



APEX MATTERS

"Keeping You in the S'know"

Volume 23 : Issue 2

Your **FREE**
Local Snow Culture
Newsletter!

October 2026



Northern Lights Over Apex ~ Photo by Caillum Smith | @preservedlight

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Time To Vote & Time For Warren Miller

By Myleen Mallach, Owner/Publisher of Apex Matters

If you own property at Apex and reside elsewhere, did you know that the property owners can cast one vote between them as a non-resident property elector? If you have questions, please email elections@rdos.bc.ca and visit elections.bc.ca/2026-provincial-election. Please vote on both October 17 and October 24.

Your voice matters at Apex! A new RDOS Area "I" Director will be elected between Cheryl Halla and Henry Sielmann. See page 7 for details. We will have a familiar face as our MLA, as either Donegal Wilson or Roly Russell will be re-elected. See page 4 for details. If you have any questions, please contact these candidates.

It's Warren Miller Movie Time! This is always a great night to get stoked for the winter season ahead. Join the Apex community on Friday, November 6 at the Cleland Theatre. See page 5 for details.

Quick Reminder ... Be sure to purchase your Apex Season Pass at apexresort.com before October 18 and your Nickel Plate Season Pass Membership at nickelplatenordic.org before October 15.

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"Keeping You in the S'know" since 2002

apexmatters@telus.net | 250.490.6951 | ApexMatters.com

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Westside Freeride, West Kelowna

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Penticton Sno-Trackers Club

By Joe Millar, President

Hello Sno-Trackers! It's time to wake up for FALL! The days are getting shorter, the mornings are getting colder, and that familiar itch is starting to set in. It's time to get the dust off those warmer base layers, pull the gloves out of storage, and of course, make sure the TOQUES are ready to go!

You know what time it is. Head out to the shed or shop, open the door, and fire that sled up! There's something about that first start of the season that just hits different. Drink in that beautiful smell of sled exhaust, listen to that rumbling engine, and remind yourself why we do this every winter. After a long summer, nothing sounds quite as good as a snowmobile coming back to life.

While you're out there, take a few minutes to give the sled some much-needed attention. Maybe it's finally time to do that chaincase oil change you've been putting off for ... two seasons! Blow out those clutches, check the belt, look things over, and make sure everything is ready before the snow flies. A little maintenance now can save a whole lot of frustration when you're sitting beside the trail in the middle of winter wondering why you didn't check it sooner. And let's be thankful for the little things. Snowmobiles run on GAS, not diesel! With fuel prices the way they are, that deserves a big WHOOP WHOOP!

We've also got some work to do up at the cabin before the season gets underway. It's time for a good cleanup, some firewood, and getting everything organized, so we can hit the ground running once the snow arrives. Conditions are ideal right now to get the trucks in, so let's give some thought to getting up there sooner rather than later and taking advantage of the access while we can. Winter will be here before we know it. Before the first flakes start falling, let's get the sleds ready, get the cabin in shape, and get ourselves prepared for another great season on the snow.

The countdown is officially on, Sno-Trackers! Get ready. Get wrenching. Get the toques out. And let's get ready to RIDE! WHOOP WHOOP!

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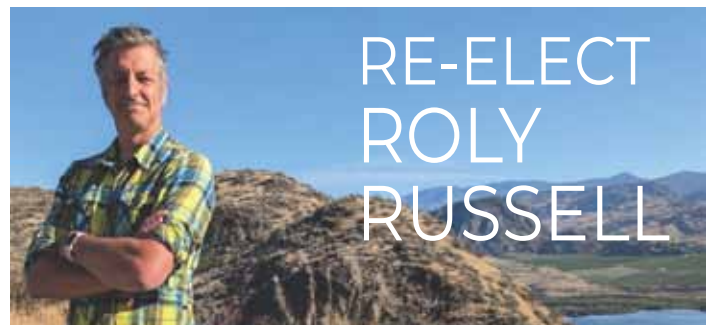


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AUTHORIZED BY TYROL RUSSELL, FINANCIAL AGENT, FA@TYROL.CA



DONEGAL WILSON
Candidate for
Boundary-Similkameen

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Carvers Corner

By Jorgen Anderson,
Program Director & Head Coach

Another Season Is Just Around the Corner! ~

We are getting closer and closer to another epic season at our amazing resort! We have already been blessed with some early snowfall, which certainly gets the excitement building. Yes, it's early, but we'll happily take every snowflake we can get, especially when it helps our forest and gets us that much closer to winter!

