charitable groups to ensure there is food on their tables.

Housing is also a top concern. On August 30, I will be hosting MP Scott Aitchison to discuss housing challenges and to specifically hear from people who are involved in this sector. If you are interested in participating, please reach out to my office.

Another issue I am hearing about is fraud, especially scams targeting seniors. I invite you to attend an upcoming session on fraud and how to protect yourself. With experts from Crime Stoppers and the BC Securities Commission, I will be hosting 3 free events around the riding including one on September 8 in Penticton at the Senior's Drop In Centre from 4-6 pm. Watch for the notice in your mailboxes.

If you have ideas, concerns or just would like to talk to me or have me sit down with a group of neighbours, please reach out over the summer.

To get assistance, send an email to my office at Helena.Konanz@parl.gc.ca. The best way to get information on my work is to follow me on Facebook at HelenaKonanzMP.

A Message From MLA Donegal Wilson

By Donegal Wilson, MLA For
Boundary-Similkameen

Summer has been a busy season across Okanagan Falls, and I always appreciate the opportunity to spend time in the community listening to residents and learning more about the issues that matter most.

One of the highlights this month was co-hosting a "Coffee With Your MLA" alongside Regional Director Matt Taylor. Thank you to everyone who stopped by to share your thoughts, concerns, and ideas. These conversations are invaluable and help ensure I am accurately representing the priorities of our community when I am in Victoria.

I also had the opportunity to attend a meeting of the Grasslands Coalition. It was informative to learn more about the important work they are doing and to better understand the challenges and opportunities surrounding the conservation of our unique grassland ecosystems.

It was great to celebrate Canada Day in Okanagan Falls and meet many residents, including several who are new to the community. I had some excellent conversations about Heritage Hills and the broader water challenges facing our region. Water infrastructure and long-term water security continue to be among the most important issues facing many of our communities, and I will continue advocating for practical solutions.

Many residents have contacted me regarding the proposed gravel pit. I have written to the Minister of Mining and Critical Minerals requesting a public information session so residents can ask questions, hear directly from proponents and government officials, and better understand the project and its potential impacts. I have not yet received a response, but I will continue to press for one.

My office has also received reports that water levels in Gallagher Lake are unusually low. It has been suggested that a diversion at a fork of Vaseux Creek, reportedly authorized by the Province, may be contributing to the situation. While it appears any work was undertaken with provincial approval, it is important that any unintended consequences are fully understood. My office has raised these concerns with the Ministry, and we are awaiting a response.

Over the past month, I also worked with the Ministry regarding the Regional District of Okanagan-Similkameen's assessment of a potential well on McLean Creek Road to increase municipal water capacity for Okanagan Falls. Working with Director Matt Taylor, it is my understanding that the RDOS is no longer pursuing testing at that location. I know Director Taylor has been closely involved in this work and will likely have more detailed information to share with residents.

As always, thank you for taking the time to share your concerns, ideas, and perspectives. They help shape the work I do on your behalf.

I hope you and your family have a safe and enjoyable summer. While our constituency office will be taking a planned two-week closure in August to allow staff an opportunity to recharge before the fall legislative session, our phones and email will continue to be monitored, and any urgent matters will be addressed.

I look forward to seeing you around the community throughout the summer.



Positive Ticketing Program Returns

Submitted Press Release

The South Okanagan Similkameen Brain Injury Society (SOSBIS), in partnership with the Penticton RCMP and the City of Penticton Bylaw Services, officially launched its annual **Positive Ticketing Program** on July 15, bringing smiles, rewards, and positive recognition to people of all ages throughout the community.

First introduced in Penticton in 2016, the program was created to promote injury prevention and strengthen positive relationships between youth, police officers, and bylaw enforcement. Instead of focusing solely on enforcement, RCMP officers and bylaw staff actively look for opportunities to recognize safe and responsible behaviour. Throughout the summer, Positive Tickets are awarded to people of all ages, with a focus on youth who are observed wearing bicycle helmets, buckling seatbelts, using life jackets, following public safety rules, and making smart choices while enjoying local activities.

Building on that momentum, SOSBIS successfully hosted its **Charity BBQ at Township 7 Winery on the Naramata Bench on July 26**. The event brought together supporters, sponsors, and community members for an afternoon of food, fun, and fundraising in support of brain injury awareness and prevention. SOSBIS extends its sincere thanks to everyone who attended, volunteered, donated, and helped make the event a success.

Supporters are encouraged to visit the **SOSBIS Facebook page** for details about the organization's exciting **Online Auction, which continues throughout August**. A printed auction catalogue has been made available at summer events, and several exclusive Silent Auction items were reserved specifically for guests attending the Charity BBQ. The Online Auction offers community members another opportunity to support brain injury awareness and prevention, while bidding on a variety of unique items and experiences.

Please note that SOSBIS withdrew its planned participation in **The Grande Parade** this year, due to unforeseen circumstances. While disappointed to miss the event, the organization looks forward to connecting with the community through the Positive Ticketing Program and other fundraising initiatives throughout the remainder of the summer.

Together, these efforts continue to promote safety, celebrate positive choices, and support the important work of injury prevention across the South Okanagan.



Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

The Kaleden Volunteer Fire Department continues to provide reliable fire protection and emergency response services to the Kaleden community. While the Fire Chief is currently on administrative leave, department members continue to ensure operational continuity.

The Regional District of Okanagan-Similkameen (RDOS) has reaffirmed that the safety of residents and visitors remains its highest priority. Fire

protection services in Kaleden will continue without interruption.

The RDOS has also committed to ongoing communication with fire department members and the public, with a future information session planned to provide updates on operational continuity, governance, and the continued delivery of emergency services. Through strong leadership, collaboration, and the dedication of its volunteer firefighters, the Kaleden Volunteer Fire Department remains ready to serve and protect the community.

If you have any questions or concerns, please reach out to me.

Subrina Monteith, Director of RDOS Area "I"

Direct: 250.460.0723 | smonteith@rdos.bc.ca | www.rdos.bc.ca



Kaleden FireSmart Tip

By Linda Dahl

It was another wonderful time down at the Annual Kaleden Days Celebration. Many people stopped by the FireSmart tent to get information on assessments, tool lending, landscaping and much more, all in the name of keeping our community safe from wildfire. Thank you so much for the special appearance from Ember the FireSmart Fox (Callie) and Sparky the Fire dog (Zach).



Kaleden FireSmart and the KVFD have always worked together on making this program a success. It is all about leadership, teamwork and continued community support.

Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

New Trustee Needed! KID still needs to fill one Trustee position. Interested in serving your community on the KID Board? More information and Nomination Forms are on our website in the "HOW DO I?" Section. Nominations close **August 20**.

Thanks For Your Input! KID received 188 responses (35% of ratepayers) to the non-binding survey asking preferences as to how to pay for the planned water treatment plant upgrade, and 52% of the respondents preferred the one-time payment option (this is a similar preference rate as when the intake upgrade was financed back in 2006). Knowing this helps with the project's financial planning: the more ratepayers picking the one-time payment option, the less the total amount that has to be financed over 10 years, resulting in an overall cost saving.

Even Drier Times Ahead? Drought concerns are building across the Okanagan. Despite fish, food production, and firefighting being top priorities, agricultural users in the north Okanagan are already facing crop losses, due to increased watering restrictions. As mentioned last month, KID's agricultural-based large-capacity system can be subject to declines in water quality as demand drops due to water conservation restrictions. This may result in boil-water advisories, so watch for notices posted on the KID website and A-frame sign boards. And for now, please make every drop count!

A Cautionary Tale About Curb Stops ~ All properties in Kaleden should have a curb stop (this is the valve to shut water off at the property line - see the photo). It should be kept visible and NEVER buried, as one ratepayer recently discovered to his dismay. In order to fix a leak, his curb stop had to be located - which turned out to be buried behind a retaining wall. A simple shutoff exercise became a hard-learned lesson that came with a \$6,000 bill. If you can't locate your curb stop, maybe contact KID before disaster strikes?



Chasing Zombies ~ As part of KID's ongoing program to "search and destroy" line leaks, sleuthing is underway to locate supposedly dead irrigation lines that actually remain live and potentially leaking. If you know of an abandoned line or notice persistent wet spots, please let KID know!

Gone, But Not Forgotten ~ With funding kindly provided by the Kaleden Community Association, KID ordered and installed markers for five unknown and six unmarked graves (see photo below). Thanks to Paul Oaks and especially Trustee Mike Gane for making this happen.



Kaleden
Irrigation District

Office Hours: 9-1 Mon & Thur | Appt Wed
119 Ponderosa Ave | 250.497.5407
kaledenirrigation@gmail.com
www.kaledenirrigation.org

Kaleden Community Association Update

By Randy Cranston

Thanks to everyone who participated in the 5th Annual Kaleden Community Day, particularly those of you who purchased raffle tickets as that's what supports next year's event. Thanks to Rick and Nikki Johnson for taking the lead on organizing this fantastic community event, the Kaleden Community Church for providing the Pancake Breakfast and Doug's Homestead for hosting the BBQ Lunch. See the article on page 18 for a celebration of the day.



The hotel committee, in collaboration with KCA, sponsored a raffle to raise funds for historical signage about Hotel Kaleden. Approximately \$2200 was raised. Congratulations to Amanda who won the quilt, Jen who won the framed print, and Andrew who won the unframed print of Hotel Kaleden. Thanks to Glenda for donating the quilt and thanks to Nel and Marjolein from Lloyd Gallery for donating the prints.

HISTORY OF KALEDEN HOTEL - INTERPRETIVE PODIUM SIGNAGE



The Kaleden Community Association also sold a poster of *Skaha Lake from Pioneer Park* by Nel Witteman to raise funds for the accessible walkway in Pioneer Park. The poster sells for \$25 each. \$575 was raised at the Kaleden Community Day. The poster will be for sale at Kaleden Seniors Committee Lunch & Learn events in the fall - a great Christmas gift idea! Thanks to Frog City Café for continuing to raise funds for the walkway, which includes the proceeds from a rebroadcast of *The Tragically Hip: A National Celebration* final concert on **August 22**. Tickets are available at frogcitycafe26.simpletix.ca for only \$5 each!

On July 31, KCA hosted a concert in the Hotel Kaleden park. Another great community event. What a great place to host an outdoor concert with the hotel as the backdrop for the stage and the waves lapping behind the crowd. Johnny Bolo, the musician/performer, donated his fee, travel expenses and sales of any merchandise, so all proceeds from this event are going to support the Hotel Kaleden historical signage. These two events have raised enough funds for the hotel committee to proceed with having the four signs produced that will provide a great 'story walk' about the history of Hotel Kaleden.

KCA continues to work on creating a quiet spot on the lawn outside the library for walkers and library patrons to sit in the shade, browse their books, or rest. A fence has been installed along the metal railing to ensure the area is safer for young children and dogs. Eventually an archway will be installed at the opening and additional plants will be placed in the borders. (Photo on left below.)



New signage has been placed on the toy/book lending library and lost and found in Pioneer Park, so that it's easier to find lost items. (Photo on right above.) Also, if you see any issues or have any concerns about happenings in the park, contact parks@rdos.bc.ca or call 250-492-0237. This information is also posted on the washroom doors.

Enjoy August!

Kaleden Volunteer Fire Department

By Jean Dube

Beat The Heat and Stay Safe

Our Okanagan summers bring us an abundance of sunshine, and heat. However, this extreme heat along with low humidity can cause heat related emergencies, when the body cannot cool itself properly in hot environments. It is important to recognize the signs and symptoms. If your body is overheating and you are experiencing the following symptoms, such as heavy sweating, cold pale and clammy skin, faintness, dizziness, headache, weak rapid pulse, muscle cramps, nausea, you may have **HEAT EXHAUSTION**. If you think you are experiencing heat exhaustion, stop all activities and rest. Loosen clothing, and move to a cooler place. Drink cool water. If symptoms do not improve or worsen, seek medical help. **HEAT STROKE** is a life-threatening condition. It can occur if your body temperature rises to 41° Celsius, fast, racing heart rate, hot red dry skin, and lack of sweating, confusion, slurred speech, delirium. **HEAT STROKE requires emergency treatment**. During intense heat waves, check on elderly neighbours that may live alone, to make sure they are well. Stay hydrated by drinking lots of water, and limit your exposure outside when temperatures are high.

Please adhere to the Category 1 Campfire Prohibition in effect throughout the Kamloops Fire Centre until noon on October 9, 2026, unless rescinded at an earlier date.



Matt Taylor
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

Incorporation Information Session

~ Residents asked questions and shared comments or concerns at an information session on July 15th at the Okanagan Falls Recreation Centre. Hosted by myself and the RDOS, most of the meeting was reserved for responding to questions and hearing comments or concerns. I think everyone who wanted to had the opportunity to speak or ask their

questions - and that's a good thing, as that was the objective.

We were fortunate to have the province's senior representatives present to give as much detail as possible to the answers. Over 100 residents in person or on-line asked questions of: Assistant Deputy Minister Tara Faganello and Executive Director Michelle Dann from the Ministry of Housing & Municipal Affairs, along with RDOS Chief Administrative Officer Jim Zaffino and myself.



One frequently asked question is "will my taxes go up?" And the simple answer is "that will be determined by the new Mayor and Council". A draft budget has to be approved by Council before being put out for public comment. And it's that draft budget - plus the province's property assessments - that determine the property taxes on an individual lot. So really, we have to wait for that Mayor and Council to be elected and then shortly afterwards to approve a draft budget for comment, before we can know what will happen to property taxes. My personal thoughts on this are as follows. First, the study completed prior to the referendum indicated that the same level of service would cost an additional \$256 per year on the average home. Second, residents want to keep comparable levels of service without significant increases in property taxes, so the new Mayor and Council will need to demonstrate strong financial management. Time will tell!

Introducing ~ Ms. Kerri Lore as the Interim Corporate Officer and first employee for the District of Okanagan Falls. Ms. Lore is an experienced Corporate Officer, who recently worked in this role at Coquitlam and also Squamish. She is contracted by the Province to the end of the calendar year, with the new Mayor and Council responsible for filling/extending the position afterwards.

OkanaganFalls.ca ~ Is the website secured for the new municipality. A huge thanks to the Okanagan Falls Business and Community Association for agreeing to transfer the site.

Building In Vintage Views Community Of Heritage Hills ~ A new bylaw was introduced in July that could enable new homes within the Vintage Views area of Heritage Hills. Approximately 34 vacant lots have been unable to proceed with residential construction, due to a pollution prevention order applied on the previous owner of the waste water system more than 5 years ago. With the conversion of the system to the RDOS and commitment to capital improvements, the province is lifting the order. The new bylaw creates a regulatory framework allowing the temporary use of holding tanks for residential development in Vintage Views,

until the RDOS confirms there is sufficient capacity in the waste water system to accommodate the additional connections. Once the system has capacity, the tanks have to be removed and the homes connected to the system. The new bylaw can be adopted at the August meeting of the RDOS Board.

Kenny McLean 'Statuette' To Museum ~ The RDOS Board approved the donation of one unit to the Okanagan Falls Heritage & Museum Society to be located in the Kenny McLean room. Identical to the bronze statue in Centennial Park, these 18 inch mini bronze are an amazing gift or keepsake. The mold is presently owned by RDOS and will be transferred to the new municipality. Only 100 will ever be made. These bronzes are a truly beautiful piece of history and can still be purchased through the RDOS.

Parks & Recreation Commission ~ Behind the scenes, the Parks & Recreation Commission provides advice to the RDOS regarding parks and recreation services in Area "D". While all members are and have been doing great work, Bob Daly has been chair for several years now and has made a tremendous investment of time and energy on behalf of the community. Similarly, Kelvin Hall was chair several years ago and served as a commission member for nearly a decade. As Bob and Kelvin both resigned from the Commission at the July meeting, I wanted to say 'thank you' on behalf of the community ... THANK YOU!

Accessibility Project ~ RDOS Board approved installation this August of an accessibility mat and chair at Kenyon or Christie Park beach. These assets make it possible for some people with disabilities to access the beach and/or the lake. Tax deductible receipts are available for anyone wishing to make a donation.

Director Information ~ Office hours on the first Tuesday each month are 3-4:30 pm at the RDOS Okanagan Falls Office.

Matt Taylor, Director for RDOS Area "D"

Direct: 778-931-6080 | mtaylor@rdos.bc.ca | www.rdos.bc.ca

Regional Events

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Minimum of 3, maximum of 4 people per team

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August 11, Memorial Park, Keremeos

August 13, Keogan Sports Field, Okanagan Falls

Music & Market In The Park

By Bob Shanks, Event Coordinator

The season is off to a great start. The **Canada Day** performance by **Blueshounds** was an outstanding success with about 400 people in attendance. The car show was in full swing and the Okanagan Falls Royal Canadian Legion was open. Temperatures were perfect with some clouds to block the sun for those who were not in the shade. I would also like to thank **Belich's AG Foods** for sponsoring the band.