The Apex Ski Club team has been busy throughout September with dryland training. Our athletes have been working hard, building strength, coordination, balance and ski-specific fitness as we prepare for another winter on the hill. As we move into October, our training is transitioning indoors, but the work doesn't stop. This is such an important time of year for our athletes. The gains made during dryland become the foundation for what they will be able to do once we get back on snow.

One of the things I enjoy most about coaching at Apex is watching these kids change from year to year. I have been so lucky to watch the development of many of our athletes over the years, not only as skiers, but as young people. You can see it in the way they approach challenges, support their teammates and take responsibility for their own development. Those are the moments that make coaching so rewarding.

Every Run. Every Time. ~ This year, we continue to build around a simple philosophy: "Every run. Every time. Finish every day strong." We want our athletes to understand that effort comes from within. We can provide the coaching, the environment and the opportunity, but ultimately, the commitment to getting better has to come from the athlete. That mindset extends well beyond skiing. Learning how to work hard, stay positive, support your teammates and keep going when things get difficult are skills that will stay with these young athletes long after their racing days are over.

We are incredibly excited about the group we have this year. Our coaches are back, our athletes are working hard, and the anticipation of getting back on snow is building every day.

Apex Carver Registration Is Now Open! ~ We are excited to announce that Apex Carver registration is now open for the 2026-27 season! We have a new, simple fee structure that gives families the flexibility to choose the schedule that works best for them:

- **\$600 - Saturday OR Sunday** with 11 days of programming
- **\$999 - Saturday AND Sunday** with 22 days of programming

That's a full season of skiing, skill development, fun and time on the mountain with the coaching team. Whether your athlete chooses one day or both, Carver is a great way to build confidence, develop strong skiing fundamentals and enjoy more time on snow with friends. Don't wait to get your spot - Register at apexskiclub.com!

Warren Miller Movie Night ~ One of our favourite Apex traditions is just around the corner ... Warren Miller Movie Night! Join us **Friday, November 6 at Cleland Theatre** for an evening of great skiing, great company and the kick-off to another winter season. **Doors open at 6 pm. Movie starts at 7 pm.** The Warren Miller Movie Night is also an important fundraiser for Apex Ski Club. The money raised helps support our programs and provides opportunities for our young athletes to train, compete and continue developing their skills. **Tickets are \$20 each and go on sale Friday, October 9!** Tickets available at: IGA Pentiction, Freeride Boardshop and Neighbourhood Brewing. Get your tickets today!

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w: bcskitowns.com
e: marnie@marnieperrier.com
c: 250.212.8552

Presents:

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DAYS OFF



Doors open at 6:00pm
Show Time - 7:00pm
The Cleland Theatre
Friday, November 6, 2026
Pentiction, BC 001

TICKET
\$20.00 Proceeds benefit the Apex Ski Club



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WARREN MILLER PRESENTS
DAYS OFF



Doors open at 6:00pm
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The Cleland Theatre
Friday, November 6, 2026
Pentiction, BC 001

TICKET
\$20.00 Proceeds benefit the Apex Ski Club



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A Special Thank You to Our Warren Miller Sponsor ~ We are excited to welcome Marnie Perrier, Personal Real Estate Corporation, Christie's International Real Estate, as our new Warren Miller sponsor. We are incredibly grateful to Marnie for supporting Apex Ski Club and our athletes. Support from local businesses and community members like Marnie helps us continue to provide opportunities for our young athletes to develop both on and off the hill. Thank you, Marnie, for supporting Apex Ski Club and helping us kick off another great ski season!

A Huge Thank You to Our Sponsors ~ Apex Ski Club would not be the club it is without the incredible support of our local business community. Our sponsors help make it possible for us to provide quality coaching, training opportunities and experiences for our athletes. Their support is an investment in our young people and in the future of skiing in our community. We are extremely grateful to all of our sponsors and encourage our members and families to support the businesses that support Apex.

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A huge thank you to all of our parents, volunteers, sponsors, coaches and supporters. Apex Ski Club truly is a community, and it takes all of us working together to give these young athletes the opportunity to chase their goals. See you on the hill!



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By The AFC Team

From Apex Freestyle Club Head Coach And Program Director:

Happy October, everyone! I hope you're all enjoying the cooler temperatures and getting ready to break out the toques and warm puffies!

It's been a BUSY start to the fall here at AFC! We've officially wrapped up our water ramp and tramp programs for the year, and this summer brought an incredible turnout of athletes from both within our club and from communities beyond. A huge thank you to everyone who joined us for a session - or several - down at the Farm. We loved having you with us and can't wait to do it all again in 2027!