July 12th was a success from all reports I have heard with **Lee Anthony**, who is from Okanagan Falls, performing in front of an estimated 120 people. The number of vendors in attendance for both events has been disappointing. However, I was extremely pleased that **Tickleberry's** stepped forward to sponsor Music in the Park on this date.

On **July 26th**, we featured the ever popular **Rebel Luv** from Oliver. The event was sponsored by **FortisBC**. Due to the timing of deadlines, we will share an update on this event in the next issue.

WHAT'S HAPPENING IN AUGUST?

Sunday, August 9th will see the market open at 3:00 pm. On this day, we will be featuring **Uncorked**, sponsored by **Greyback Construction**. **Uncorked** will be performing on stage at 5:30 pm with classics from Fleetwood Mac, Van Morrison, Bruce Springsteen, the Eagles, Dire Straits, Tom Cochrane, Barenaked Ladies, Jackson Brown, Bob Dylan, Amy Winehouse, Eric Clapton, Steppenwolf, The Rolling Stones, The Pretenders, Tim McGraw, The Nitty Gritty Dirt Band, Jason Mraz, The BeeGees, The Doobie Brothers, and many more. Food vendors will be on site.

Sunday, August 23rd welcomes **TR2** to the stage. This event is sponsored by **Okanagan Falls Pharmasave**. The market will open at 3:00 pm. At 5:30 pm, TR2 will be singing Classic Rock and Rock 'n Roll. Food vendors will be on site.

As usual, we invite the public to bring their lawn chairs and a desire for a pleasant afternoon in Centennial Park. Please support our unique craft vendors, and the Lions Club School Breakfast Program through the purchase of cookies and ice cream treats. There is no admission charge.

Inquiries can be sent to musicintheparkokfalls@gmail.com.

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Friends Of Okanagan Falls Parks

By Bob Daly

Back in June, Centennial Park received a little love and attention in getting ready for another season of Music and Market in the Park. Friends of Okanagan Falls Parks painted, stained and cleaned up brush in Centennial Park, returning it to a beautiful place to gather.

Thank you to all the volunteers for all your hard work. It is greatly appreciated by the entire community.



Okanagan Falls Volunteer Fire Department



By Cheryl Snyder

A Night of Training - Ready When the Call Comes:

One of the questions we are often asked is, "What happens when your pagers go off?"

While we hope our community never experiences a large wildfire or emergency, our members spend countless hours training to ensure we are ready when that call comes. On June 17, OKFVFD members participated in a full-scale mock dispatch scenario designed to test our response times, communication, water supply operations, accountability procedures, and teamwork.

The training scenario began with a simulated report of multiple fires threatening properties near Cedar Street in Okanagan Falls.

Mock Dispatch Call: 1901 Hours

Dispatch: "Okanagan Falls Fire Department, respond to a reported wildland fire threatening structures near Cedar Street. Multiple smoke columns visible. Time out 1901."

Immediately, members responded from home, work, and wherever they happened to be, just as they would during a real emergency.

Duty Officer: "Car 171 responding."

Bush 171: "Bush 171 responding."

Engine 172: "Engine 172 responding."

Tender 171: "Tender 171 responding."

Within minutes, apparatus and crews were en route to the training grounds (the mock fire location).

Upon arrival, command established a safe zone and accountability procedures. Name tags were collected by the Incident Command to ensure every firefighter could be tracked and accounted for throughout the incident.

Water supply operations were established immediately. Crews deployed portable water bladders, while Tender 171 and other apparatus worked together to shuttle and pump water into the portable reservoirs. Engine crews coordinated hose deployment and fire suppression operations, while maintaining communication with Incident Command.

One highlight of the evening was watching one of our youngest members, Ashaya Isted, confidently operate Tender 171 during the exercise. She demonstrated outstanding skill and professionalism, while fellow members supported and cheered her on.

As conditions changed during the scenario, crews practiced maintaining safe escape routes, designated safety zones, and continuous PAR (Personnel Accountability Reports) checks. These procedures help ensure every firefighter returns home safely after every call.

Once the simulated fire was declared contained, crews transitioned into overhaul and equipment recovery. Every hose, tool, accountability tag, and piece of equipment was returned to its assigned apparatus location.

Why We Train: At the conclusion of every emergency call and training exercise, every apparatus undergoes a thorough inspection. Equipment is cleaned, checked, serviced, and returned to its proper place. Accountability tags are accounted for, vehicles are restocked, and all safety equipment is inspected and prepared for the next response. This process ensures that when the next pager tones go out, our firefighters and equipment are ready to go again. Training nights like these allow us to practice real-life scenarios in a controlled environment, while building confidence, teamwork, and operational readiness.

Thank you to our members for their dedication and commitment, and thank you to our community for supporting your volunteer firefighters. Every hour spent training is an investment in keeping Okanagan Falls safe.



OK Falls Parks & Rec Commission

By Bob Daly, Chair

This is the last column that I will be writing on behalf of Okanagan Falls Parks and Recreation Commission, as I am stepping down from the Commission. The Commission will soon be changed, as governance transfers from RDOS to District of Okanagan Falls.

I would like to thank Commission Members Allison Symons, Barb Shanks, Laura Adamson, Judy Garner, Kelvin Hall, Mark Beaulieu, Rick Wilson and Kris Lee for their thoughtful work on behalf of the Okanagan Falls Community.

It has not always been easy to have the attention of the RDOS in competition with other Electoral Areas the RDOS serves, but the Commission has doggedly worked to keep the needs of Okanagan Falls in front of Parks Management. The Commission has initiated and supported many wonderful projects for both parks and recreation, and has questioned unnecessary projects, saving the taxpayers a great deal of money.

I believe that a new council with a dedication to Okanagan Falls will do the best for the Community, especially for the most beautiful parks in the Okanagan.

It has been a pleasure and a privilege to serve the community and the parks that I love.

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A Community Invitation

By Bob Daly

Save **Sunday, September 13** on your calendar for ...

"Okanagan Falls Connects"

A Gathering and Celebration of Community Volunteers

Okanagan Falls is a community that was built through the efforts of volunteers. The continuing work of all Okanagan Falls Community Groups, Volunteers and Service Organizations will play a major role in helping build a strong and unified community as Okanagan Falls begins the transition from RDOS-governed to a self-determining, incorporated community.

This event is a gathering of Okanagan Falls Public, Community Groups, Volunteers and Service Organizations, a celebration and reaffirmation of their good works, and interaction of the groups with the public and with one another.

Come out and meet the organizations and volunteers that make Okanagan Falls the vibrant community it has become.

The Gathering and Celebration will occur in **Kenyon Park** on Sunday, September 13 from **11:30 am - 2:00 pm** with introductions, greetings, interactions among the public and volunteer groups, children's activities, prizes, and **BBQ Lunch for All**.

This event is organized by Okanagan Falls Connects Committee made up of Allison Symons, Judy Garner, Barb Shanks, Connie White and Bob Daly. It is endorsed by Okanagan Falls Community Partners, Okanagan Falls Parks and Recreation Commission, and RDOS Area "D" Director Matt Taylor.

**OKANAGAN FALLS COMMUNITY IS INVITED TO
OKANAGAN FALLS CONNECTS**

A GATHERING AND CELEBRATION OF COMMUNITY VOLUNTEERS

WHEN: SUNDAY, SEPTEMBER 13TH, 2026

TIME: 11:30 A.M. TO 2 P.M.

WHERE: KENYON PARK



This gathering and celebration is designed to:

- Celebrate the good works of community volunteers;
- Reaffirm the importance of these groups to their community;
- Strengthen the relationship among community groups;
- Encourage public participation

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Possible Causes Of Fibromyalgia And Chronic Fatigue Syndrome

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



Fibromyalgia (FM) and Chronic Fatigue Syndrome (CFS) are related modern-day maladies that cannot be explained medically. The two syndromes share overlapping symptoms; however, FM is primarily defined by debilitating pain throughout the body for more than 3 months and CFS by tiredness not relieved by sleep. Many people suffer needlessly with these two syndromes, because the underlying causes are not thoroughly investigated.

It is estimated that over 1 million Canadians suffer from these disorders. Some of the possible underlying causes include:

- Low thyroid hormone levels
- Low or imbalanced reproductive hormone levels
- Adrenal fatigue
- Nutrient deficiencies
- Toxicities
- Chronic viral, fungal, or bacterial infections
- Poor energy production due to mitochondrial dysfunction
- Poor oxygen utilization
- Food allergies or sensitivities
- Low immune function or dysregulated immune system
- Undiagnosed chronic disease
- Intestinal microbiome imbalances

Naturopathic Doctors offer testing and therapies that target these underlying causes. Natural therapies generally have no adverse side effects, are gentle, and work with the body's innate healing system to encourage balance and optimal health.

Oxygenation therapies and Intravenous Nutrient Repletion therapies both have shown good clinical outcomes for both fatigue and muscle pain. Addressing hormone, thyroid, and adrenal imbalances further helps the body to heal and regain homeostasis. Often, infections such as candida are at the heart of the disorder and by clearing these out of the body, good health can be restored. Intestinal microbiome imbalance and poor diet are almost always components of pain and fatigue. Following scientifically based nutritional guidelines and eliminating food sensitivities or allergies is a core component of healing these disorders. All of these therapies help to improve energy production (in the mitochondria, our cells' energy producers) which is always sluggish with FM/CFS.

If you are suffering from FM/CFS perhaps a visit to a Naturopathic Physician for holistic, complimentary therapies will help you to uncover hidden causes of your fatigue and pain.

This article is for informational purposes only and is not to be considered medical advice. Please contact a registered and licensed medical professional for appropriate, specific, and evidence-based therapies for your unique needs.



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This project is supported by the BC Government's Buy BC Partnership Program, delivered by MNP LLP with funding from the Government of British Columbia.



Ask Cheryl

By Cheryl L. Snyder, RTC, MRT, CBT

Dear Cheryl,

Lately, I find myself saying, "I'm exhausted". Not just physically, but emotionally. It feels like everyone needs something from me. I take care of my family, work hard, help friends when they call, and try to keep everything together. At the end of the day, I have nothing left for myself, and then I feel guilty if I even think about saying "no".

How can I stop feeling responsible for everyone else's happiness? I'm signing this "Running on Empty" instead of anonymous (lol), because this is how I feel.

Dear Running on Empty,

First, I want you to know something important: Being kind to others should never require you to abandon yourself. I hear you though in what you are saying in your stated question, because I believe as humans we often can be at this stage at anytime in our lives, but phewwww sometimes it's an awful lot to hold!

One of the most common things I hear in my counselling office is, "I don't have time for me". When I gently ask what they have done for themselves that week, many people become quiet and often feel guilty. Somewhere along the way, they learned that taking care of themselves was selfish. It isn't.

Think of the instructions we hear every time we board an airplane: "Put your own oxygen mask on first before helping others". There is a reason for that. If you cannot breathe, you cannot help anyone else.

Life often teaches us that our worth comes from what we do for others. We become caregivers, problem-solvers, peacekeepers, and rescuers. We carry responsibilities that sometimes were never ours to carry in the first place. Eventually our bodies begin speaking the words our mouths never do ... i.e. headaches, fatigue, anxiety, tight shoulders, trouble sleeping, etc. Our body doesn't lie to us, but as I'd mentioned in earlier columns, our minds (ego) does.

I often tell my clients that our body is the greatest truth teller we have. It whispers before it screams.

One exercise I encourage is to ask yourself throughout the day: What do I need right now? What emotion am I actually feeling? Is this responsibility truly mine?

Sometimes the answer is simply five quiet minutes with a cup of tea. Sometimes it's a walk outside. Sometimes it's saying one powerful word ... "No". Full sentence, full stop, no explanation needed. "No" is not rejection. It is direction.

Every time you say yes to something that drains you, you are saying no to something that could restore you. It is a sacrifice. And as humans, we surely have practiced sacrificing mostly our whole lives - until we ask for different or recognize the old ways are no

longer working.

Healthy boundaries are not walls that keep people out. They are gates that allow the right people and the right energy in.

The amazing thing is this ... when you begin caring for yourself with the same compassion you freely give others, guilt slowly begins to disappear. In its place comes peace.

You cannot pour from an empty cup. So today, I invite you to refill yours. Because you matter, too.

Kindest regards,

Cheryl Snyder, RTC, MRT, CBP

Your Wellness Journey Counselling

"Healing begins the moment you realize that taking care of yourself is not selfish ... it is essential."

Thank you always for your continued support Okanagan Falls. I love this column and your emails and referrals are dear to me.

CHERYL SNYDER

- Registered Therapeutic Counselor
- Registered Grief Counselor
- Registered Addictions Specialist

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April came to us pregnant and was the gentlest and most loving Mom! Her kittens have found their forever homes and now Mama April is looking for hers. Gentle pets bring on the purring with this little lady. She is vocal and expresses herself through her meows. April is still a bit shy and may take some time to adjust to a new home. But she is worth the time and effort! Contact Alleycats and fill out an application for April, if this sounds like the kitty for you! alleycatsalliance@gmail.com.



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Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



For many seniors, staying comfortable, mobile, and independent becomes increasingly important with age. An in-home chair massage offers a convenient and effective way to support overall well-being without the need to travel to a clinic or spa. The massage is performed while the client remains fully clothed in a specially designed, supportive chair, making it a safe and accessible option for many older adults.

One of the greatest benefits of an in-home chair massage is convenience. Seniors who no longer drive, have limited mobility, or find it difficult to leave the house can still enjoy the therapeutic benefits of professional massage in the comfort and familiarity of their own home. This eliminates the stress of transportation and allows them to relax before, during, and after the session.

Chair massage can also help reduce muscle tension, ease stiffness, and improve circulation. Gentle massage techniques encourage blood flow to muscles and soft tissues, helping to decrease aches and pains that can interfere with everyday activities. Many seniors also find that regular massage helps improve flexibility and makes it easier to move with greater comfort.



The relaxation provided by chair massage extends beyond physical benefits. Many older adults experience stress, loneliness, or anxiety, particularly if they spend much of their time at home. A caring, professional massage therapist provides not only therapeutic touch, but also positive human interaction, which can contribute to improved mood and emotional well-being. Many people report feeling calmer, sleeping better, and enjoying a greater sense of relaxation after a session.

An in-home chair massage is also easy to fit into a senior's daily routine. Sessions can be tailored to individual comfort levels and health needs, whether the goal is gentle relaxation or relief from muscle tightness. With regular visits, many seniors discover that in-home chair massage is a simple, enjoyable way to support both body and mind, helping them maintain a better quality of life while continuing to enjoy the comfort and security of home.

Creative Wellness Solutions provides a convenient massage with innumerable benefits on a comfortable massage chair. You do not need to climb onto a table or remove clothing and no oils are used. You can choose from a head and face, upper body, or legs and feet massage, or any combination.

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Kaleden Bursary

By Mike Gane

The Kaleden Bursary provides financial assistance to Grade 12 students residing in the Kaleden area (V0H 1K0), who are entering post-secondary education, including trades, college, or university programs.

We are pleased to announce the recipients for 2026: Leela Wiedner, Lucas Nickle, Mason Evasiuk, Maxx Parfitt, Thea Bird, and Willow Maillot. Congratulations to all! The Kaleden Bursary Committee wishes everyone the best as you embark on your new adventure.

Thank you to all who have supported the Kaleden Bursary with your generous donations. For more information on donating (charitable receipts provided) to the Kaleden Bursary Fund, please contact us at kaledenbursary@gmail.com or Mike Gane at 250-497-5674.

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Kaleden Branch: 101 Linden Avenue - 250-497-8066
New email: kdstaff@orl.bc.ca

Tuesday 1-5 pm / Thursday 1-8 pm / Friday 12-4 pm

Children's Programs:

OLR Maker Tour: Friday, August 7th at 11 am ~ Dive into discovery with the OLR Maker Tour 2026: Under the Sea. Children are invited to explore the world beneath the water's surface through hands-on STEM activities and experiments. Led by the OLR's Maker Team, this program sparks curiosity, builds skills, and encourages learning through an underwater-themed adventure. Registration is not required, but it is appreciated.

Deep Sea Jellyfish Craft: Monday, August 10th at 11 am ~ Join the Similkameen Maker's Hub to explore our Under the Sea Summer theme. Make one jellyfish to decorate the library and another to take home as your own ocean creation! This event is perfect for ages 5-12. Please register as space and supplies are limited.

Water Everywhere: Wednesday, August 19th at 1:30 pm ~ Join the Vernon Science Centre for an "Under the Sea" Summer Reading Club special. Perfect for curious minds. Why is water vital to life? Explore how it cycles through our world and tackle local water issues. You'll even build a real filtration device to clean polluted water! A hands-on science adventure for kids. Registration is required.



All Ages:

Guess How Many ~ Starting August 1st, stop by the library and take your best guess at how many candies are in the jar! The person who guesses closest will win the entire jar of sweet treats. Think you have the winning guess? Enter for your chance to take it all home! Winner drawn on August 28.