Since winter registration opened on September 15th, we've seen an AMAZING turnout! Our new competitive program, Freestylers Comp Team, is already SOLD OUT, and other programs like Freestyle Big Mountain are nearing their max capacities as well! It's so exciting to see both new and returning families gearing up for another winter with AFC. Our coaches are just as excited to get on snow and deliver a season full of fun, progression, and new experiences for everyone! Don't forget to register by October 15th to take advantage of our Early Bird Discount!

There's lots more happening behind the scenes too! We're kicking off Dryland Training at Wiltse Elementary on October 14th, hosting our AGM on October 15th, and sending our Jr. Performance Team to Silver Star in early November for an air bag and rail camp. Keep an eye out for more exciting events and opportunities as we get closer to the winter season!

That's all for now, but as always, please don't hesitate to reach out if you have any questions or concerns. We're so excited to see everyone back soon and can't wait for another awesome season together!

Winter Registration ~ Registration is open at freestyleapex.com. Register before October 15th to save \$50. Payment installments are available. We are nearing capacity for some programs. If our webpage is showing "Sold Out", please contact gina@freestyleapex.com and if possible, we will try to accommodate your request.

All images this page credited to MK Capture Photography



Apex Freestyle Snowboard Club Program Director Josh

Shulman ~ Wowzers, It's been a month already?! Time really does fly by when you're having fun, eh? September is GONE, October has arrived and we've seen our first snowfall on the mountain. That's more than enough to get me excited for snowboard season.

Dryland, skate and trampoline session all get rolling this month as we prep to be ready to shred! This year, we've got some early season training opportunities at Mt. Sima in the Yukon and at Sun Peaks in Kamloops. If you're interested or want more info, throw an email to josh@freestyleapex.com. I'll get you all the info you need to get involved.

If the shorter days and cooler temps have got you thinking about winter, it's probably a good idea to give all your winter gear a good inspection to make sure it's good to go for another season. It's never a bad idea to get your board into Freeride Boardshop for a tune and a wax, so it's fresh and ready to slide!

In regards to our club programs, we are hoping to get an ALL GIRLS shred crew going again this year. If you've got a female shredder in your household, let's connect and get them involved in our shred gang! There's no expectation to compete. Just a fun loving crew to stand sideways with! If competitive snowboarding is of interest to you, we've introduced a Junior and Senior Competition program for this season. Our team competes in a variety of disciplines, such as Boardercross, Banked Slalom, Slopestyle and Big Mountain Freeride are all in our contest schedule.

The countdown to shred season is ON!!! See you in the lift lines soon enough! Until then, I'll be squeezing in all the trail riding I can!



2025/26 Club Sponsorship ~ Our Sponsorship Program for this season has been revamped with levels from \$500-1500! Sponsorship funds help to: purchase equipment; maintain summer and winter facilities; provide quality coaching; and offset the costs of programming and competitions for athletes. Your business will be acknowledged in a variety of ways. For more info on how to join our Sponsorship Program, please email gina@freestyleapex.com.

Henry Sielmann

for Director of RDOS Area "I"



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You can contact me at: sielmann.for.areai@gmail.com

Authorized by Henry Sielmann, Financial Agent 250-490-5293



Trail Of The Okanagans

By Mary Trainer

If you have concerns about trail development and maintenance in the South Okanagan, here's a 'heads-up'. With a municipal election and a provincial election happening this month, now is a good time to ask candidates where they stand on trail-related issues.

In the municipal election on October 17, voters will elect the first-ever council in the new municipality of Okanagan Falls. Three candidates are running for mayor and 11 candidates are running for four council positions.

Okanagan Falls is a major trail hub in the South Okanagan that connects with trails south to Oliver and Osoyoos, and north to Penticton on the proposed Trail of the Okanagans.

Here are just two examples of questions to ask:

If elected, will you advocate for Okanagan Falls to create an Active Transportation Plan that would allow potential access to funding for local trails?

Will you advocate for creating an Official Community Plan that embeds multi-use corridors for walking and wheeled transportation?

In the provincial election on October 24, Apex Matters readers living in Okanagan Falls, Skaha area, Oliver, Apex Mountain and Osoyoos are included in the Boundary-Similkameen riding. Readers living in Penticton, Summerland and on Penticton Indian Band lands are included in the Penticton-Summerland riding.

Here is a suggested question to ask all candidates:

If elected, will you work to help create an all-ages, all-abilities walking/cycling trail between Kelowna and the U.S. border? What specifically will you do to help make this happen?

Take note of their answers, and follow-up with those elected.