Support Your Library ~ Used Books for Sale! We have just added a fresh selection of titles to our "For Sale" shelves. All proceeds directly fund our community programs. Do you have books in good condition? We would love to take them off your hands! Browse the collection today or chat with a librarian to learn more.

Submitted by Rachael Dowden, Kaleden Community Librarian

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July was an absolute delight! A huge thank you to everyone who joined us for our performer visits at the library. Your energy made it a month to remember. Looking ahead, we're excited to share what we have in store for August - keep reading for all the details!

ORL Maker Tour: Tuesday, August 4 from 1-2:30 pm ~ "The Maker Tour" is a travelling Makerspace experience visiting ORL branches this summer. This year's "Under the Sea" adventure lets children and families explore ocean science through coding robots, engineering challenges, and creative activities. This is a free drop-in program for school aged children.

Crafts for Kids: Tuesday, August 11, 18 & 28 from 1:30-2:30 pm. This summer, we're getting hands-on and creative at the Okanagan Falls Library! We're thrilled to offer three special craft sessions for kids ages 8-12. Over the series, participants will make adorable beaded turtle keychains, bring colourful sea creatures to life with Perler beads, and enjoy an extra surprise craft we're keeping under wraps until the day of. Registration is required for each event individually, so be sure to sign up for all three!

Okanagan Falls Library Summer Reading Club 2026: Be sure to stop by the library to collect a special reward as you move along your reading tracker - and don't miss out on our fun in-branch activities!

Book Club will continue, with the next meeting taking place on **Wednesday, August 19**. We look forward to another engaging discussion. New members are always welcome!

Our **puzzle exchange** and **seed library** are, as always, available to all members of the public. Feel free to stop by, take what you need, and share what you can!

We couldn't resist sharing this ... one of our very own volunteered to be the bubble star!



Submitted by Artessa Wiker, Okanagan Falls Community Librarian

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A Sky Full Of Shooting Stars

By Tom Landecker

What is a shooting star? What we see on a dark night is a momentary flash of light that crosses the sky. That event has nothing to do with stars, and even less to do with shooting! The Earth, moving in its orbit around the Sun, runs into a tiny fragment left over from the origin of the Solar System. The tiny piece, the size of a grain of sand, enters the Earth's atmosphere at a speed of about 30 kilometres per second, the speed of the Earth's orbit around the Sun. Collisions with the atoms and molecules of our atmosphere heat the incoming piece until it burns, and we see a flash of light. On any dark night, you can see one shooting star every ten minutes.

In mid-August, the Earth predictably runs into an extra dense cloud of tiny pieces, the debris of a comet that passes through the Solar System once every 34 years. For a few nights, we can see as many as one shooting star every minute. This is the Perseid meteor shower. 2026 is a very good year for the meteor shower: the Moon will be new, so skies will be dark.

On Thursday, August 13th, the Observatory grounds will be open to give you a front-row seat at this spectacle. Gates open at 7 pm. From 7:30-9 pm, we will be presenting talks telling the story behind the sights you will see, and talks on other science topics. Until 11 pm, you can enjoy the view from the lawn. Local amateur astronomers will be there, their telescopes ready to show you interesting things in the sky. Come and renew your acquaintance with the stars! Bring a lawn chair and a blanket.

If you can't come to the Observatory that night, you can see the meteor shower quite well from any dark place, away from house lights, street lights, and city lights. Allow 20 minutes for your eyes to fully adjust to the dark, and relax. There is no special direction to look, the shooting stars will be all over the sky. Binoculars and telescopes don't help with this event, nothing is better than your eyes. The event is the "Perseid" meteor shower, because all the shooting stars seem to emanate from the constellation of Perseus (towards the North), but it's better to look away from Perseus rather than at it. Patience will be rewarded - the number of shooting stars peaks after midnight!

As you gaze at this natural spectacle, think about its deeper significance: you are watching the same process that built the Earth five billion years ago. It was faster then, but it's still going on, day and night. Each day the Earth sweeps up about 30 tons of new material, about three large truck loads. Come to the Observatory on August 13th to learn all about it.

Interesting websites:

- www.rmg.co.uk/stories/space-astronomy/perseid-meteor-shower-guide-uk-when-where-to-see
- www.space.com/32868-perseid-meteor-shower-guide.html
- <https://chime-experiment.ca>

The Dominion Radio Astrophysical Observatory is operated by the National Research Council Canada and is located at 717 White Lake Road in Kaleden. For more information, please call 250-497-2300.

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Bring a lawn chair or blanket
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Location

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For more information

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canada.ca/nrc-astronomy

Talks

Tom Landecker: A sky full of shooting stars

Tim Robshaw: Why and how was DRAO built in the White Lake Basin?

Mohammad Islam: Engineering in the Invisible Universe: R&D in modern Radio Astronomy

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"Every Brilliant Thing"

By Cheryl Gill, Many Hats Theatre Company Publicist

Many Hats Theatre is proud to present **Every Brilliant Thing** by Duncan Macmillan with Jonny Donahoe, in a one-of-a-kind solo show, that will undoubtedly be one of the most unique productions.

In this solo performance, Vance Potter will lead you through a powerful and uplifting look at one person's attempt to document all the wonderful, beautiful, and indeed **brilliant things**, big, small and everything in between that makes life worth living. The tale begins with a young boy trying to help his mother see how and why life is worth living and progresses throughout his own life. While this deals with heavy and deeply vulnerable topics of mental health, the play is celebrated for being heartwarming, humorous, and ultimately uplifting. It emphasizes the importance of community, communication and human connection.

Performed in over 80 countries, including a stint on Broadway starring Daniel Radcliffe, this highly interactive show involves a great deal of audience participation of which Radcliffe said "the only thing required is kindness. It's kindness that powers the play" and the New York Times said "everybody who left that theatre left in a state of joy. One Actor. One Audience. One million reasons to experience the joy!"

This one person play will run 85 minutes with no intermission. **Every Brilliant Thing** runs from September 11 - October 4 on the Cannery Stage at 1475 Fairview Road in Penticton. For further info or assistance with ticket purchases, please call 250-462-6428.

Vance Potter in **Every Brilliant Thing**
by Duncan Macmillan with Jonny Donahoe
Sept 11 - Oct 4, 2026 Fri. & Sat. 7:30 pm Sunday 2:00 pm The Cannery Stage
www.manyhatstheatre.com 250-462-6428

This show contains adult themes that deal with mental health

Why Home Insurance Should Be Part Of Your Due Diligence Before Removing Subjects

By Sergej Sinicin of neuHouzz Real Estate Group



When buying a home, most buyers focus on finding the right property, arranging financing, and negotiating a fair price. While these steps are important, there is another item that deserves equal attention before a purchase becomes firm: home insurance.

A prudent REALTOR® will often recommend that buyers investigate their insurance options during the subject period and, in some cases, include insurance approval as a condition of the contract. While financing and property inspections are common subjects, insurance can be just as important.

Many buyers assume they can obtain insurance on any property. Unfortunately, that is not always the case.

Insurance companies consider many factors when deciding whether to provide coverage. The age of the home, condition of the roof, electrical system, plumbing, heating source, previous claims history, and even the property's location can affect eligibility and premiums. Homes located in areas with higher wildfire risk or properties with unique features may require additional review before coverage is approved.

Imagine completing a home inspection, securing financing, and removing all subjects only to discover that obtaining insurance is difficult, expensive, or subject to requirements you were not expecting. At that point, you may already be legally committed to complete the purchase.

This is why buyers should speak with an insurance provider during the subject period. A quick conversation can help identify potential concerns and provide a clear understanding of the property's insurability before making a final commitment.

Insurance also plays an important role in affordability. Mortgage payments, property taxes, and utility costs are often included in a buyer's budget, but insurance premiums can vary significantly from one property to another. Understanding these costs before removing subjects helps buyers make informed decisions.

For first-time buyers, insurance is often one of the least understood parts of the purchase process. Taking the time to review coverage options, deductibles, and replacement cost protection can help prevent surprises after possession.

Buying a home is one of the largest financial decisions most people will make. Including insurance as part of your due diligence and understanding your coverage options before removing subjects can help protect both your investment and your peace of mind.

Before you waive your conditions, make sure you know not only that you can get insurance, but also what that insurance will cost and what it will cover. A little preparation during the subject period can prevent major issues later.

If you're thinking about buying a home and have questions about insurance considerations, subject clauses, or the due diligence process, I'm always happy to help. A quick conversation before you remove subjects can help you move forward with confidence. Reach out to us at the neuHouzz Team at 778-764-1373.



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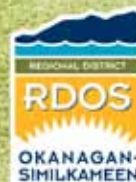
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Smart Packing Tips For A Stress-Free Journey

By Diane Chatfield

Technology makes travel easier, but it's not always reliable. Wi-Fi and cell service can be limited in airports, on cruise ships, or while travelling internationally, making it difficult to access important information when you need it most.

One simple solution is to create a dedicated photo album on your phone for all your travel documents. Before you leave, save screenshots or photos of your flight confirmations, hotel reservations, excursion bookings, transportation details, travel insurance information, and your passport. Keeping everything in one place makes it easy to find, even if you don't have internet access.

Of course, phones can be lost, damaged, or simply run out of battery. For that reason, it's always wise to carry printed copies of your essential travel documents as a backup.

More travellers are choosing to pack with carry-on luggage only, saving time at the airport and avoiding checked baggage fees. Before you pack, be sure to check your airline's carry-on size and weight restrictions, as they can vary between carriers.

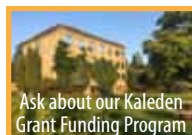
To maximize space in your carry-on, roll your clothes instead of folding them to save room and reduce wrinkles. Pack clothing in a coordinated colour palette, so you can mix and match outfits with fewer items. Wear your bulkiest pieces, such as jackets or running shoes, while travelling to free up valuable suitcase space. Make use of every available inch by stuffing socks inside shoes and filling empty spaces with smaller items.

Packing cubes are another travel essential, helping keep clothing organized and compact while making it easier to find what you need. It's also a good idea to pack medications separately, so they're easy to access during security screening.

When travelling with carry-on luggage, remember the Transportation Security Administration's (TSA) "3-1-1" rule for liquids, aerosols, gels, creams, and pastes. Each container must be 100 millilitres (3.4 ounces) or less, and all containers must fit inside one clear, one-litre resealable plastic bag, with one bag permitted per traveller. These bags are widely available at airports, and through many travel agencies.

One final packing tip: not everything belongs in your liquids bag. Solid toiletries, such as stick deodorant and lip balm, are not subject to the liquid restrictions, helping you save valuable space in your clear bag.

Remember that now is the time to start planning your winter get away. Give us a call, so we can make the planning process easy for you. Happy Travels!



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Kaleden Community Day Celebrates Community Togetherness

By Rick Johnson, Kaleden Day Coordinator

For the 5th consecutive year, Kaleden Community Day drew residents and visitors to Pioneer Park on the second Saturday in July for a full day of live music, food, community displays, family activities, and local entertainment. Behind every part of the celebration were volunteers, businesses, organizations, performers, and community partners who contributed their time and support for the community they all care about.

A pancake breakfast, prepared by David Ohori, Brad Nunes, and a team of volunteers from the Kaleden Community Church, started the day. Activities continued throughout the park, including pickleball demonstrations led by volunteers from the South Okanagan Youth Pickleball Association, a car show organized by volunteer Doug Dahl, children's activities, and opportunities to meet local organizations, artists, authors, and businesses.

The Community Expo highlighted many of the groups that contribute to life in Kaleden and the surrounding area. Dozens of members of the Kaleden Volunteer Fire Department were on hand to show their support for the community, meet residents, share fire-safety information, and talk about the work of local firefighters. Volunteer firefighter Jean Dube also organized a bucket brigade activity for attendees. Food remained a central part of the celebration. In addition to the pancake breakfast, volunteers and community partners helped provide a barbecue lunch. Leela Weidner and her family volunteered their time to serve the ice cream graciously donated by Tickleberry's.

Local businesses, organizations, and individuals contributed prizes for the raffle and silent auction and provided other support for the event. Aurora Electric, Doug's Homestead, Central Interior Traffic Controllers Ltd., Black Market Winery, Burrowing Owl Estate Winery, Lakeboat Vineyard & Winery, Ponderosa Point Resort Cabins, and Kaleden Petro Canada were among the businesses that supported the celebration. Although the people behind many of these businesses had to work through much of the day, their contributions helped make the event possible.

Music remained an important part of the day. After volunteering at the pancake breakfast, Brad Nunes returned later to set up the sound equipment for the open mic. He then joined Rick Johnson and drummer Terrence Wendenburg to perform several songs for the crowd. Al Manning also volunteered his time to perform. Johnny Carwash and the Desert Dawgz later took the stage and kept the evening crowd dancing until the event wrapped up at 10 pm. Custom gifts donated by Cups of Love were awarded to several people who joined in on the dance floor.



Kaleden Community Day depends on the efforts of volunteers, sponsors, donors, performers, exhibitors, and community partners. Organizers are grateful to everyone who contributed time, products, services, or support, as well as to all those who attended. The community's continued support ensures that Kaleden Community Day can return on the second Saturday of July every summer.

Why does Kaleden inspire so many people to volunteer their time and support their neighbours? Perhaps it is because, for many, Kaleden is more than simply the place where they live. It is where they feel connected, where they feel at home, and where they have found their happy place. Volunteering is one way people help preserve that feeling for everyone.

The next two opportunities to experience community spirit in Kaleden include an outdoor fundraising concert for Hotel Kaleden by Johnny Bolo on Friday, July 31 from 7- 9 pm at Hotel Kaleden and "That Night in Kaleden", a celebration of the Tragically Hip on Saturday, August 22 at Frog City Café. "That Night in Kaleden" is a fundraiser for the Kaleden Community Association's accessible walkway project at Pioneer Park. The evening will feature a Tragically Hip open mic session followed by a watch party for the rebroadcast of the band's final Kingston concert. Kaleden will join communities across Canada in marking the 10th Anniversary of the Tragically Hip's final show. Visit frogcitycafe.com for tickets.

For Kaleden Community Day information and updates, visit kaleden.weebly.com. For general information about Kaleden, visit kaledencommunity.com.



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Twin Lakes Harvest Dance

By Daina Zilans



Greetings from Twin Lakes! The Twin Lakes Social Club and the Twin Lakes Golf Course invite you to attend our 3rd Annual Harvest Dance on Saturday, August 29 at the Twin Lakes Golf Course Clubhouse. Join us for a fun evening of dining, dancing, and visiting with others in the community.

This year we're excited to have the Kelowna band "Uncle Rico" playing for us. "Uncle Rico" plays high-energy pop and rock that's sure to get you up on the dance floor. Another new addition will be Penticton's "Tres Taco Loco Food Truck", which will open up at 6:30 pm beside the Clubhouse. The cash bar will be offering a variety of alcoholic and non-alcoholic beverages.

Doors open at 7:00 pm and the dance begins at 8:00 pm. Tickets are available online by scanning the QR code on our poster below or by buying paper tickets after contacting zilkres@yahoo.ie or mdcarse@gmail.com. Advance tickets are \$20 each and a limited number may be available at the door for \$25 each.

Come on out and enjoy some tacos and drinks, dance to the lively tunes of the "Uncle Rico" band, and visit with old and new friends and neighbours on the scenic outdoor patio of the Twin Lakes Golf Course Clubhouse.

Twin Lakes golf course
TWIN LAKES COMMUNITY
HARVEST DANCE
At the Twin Lakes Golf Course Clubhouse
Saturday, August 29, 2026
Doors Open 7:00 PM • Dance 8:00–11:00 PM
Live Music by **UNCLE RICO** (Kelowna)
Cash Bar • Free Tea & Coffee
Tres Tacos Loco Food Truck • Opens at 6:30 PM
Tix are \$20 in advance
Limited \$25 at door
SCAN ME
For more info email: zilkres@yahoo.ie or mdcarse@gmail.com

Kaleden Museum & Archives

By Mike Gane



The Kaleden Float in the early 1950's Peach Fest Parade.

If you wish to donate items to the Kaleden Museum, please contact Mike Gane at 250-497-5674.



Need A Ride?

If you live in the Kaleden Area and need a ride, please call 250-460-3387.



South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

When living in Saskatchewan, I was involved with a group that had the motto "kindness grows". They had lapel buttons they would hand out to folk of all ages. It was interesting to see the number of people sporting the green "kindness grows" buttons and asking for more for friends and work colleagues. Perhaps we need to start a similar campaign with buttons reading "volunteers do it with kindness".

Every day there are countless volunteers who offer kindness through helping neighbours cut their grass, take a friend shopping, offer to take a lonely acquaintance for coffee, or take time to have a little garden therapy by visiting a lovely garden.