Regional District of Okanagan-Similkameen

Electoral Area "I"

NOTICE OF ADVANCE VOTING OPPORTUNITY

8:00 am to 8:00 pm - October 7, 2026

RDOS - Skaha Lake Road Office
3547 Skaha Lake Road, Penticton, BC

NOTICE OF GENERAL VOTING DAY

8:00 am to 8:00 pm - October 17, 2026

Kaleden Elementary School
1521 Linden Avenue, Kaleden, BC

FOR FURTHER INFORMATION & UPDATES
ON THE ELECTION GO TO

<https://rdosregionalconnections.ca/elections>

Questions about the election? Contact us at:

Email: elections@rdos.bc.ca

Phone: 250-492-0237

Tracey Batten, Chief Election Officer

Marc Aucoin, Deputy Chief Election Officer



VOTE for CHERYL HALLA

RDOS DIRECTOR for AREA "I"

Skaha West, Kaleden & Apex

- Lived and worked 46 years in the area. My family of three generations have made Kaleden their home.
- Over 35 years experience working for three different Improvement Districts focusing on the supply of water to communities, along with other local government duties.
- Certified Public Administrator, Experienced Business Administrator, and a great number of years of Accounting Experience, including Budgeting.



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Authorized by Cheryl Halla, Financial Agent 250-809-8548



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Next deadline
starts on
Sunday,
November 1.

October Is Here!

By Alec Henderson, Team Canada Slopestyle and Big Air Skier



Hello everyone. I hope you all enjoyed the last bit of summer in the Okanagan. I was sent right into winter spending my September in New Zealand. It was a shock after a couple warm August weekends. Thankful that I get to travel here every year. This was my 5th time and it never gets old. Another very successful NZ trip, and my first time doing the Jossi Wells Invitational.

We got blessed with good weather and had an insane couple days jamming with everyone on the big air jump. After the event, we started getting some tougher weather to cork in, but still made the most of it and had a great time on and off hill. It's just a small island in the middle of the ocean, so the weather patterns are crazy and unpredictable. So we ski when we can and chill when we have to. I'm a hungry person. So when I'm off hill, I enjoy cooking and the lamb in New Zealand is unique in that there are vast amounts of sheep. For every one person, there are six sheep in NZ. So, the lamb is in abundance and cheaper than any other meat. I'd come back for that every year!

Got lots of new tricks planned for when I'm competing next. Lots of contests planned for November and December. So, I'll be updating you where I'm going off to in the next issue of Apex Matters.

Thanks everyone for your immense support! It means the world!

If you would like to see any of the videos from my trip, check out my Instagram @alechendersonn for a closer look at what I'm up to!



Enjoying a New Zealand view.



CANADIAN SKI PATROL™

Volunteer Patrol Update

By Brad Nunes, CSP SO Boundary Zone

Hi folks. Your friendly neighborhood Canadian Ski Patrol here wishing you a wonderful fall. We are currently in the throws of our dryland first aid training, so there is lots of chatter internally about the upcoming season. We are stoked and can't wait to get out there.

Our safety tip this month is to take care of yourself during, after and before the ski season. Getting some exercise and remembering to stretch greatly reduces injuries when doing any sports and it also helps with recovery if you do end up tweaking something. Just getting moving for 30 minutes a day with a little bendy-twisty routine will really help you out, especially for those of us with grey and/or missing hair. But the younger you start with good habits, the easier it is to maintain them as you ... mature. Consult your doctor or a physiotherapist for your best path to staying on the slopes.

Take care of yourselves and we will see you soon!



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Did You Inherit Your Arthritis Or Your Love Of Skiing?

By Dr. Deirdre O'Neill, ND

I was having a conversation with a patient the other day about arthritis. They told me they had always assumed they would eventually develop it because it ran in their family.

But I started wondering: **What if it isn't always the genes we inherit? What if sometimes we inherit the lifestyle?**

Did your parents ski? Did they spend years on the mountain? Did they have old knee injuries, falls or surgeries? Did they spend decades doing the same activities you love? If so, you may share more than just their DNA. You may share the same stresses and injuries that can affect your joints over time. And this is where arthritis gets interesting.

Arthritis isn't just one thing.

When we talk about osteoarthritis, we're often talking about changes within the joint. These changes can include cartilage loss, narrowing of the joint space, and the development of osteophytes, or bone spurs. But there is another piece of the puzzle that doesn't always get talked about: **inflammation**.

The joint is not simply wearing out like an old tire. The synovial lining and synovial fluid are part of an active environment within the joint. In osteoarthritis, inflammatory processes can occur within the joint, and inflammatory mediators in the synovial fluid can contribute to changes in cartilage, bone and pain. And this is where I think we need to start looking at arthritis differently.

Because while we can't change our genetics, **there are things we can influence that affect inflammation**.