The South Okanagan Similkameen Community Connections Volunteer Centre strongly believes that volunteers do it with kindness. Thanks to the kindness and skill of our Executive Director, Subrina Monteith, prospective volunteers are introduced to community opportunities for service and caring. She ensures that our website is up to date with the names of agencies and groups looking for kind, willing volunteers. Subrina will also help agencies secure volunteers who are looking for an interesting volunteer involvement in a kind environment.

If this sparks your interest, why not contact the Volunteer Centre at 1-888-576-5661 and Subrina Monteith, our Executive Director, would be pleased to help you. Look us up on our webpage at www.volunteercentre.info or email us at info@volunteercentre.info for more information.

Why don't you become a volunteer who does it with kindness!



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Branch 227
Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

We are celebrating the **100th Anniversary** of LEGIONS across CANADA. What a spectacular weekend celebrating July 17-18. If you are not a Legion member, now would be a great time to join. You can get 2026 and 2027 for the price of one year!

OPEN Monday-Saturday from 2 pm to closing. Open Sundays at 11 am for pool. Check out the game. Everyone welcome!

Every Wednesday A Spectacular Car Show ~ The cars start rolling in around 1:30 pm. Serving burgers, fries, onions rings, smokies, plus a 60/40 draw.

Meat Draws - Fridays at 5 pm & Saturdays at 3 pm ~ Thanks to Belich's AG Foods for the meat. All profits donated to charities.

Drop-in Darts ~ Saturdays at 2 pm. Registration at 1:30 pm.

No Pancake Breakfast for August. Will return in September.

August 1 is "Music Bingo with Russ". Serving chili, bun and salad for \$10 each.

Shuffle Board ~ Starting again in the fall. Anyone interested? Make up your own 4 person team or we can put you on a team. You would play once per week on either Tuesday or Thursday at 2 pm, with spares if you only want to play casually. Do not need to be a member. Call Rick 250-486-7178 or Sandy 250-809-7078.

Bottle Returns ~ Drop off cans and bottles by the garage door at the back of the Legion parking lot. Thank you!

Volunteers ~ Are always welcome. Come on down to the branch.

For Updates ~ Call the branch at 250-497-8338, check the board outside, or check our Facebook page at "Royal Cdn Legion - Branch 227 Okanagan Falls BC" or our Instagram at "Veterans227".

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South Skaha Housing Society Update

By Michael Livingstone, SSHS Chair

Phase 2 Update

The hot days of summer are here, and construction on Phase 2 continues to move steadily forward.

While there may not be a great deal of visible change on the outside, there is a tremendous amount of activity taking place inside the building. Preparations for the exterior siding are underway, while plumbers, electricians, insulation installers, and drywall crews continue transforming the structure into future homes.

Much of the most important work in a project like this happens behind the walls. Every completed step brings us closer to providing **36 much-needed affordable homes** for individuals, couples, families, and seniors in Okanagan Falls.

The Board of the South Skaha Housing Society is pleased with the progress being made and appreciates the continued support and interest from the community. We look forward to sharing more updates as construction continues and we move another step closer to welcoming our first residents into this modern, energy-efficient building.

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

We are looking for your Okanagan Falls family history and stories. You could even end up being part of a future display! Please contact our Curator at okfallscurator@gmail.com. If your family has a history here in Okanagan Falls, we want to know about it! Did you know we have family files in our archives? We also provide research services, if you require assistance.

We are well into our summer season and can see the September long weekend on the horizon. Labour Day is our last day open for the year. The Thrift Shop and Kenny McLean Room remain open all year. If you have a craft or hobby to share, we are looking for people to hold workshops in the Kenny McLean Room throughout the year. Get in touch with us and let us know if you have any ideas. We want to create a fun workspace for our local community. This could be paint workshops, beading, weaving or other crafts.

We hope you enjoy the rest of the summer!



Thrift Shop

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250-497-7047
Okanagan Falls Heritage & Museum Place - 1145 Main St





Okanagan Falls Lions Update

By Bob Wilson, Past President

Hello everyone. We hope your summer is going well. Watch out for the heat and traffic. Stay safe.

3 Music in the Parks are done. Canada Day being a great success for all who attended both the BBQ and the Music. 2 more events are scheduled for August 9 and 23, so we hope to see you there.

Okanagan Falls Lions Club is proud to report another successful year of service to our community. Through the dedication of our members and volunteers, we completed **360 volunteer shifts**, contributing a total of **790 volunteer hours** in support of local programs, events and charitable initiatives. One of our most impactful projects continues to be the **School Breakfast Program**. During the last school year, Lions volunteers provided nutritious breakfasts to **3570 students**, with approximately **200 volunteer shifts** and **455 volunteer hours**. Beyond the breakfast program, Lions volunteers provided **free bratwurst and hot dogs during the Canada Day celebrations**, hosted the annual **Easter Egg Hunt**, organized the **Easter Colouring Contest**, continue to collect and ship **eyeglass donations**, and are serving **ice cream and cookies during Music and Market in the Park**.

Okanagan Falls Lions Club also proudly supported the **BC Lions Society for Children with Disabilities**, helping children and youth attend **Camp Winfield**, where they can experience recreation, friendship, and personal growth in a supportive environment.

The Lions Club thanks all of our volunteers, community partners, donors, and residents who continue to support our efforts. Together, we are making a positive difference and helping build a stronger, more caring Okanagan Falls community.

Have a great "Rest of the Summer". We'll see you around town.

Blood, it's in you to give! The next Blood Donor Clinics will be held August 24-27 at the Penticton Senior Drop In Centre from 1:30-5:30 pm. The Canadian Blood Services needs both donors and volunteers, visit www.blood.ca or call 1-888-236-6283.

The Okanagan Falls Lions Club meets the second Monday each month at 7 pm resuming in September. Come and join us and see what we are all about. If you have any questions, please call 778-439-2275. Visit www.e-clubhouse.org/sites/okfalls/ or www.facebook.com/okanaganfallslionsclub.

The 24th Canadian National Square, Round And Clog Festival In Penticton

By Rosalyn Garnett, OSRDA President

The 24th Canadian National Square, Round and Clog Festival in Penticton took place July 16-18 at the Penticton Trade and Convention Centre. Wendy Krueger, co-chair of the biennial celebration, was very pleased with the 586 pre-registered dancers and anticipated that the final total would be over 600 dancers, counting those who just come for a day or two. There were 400+ dancers at the July 15 "Trail In" Dance. Dancers came from Australia, Germany, China, Malaysia, the US and most of Canada.

As all square dancing is done with standardized English calls, people from different countries with different languages are able to dance together. Another dance style on the program was a choreographed form of ballroom done to live cues, known as Round Dancing. The dancers enjoyed waltz, two step, cha cha and rhumba. Watching some of those dancers, especially the teens and young adults who have competed in the Pacific Northwest Teen Square Dance Festival, makes it look like they should be on "Dancing With the Stars". Also at the Festival, there was Contra (danced in interactive columns), Clogging (a flat foot shuffle in double taps) and Line dancing (where dancers move in unison, but don't interact with each other). With all these types of dancing and the many levels of square dancing, there were 7 different dance halls in use from 10 am to 10 pm except for meal breaks. You know you need to keep your energy up to keep on dancing. There were also "Try It" dances available to the general public on Saturday.

The dancers were dressed from very casual in shorts and t-shirts to very fancy, sparkly dresses and crinolines (even metallic gold and silver) and fancy shirts and ties. Also, bathing suits were necessary on Saturday for the Aqua Ducks square and round dance IN Okanagan Lake. A 12 foot high inflated yellow duck on the sand showed you the spot to splash your corner and dip and dive. There were over 250 dancers taking part in that water fun.

Of course, all of this doesn't happen without the efforts of a lot of people: 74 leaders and 107 volunteers (probably more than that) who participated, because of their love of dancing.

For more information about square, round or clog dance lessons starting this fall around the Okanagan Valley, call 1-800-335-9433 or email dancinglikethestars@gmail.com.



Emergency Food Hampers can be made available from Okanagan Falls Helping Hand throughout the year with proper qualifications.

We meet on the 3rd Thursday of the month at 4:30 pm at the Okanagan Falls Community Church from September - May.

To apply, or for more information, please call **778-559-2412** and leave a message. Your call will be returned.

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www.desertsuncounselling.ca

Okanagan Falls Seniors Activity Society

By Heather Jackson

We are located at 1128 Willow Street in Okanagan Falls. The local bus stop is right across the street from our front doors. Check out our new website at www.okfallsseniorscenter.ca. Follow us on Facebook at "Okanagan Falls Seniors Center".

The Seniors Center is closed for the month of August. All our regular activities will resume in September. Please stay tuned!

Booking Agent ~ Call Heather 250-497-1171



Are you over 50? Just \$25/yr to join!

Enjoy activities. Meet new people. Get out and have FUN!

Become a member of the OK Falls Seniors Society!

For more information, call 250.497.8199 or 250-462-5233.



Elks Lodge Oliver #267

By Dee-anne Stone, Secretary

We are a volunteer organization of men and women serving our community. All welcome!

Open: Tuesday - Sunday, 2 pm to closing. Wednesday open at 1 pm.

TAPS: Every Wednesday and Thursday 9 am - 1 pm. A program for seniors offered free of charge featuring activities such as chair yoga, music bingo, karaoke, arts and crafts, and computer literacy lessons. A home-cooked lunch for \$7 and free round-trip transportation is provided.

Meat Draw ~ Will resume in September. Meat provided by Belich's AG Foods. Contact us if you would like to host a draw. It's a great fundraising opportunity.

Breakfast ~ Will resume in September.

Darts ~ Drop-in darts on Wednesdays with toeline at 5:30 pm. Come early to sign up. Sundays will resume in September.

Mahjong ~ Wednesdays at 1 pm.

General Meeting ~ Tuesday, September 8 at 7 pm. Second Tuesday of every month, but not held in August.

Hall Rental ~ Large hall and kitchen for rent. Email for inquiries.

Contact ~ 250-498-3808 or oliverelkslodge267@gmail.com
477 Bank Avenue, Oliver | Facebook: Oliver Elks Lodge #267

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ Held at Linden Gardens in August.
Visit kaledenchurch.ca for updates and the link to our live worship.
443 Lakehill Rd. | kaledenchurch@gmail.com | 250-497-5995

Okanagan Falls Community Church

Sunday Worship Service & Children's/Teen Church at 11 am
With Pastor Jon Manlove - Everyone is welcome!
Worship services recorded at OKFCC.net.
1356 McLean Creek Rd, Okanagan Falls | 250-497-5131

Okanagan Falls United Church

Sunday Service at 9 am ~ Speakers: August 2 - Rev. Paul James; August 9 - Judi Ritcey; August 16 - Rev. Laura Turnbull; August 23 - Rev. Paul James; and August 30 - Rev. Paul James.
Coffee fellowship following services. More info at okfallsunited.ca.
1108 Willow St, Okanagan Falls | 250-497-1171 or 250-460-2560

Our Lady of Lourdes Catholic Service

Sunday Mass at 11 am ~ All services held in St. Barbara's Church.
1039 Willow St | Father Gabriel Chinnaperiannan | 250-494-3110

St. Barbara's Anglican Church

Sunday Service at 9:30 am ~ Join Rev. Rick Paulin on the 2nd and 4th Sundays of the month. Morning Prayer on the 1st and 3rd Sundays. Everyone is welcome! Email for more information.
1039 Willow St, Okanagan Falls | st.barbaraanglican@gmail.com

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- 3. Hot & Sour Soup \$14.95
- 4. Dry Garlic Ribs \$22.95
- 5. Deep Fried Won Ton (12 pcs) \$14.95
- 6. Deep Fried Dumplings (10 pcs) \$15.95
- 7. Flavoured Wings \$15.95

Dinner for Two \$54.95

Spring Rolls (2) or Wonton Soup, Chicken Chow Mein or Chicken Fried Rice, Sweet & Sour Pork, Beef with Mixed Vegetables

Dinner for Four \$98.95

Spring Rolls (4) or Wonton Soup, Chicken Chow Mein or Chicken Fried Rice, Sweet & Sour Chicken, Beef with Mixed Vegetables, Deep-Fried Prawn, Ginger Beef

Dinner for Six \$129.95

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- 6. Szechuan Sauce with Beef, Chicken, or Shrimp \$22.95
- 7. Sweet & Sour Deep-Fried Prawns \$24.95
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Carroll Haddow

May 6, 1943 - June 30, 2026



Our beautiful mother, Carroll Winnifred Haddow, passed away peacefully on June 30, 2026. Mom/Nans had just celebrated her 83rd Birthday. She left this world listening to music and song and we pray that she is up there now dancing with dad. We are sure she will be happily joining the rest of the "OK Falls Gang" and we know there will be shenanigans! Likely involving costumes, pranks and vodka slushies.

Mom was the eldest of 6 children and the only girl! She was so delighted to have visits from both of her surviving brothers, Robert Taron and David Taron in recent weeks. Of course the grandchildren trumped everyone in Nana's eyes and all were able to come for visits, which she loved.

We are so, so very grateful for all of the family and friends who stopped by to share memories, laughter and song during the final days. Even the "Westview Ladies Choir", which mom was a part of, came to mom's room to have a sing a long. They said they would miss her, because 'she remembers all the words' and she really did! A very special thanks also goes out to mom's faithful friends, "The Lunch Ladies", who threw her an amazing 83rd Birthday picnic in the park.

The family would also like to express their sincere gratitude to the residents and staff at Westview. The palliative care team was phenomenal. Our hearts are full.

A full Obituary and details for Celebration of Life will be coming up in "Haddow time". Many thanks from children, Deb Puder, Joy Biro, Rob Haddow, Ray Haddow and their families.



Flowers Or Fish Heads?



Send yours to skahamatters@telus.net

Your full name and location area is required on any submission.

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

Flowers to the Penticton Horseshoe Club - Sheila, Dale, Maurice, Nick and Larry. They showed my grade 7 class how to play horseshoes and even got freezies for each student! We had a great time and it gave me a moment to catch my breath at a busy time of year. ~ *From Rick J. of Skaha Lake Elementary School*

Flowers to the Kaleden Fire Department for their continuous support of the community. Fire Season can be especially challenging. **Fish Heads** to the RDOS for causing addition stress to the community, especially during Fire Season.

~ *From Marie D. of Kaleden*

Flowers to Vance and Sharon of Okanagan Falls. An elderly man who regularly drives down alone from Kelowna to attend shows at Many Hats Theatre attended the July show. While at the theatre, he experienced a medical emergency and was taken to Penticton Hospital. Vance and Sharon went to the Hospital to check on his well-being and once he was released, one of them drove the gentleman back to Kelowna in his vehicle, while the other one followed in their personal vehicle. Rumour has it Vance and Sharon finally got home at 4 am. Okanagan Falls is blessed to have long term residents of this caliber!

~ *From Eleanor W. and Mel W. of Okanagan Falls*

Flowers to the 5 ladies who operate the Curio Collective business. Your warm, hospitable and informative manner with your customers is a wonderful 'small town' approach to business. It is always a pleasure to come into your store.

~ *From Sheila D. of Okanagan Falls*

Flowers to Connie and Paul for all of your above and beyond hard work at the Heritage Society site with the Museum and the Bassett House. You have given our precious historical site a tremendous face lift that the community should be very proud of, support and promote.

~ *From Sheila D. of Okanagan Falls*

Flowers to Penticton mayor Julius Bloomfield for receiving the Japanese exchange group from Tokyo and teaching them about Penticton government.

~ *From Rick J. of Kaleden*

Flowers to Subrina Monteith. Thank you for your support of Kaleden Community Day for five years. Thank you for your service to Kaleden as our area director.

~ *From Rick J. of Kaleden*



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Contact us via phone or email provided above.

Making Your Final Arrangements

By Lesley H. Luff, Okanagan Falls & Osoyoos

Congratulations to those who not only had their Wills drawn up in July, but who also took that final step to take care of their final arrangements.

Credible Cremation Services only has a limited space in which to explain their services and the cost of same. I need to explain the difference between "Basic Cost" and "Total Cost".

\$1400 - Penticton Area - Covers professional fees, transfer of deceased from local hospital and cremation fees only, thus **Basic Cost**. Other costs such as cremation casket, death certificate, CPABC levy, pacemaker removal, oversize costs, transfer from home, and GST would apply. Hospice or MAID, as well as *optional additions* such as the "Estate Settlement Service", scattering of cremated remains or an urn of choice ... any or all of these would add up to **Total Cost**.

\$1535 - Kelowna Area - Covers the same as above

While most families require similar coverage, each family is unique and their requirements differ considerably. Please clip this article and keep it handy for quick reference, or call for further clarification.

Pre-planning makes sense! It saves you money and allows you and your family peace of mind.

"Sensible Pricing for Practical People"

Credible Cremation Services

Contact us via phone or email provided below

250-493-3912 - Lesley Pre-Need & Robin At-Need

Lesley@crediblecremation.ca | Robin@crediblecremation.ca

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