What are you eating? How well are you sleeping? How are you managing stress? Are you moving your body and maintaining strength? Are your hormones optimized as you move through different stages of life?

These aren't magic solutions, and they won't prevent every case of arthritis. But they are pieces of the bigger picture that we can actually work with. Research increasingly connects nutrition, sleep, physical activity and chronic stress with systemic inflammation and osteoarthritis symptoms.

This is the part of arthritis that gives me hope.

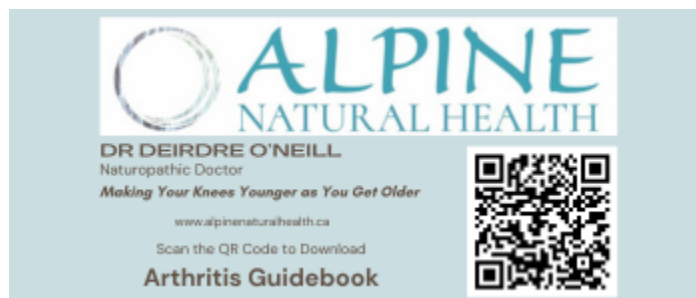
Your genes may influence your risk. Your past injuries may have influenced your joints. But there are also things you can do today that may help create a healthier environment for your body and your joints. So when someone tells me, "My parents had arthritis, so I'm going to get it too", I don't think the story is quite that simple. Your genes may be part of your story. They don't have to be the whole story. And if you love skiing, it's worth looking at the whole picture. How strong are you? How well do you recover? Are old injuries still affecting your knees? How much load are your joints handling? How is your sleep? What are you eating? How are you managing stress?

You may not be able to change your family history. **But you can start changing the things that are within your control.**

If arthritis is part of your story, I've created a practical Arthritis Guidebook to help you understand your options and where to start.

Download at alpinenaturalhealth.ca/apex-arthritis-guidebook

Dr. Deirdre O'Neill, Naturopathic Physician, has an expertise in Prolotherapy and Platelet Rich Plasma using Ultrasound Guidance. She practices in Penticton at Alpine Natural Health. You can also find her on the hill as part of the volunteer Canadian Ski Patrol.



Slushy Thoughts From The Snow Bank

By Brad Nunes

As we say goodbye to September, I am reflecting on how it is about this time that I get to have my windows open for what feels like about a week. We seem to go from "It is scorching hot and everything is literally on fire" to "I'd better have the wood stacked for the fireplace" in the span of about two weeks.

I honestly love it when the air just isn't trying to freeze or dehydrate you. And of course, I'm griping from a climate that, let's be honest, doesn't really experience many extreme weather swings. I think I break out the long undies in the valley twice a year and that is only because I need to make sure they fit (just in case). And as for the summer heat, well, we have two lakes so ... yeah.

I can't really complain. I mean if I wanted to complain I think I'd just stick to grumbling about the fact that pumpkin spice, by and large, doesn't have any pumpkin in it. I guess "some spice blend involving cinnamon, nutmeg, allspice, cloves, ginger, and whatever" doesn't quite roll off the tongue as well. Interestingly, its basically a different balance of most of what you throw into a chai. Huh ... I honestly don't have any pun related to this, it is just a 'fun fact', and if you know me, boy howdy do I like a good fun fact!

We had a hard year with losses in the celebrity world and I think this is going to translate into a surge in two Halloween costumes specifically, both of which work great for both genders.

You'll see a fair number of Dr. Frank N Furter paying respect to the late (and very great) Tim Curry. I mean it might be the only time I will get to pull off a corset, so it is in contention. That said, if I really want to honour Mr. Curry, I think I'd lean into his crowning roll as the voice of Hexxus in the 1992 FernGully. James Cameron did reboot it with a live version in 2009, but I think the original is still the best. Honestly, the first time I saw Avatar I was like, "dude ... this is just FernGully without Robin Williams".

The other costume we will see a lot of will of course be the nicest lady in showbiz, Ms. Dolly Parton. I think you'll see lots of ladies wearing this costume honouring her unique style and just her classy way of being. And you will see a lot of gentlemen wandering around in this costume playing with their own fake breasts. Either way, I think "9 to 5" will be the karaoke song of the fall.

We are approximately two months away from snowy-slippy-slidey time. Can't wait to see everyone. Much love and stay frosty!



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Ski The Gaps, Not The Trees

By Phil Burman, Physiotherapist, Skier & Apex Ski Patrol

Each season, we see dozens of people in physiotherapy who have sustained injuries while skiing or boarding. After a while, the stories that people tell start to sound familiar. Hopefully, we can all learn from the mistakes of others, and avoid a season-ending injury.

- 'One more run' ~ The most common time to injure yourself is on the last run of the day, either by being tired already, or by charging hard because you don't need 'to leave something in the tank' for the next run. So take it easy at the end of the day.
 - The next most common time to get injured is either first thing in the morning, or after lunch. Remember to warm up. Cruise that first run to get the blood pumping, and get your feet under you.
 - If you've washed your lunch down with a beer, take it easy, and stay out of the trees.
 - Cannabis may now be legal in Canada, but that doesn't make it 'safe'. Marijuana will likely affect your judgement, reaction time and decision making ability; all of these are important when on skis or board. Be smart.
 - Don't duck the ropes. Patrol have closed certain areas for a reason - probably your safety. If your skis or board suddenly stop on a rock and your body keeps going, it is probably going to hurt.
 - When you are charging through the trees, remove your pole straps from your wrists. It is better to lose a pole than to lose an arm.
 - When skiing trees, look at the gaps between the trees. You'll go where you're looking, so don't stare at that Pine. Trees don't move.
 - Stay away from tree wells. People have died in tree wells. At best, getting stuck is really frustrating.
 - Always ski with a buddy.
 - Ski to your ability - just because your buddies drop into Peashooter, you don't have to.
 - When you finish skiing the Gun Runs, look up the Grandfather's Trail before you drop in. You don't want to crash into oncoming traffic. And, beware of the flat landing onto the cat track.
 - Before you ski the Terrain Park, check it out first. Do a run without taking any air. Check yourself before you wreck yourself.
 - When you hit jumps, have someone spot your landings to make sure it's clear.
 - When you stop on any run, make sure you can be seen. Don't stop below a jump or knoll.
 - When traversing a run, look uphill first. The people coming down are going much faster than you.
 - Parents - when your kids are on the Apex Race Team, you don't need to keep up to them anymore.
 - Before you step into your skis, be sure to knock all the snow off your boots. If you're only half clipped in, you're more likely to come out again, when you least want to.
 - Ensure your bindings are adjusted (DIN setting) to your weight and ability level, and have your skis or board tuned.
 - Wrist injuries are common for snowboarders. Consider wrist braces, or gloves with support.
 - Stay hydrated. Remember to drink water. Dehydration will impair your balance, judgment and skills. Remember to eat - you've got to feed the machine.
 - Dress warm. It is easier to stay warm than to get warm, and easier to unzip your jacket than to find an extra layer.
 - If you plan to head out of bounds, take an avalanche course, carry a shovel, probe and transceiver, and don't go alone.
 - Wear a helmet and learn how to crash.
 - Respect the mountain. It is bigger than you and it will be around much longer.
- Be smart out there. Have fun. That's the whole idea.



Dale Charles
Physiotherapy Group

dalecharlesphysio.com

2 PENTICTON LOCATIONS

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**South Okanagan Similkameen
Community Connections
Volunteer Centre Update**

By Laura Turnbull, Board Chairperson

"Change is inevitable. Growth is optional." stated John C Maxwell so profoundly. I've been reflecting on this statement lately and wondering what it has to say about volunteerism. I am acutely aware how much I have learned and grown from my many volunteer experiences, several of which have come about due to change. I think of recently helping at the "Comfort Centre" due to the Bald Range fire in August. I spoke with countless evacuees who taught me much about resilience, thankfulness, ways of coping, and appreciation. I remember assisting with the South Okanagan and Similkameen Community Connections Volunteer Centre's volunteer appreciation breakfast and the tremendous adaptability all the volunteers showed as we changed location from the previous year. It was bigger and better than before! And oh, how we learned! Some of the boards I have sat on have undergone interesting changes and subsequent growth, as they modified their mandate, format, and processes.

If any of these changes and growth experiences spark an interest in you, contact the South Okanagan and Similkameen Community Connections Volunteer Centre at 1-888-576-5661 and our Executive Director Subrina Monteith will be delighted to speak to you. View www.volunteercentre.info or make an appointment to visit us at The Cannery at 110-1475 Fairview Road in Penticton.

Organizations as diverse as The Foundry, AlleyCats Alliance, Crime Stoppers, Rygas Arts Festival, SOWINS, Okanagan Gleaners, Desert Sun, and Agur Lake Camp are all part of the SOSCCVC family! Be part of the change and let's grow together!

Peak Value

By Chad Henderson, Realtor

An Insider's Guide to Apex Mountain Real Estate

This series is designed to support skiing, snowboarding, and mountain enthusiasts navigate the twists and turns of buying or selling real estate at Apex. We'll examine the key questions to consider when planning a move to our favourite resort, doing our best to keep you out of the bumps.

My name is Chad Henderson, and the mountains have been part of my life for as long as I can remember. I arrived at Apex in 1998 as a property owner and special events coordinator. I quickly fell in love with the mountain lifestyle and its community, and over the next 22 years, I built my life around staying connected to Apex.

I feel fortunate to have spent much of my childhood and adult life living and playing at ski resorts. Places like Apex Mountain, with their alpine setting, village atmosphere, and year-round activities, create lasting memories while encouraging an active, healthy lifestyle for families and children.

Having lived on the mountain and operated several businesses at Apex, I have a strong understanding of the local market. I'm excited to use that experience to provide practical guidance and valuable information to families and individuals pursuing their dream of owning property at the resort we all love.

For many of us, Apex Mountain has a unique allure with an intimate community feel, lack of large crowds, and of course some of the best terrain in the province. The mission for this series of articles will be to help both buyers and sellers get a feel for slopeside real estate and learn how it varies wildly from the traditional valley markets like what we find in Penticton.

In this six-article series, I'll share the essential information you need when deciding whether to buy or sell a mountain retreat. We'll work through each step together, making this major family and lifestyle decision both enjoyable and informed. Successfully navigating the Apex market requires hyper-local expertise, strategic timing, and a clear understanding of the logistics unique to mountain properties.

We'll examine market trends, timing, potential returns, and the differences between strata properties and stand-alone cabins. We'll also help you decide whether village life or a quieter mountainside setting suits you best, and we will identify the questions to ask your real estate agent when buying or selling. Their professional guidance will be invaluable as you weigh your options.

Stay tuned for the next issue, where we'll explore a buyer's wish list, the homework that can help you begin your search, and the steps involved along the way.

Follow along, talk with friends and family, and reach out anytime with questions or comments as we learn about mountain retreats together this winter. If there's a specific topic you'd like covered, send me a message. I'll be happy to help.

Coming Winter Thoughts From APOA

By Barry Leigh for the APOA Executive

There has been plenty of discussion about the possibility of a strong El Niño this winter and what it might mean for weather and snow conditions. Whatever the season brings, we're confident that Apex and our community will continue to offer many opportunities to enjoy the outdoors, with the ski hill and extensive Nordic and snowshoe trails.

We're looking forward to the coming months, hoping for plenty of snow and another enjoyable winter season shared with friends, neighbours, residents and visitors throughout our Apex community.

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ACA October Update

By Cindi-Lou Baker, Vice President

Hi Everyone! Apex is buzzing. People are up doing all the chores that need doing before the snow flies!

Taking advantage of the gorgeous weather. Speaking of gorgeous weather, we could not have asked for better weather for our Sep Timber event and fundraiser on September 12th. It was a great day! Very well attended, despite all that was going on in the region.

The log sawing competition and Neglin were a hit with participants and spectators alike! The Neglin contest was won by none other than Jay Mallach. The top team in the log sawing was Neil and Konrad, while Matt and Ryan took second. I didn't catch the name of the top wiener slinger, but saw that it was a girl! People really enjoyed the BBQ and beverages. "Uncorked" from Naramata rocked out with some good dance tunes. Apex Volunteer Fire Rescue brought down the various fire and rescue vehicles, which the kids love. We had games from the RDOS Physical Activity Trailer and face painters for the kids. Kids are also the best to get the dance party started! Who needs alcohol to get up and dance?



All this fun and games would not be possible without the continued support from many community players. Apex Mountain Resort's support is integral to pulling this off. This year, they generously donated two 5 packs of lift tickets, totally transferable and with no blackouts. What an incredible prize!! Thank you so much! The Gunbarrel Saloon gives us the use of their licensed patio, enabling us to raise money through beverage sales. Kevin helps with many aspects of pulling this off from making ice to storing the drinks and getting them cold. Then, we have all the amazing local breweries and cideries that donated the beverages to sell. Many thanks to Lass Chance Cidery in Keremeos, Heritage Cidery in Summerland, Hwy 97 Brewery, Cannery Brewing, Neighbourhood Pub, Yellow Dog Brewery and Spirits, Slackwater Brewing and BNA! Please support these businesses who care about our community, as evidenced by their undying support! Thank you Hwy 97 for some swag for prizes. Thank you Slackwater for the Wiener Slinging supplies, prizes and idea. Thanks to the Edge Bistro! We could not pull this off without the use of your grill. Thanks to Tony's Meats for the screaming deal. I can't forget to thank the Apex Volunteer Fire Rescue crew for helping out with the BBQ. Great job! Thank you to all of these businesses for contributing to the success of this event, and year after year! You da best! This year, we are donating

the money we made to the Community Foundation of the South Okanagan, earmarked for Summerland Fire Relief. We raised \$3500! Thanks to everyone who came out and enjoyed the day!

The ACA has historically hosted a Halloween event. Unfortunately, I don't have any details on that as of press time. Please check our Facebook page for more info as it becomes available. The only thing I know is the date ... October 31st. The ACA AGM will be held on November 22nd, so save the date. There will be more info on that in the next Apex Matters. A big thank you to Myleen for getting our news out there, or as she prefers, "keeping us in the s'know!"



Apex Fire Brigade Society October Update

By Jacquie Foley, AFBS Chair

Happy October ... a time for pumpkins, costumes, the start of falling snow (hopefully), and elections! Yes, that's right, it's time for provincial and local elections in BC and our time to support those candidates that we think will represent us best. As Canadians, we are granted the luxury of being able to vote, and I hope we will all take advantage of it.

Hot on the minds of the AFBS are the upcoming Regional District of Okanagan Similkameen (RDOS) Area Director elections coming up mid-October. Some of you may already be aware, but over the last several months there have been several RDOS information releases related to changes in leadership associated with volunteer fire departments in the RDOS. Specifically, Naramata, Willowbrook and Keremeos have all been affected by sudden changes in leadership, and a newly created RDOS position of Manager of Fire Services. Having a primarily volunteer fire rescue department at Apex (operating under the jurisdiction of the RDOS), we at the AFBS are concerned by the RDOS's rapid change in leadership in individual volunteer fire departments. The AFBS has reached out to the two candidates currently running for Area "I" Director, which covers the Apex area, to ask for comments regarding their position on volunteer fire departments. Comments from the two candidates are provided below:

Henry Sielmann (Kaleden and Apex Community Member):

- Supportive of volunteer fire departments and its members, emphasizing their skill, dedication, and important role in responding to fires, accidents, and medical emergencies.
- Advocates for better communication and accountability from the RDOS regarding the goal of proposed management changes, and the need for public consultation.
- Has indicated he would press for increased transparency and public engagement if elected as Area "I" Director.

Cheryl Halla (Past association with Kaleden Irrigation District; current associations with the Keremeos Irrigation District and Similkameen Improvement District):

- Supports the role and history of the Volunteer Fire Departments in the entire South Okanagan and Similkameen areas.
- Acknowledges that a public meeting with rural fire departments and a clearer line of communication would help understand major changes transpiring within rural fire departments.
- Has indicated she would garner a better understanding of the policies and decisions and better communicate with the fire departments within Area "I" to provide updated information.

Should you wish to further understand candidates' positions regarding volunteering fire departments, please reach out to them online or in person. Please exercise your right to VOTE!

As with all volunteer organizations, we are always looking for more people to help! Please consider volunteering for the AFBS; let us know by sending an email to afbs.info@apexfirerescue.ca or email me directly at jacqueline.foley@apexfirerescue.ca.



The Wildfire Season Is Over: A Time To Support, Reflect And Prepare

By Kelly Johnston, Fire Chief

With the recent continuation of weather down trending to fall and soon winter, we can now safely shift our immediate concern away from any further wildfire threat for this season. Another season in which the Apex community was, again, fortunate for being spared from any direct threat of active wildfire. Unfortunately, this was not the case for other BC communities, including Summerland, Faulder, Meadow Valley, the Penticton Indian Band and the surrounding areas. Many of our Apex community members have homes and livelihoods that they were forced to flee in front of the rapidly spreading Bald Range Wildfire, putting their lives on hold and fearing the worst. Some of our Apex community members



did experience the worst, losing everything they had. They are faced with a long road of trying to recover and rebuild. The rebuilding piece can be a long, complicated, confusing and challenging process in its own. While our Summerland neighbours and friends are struggling with rebuilding, they are also grappling with the much larger challenge of recovery. This can be a very different journey for each and every individual; full of emotional, mental health and physical

challenges. For some, recovery from a significant traumatic event, such as the Bald Range Wildfire can take a lifetime. As a community, we have an opportunity to continue to support all of those in our community who were affected. In September, the Apex Community Association hosted the annual SepTimber event, and dedicated the proceeds towards the residents who were impacted by the wildfire. Many Apex community members supported our displaced Summerland neighbours through the wildfire evacuation and continue to support them in any way they can. Whether it be financial support, food, clothing, shelter, a physical helping hand, a listening ear, or a friendly check-in, we can all help with the recovery.

During the Bald Range Wildfire evacuation, Apex became a "safe haven" for many of the evacuees. For some, it became their unexpected longer-term home. Witnessing these devastating impacts that were endured by our Summerland neighbours and hearing the firsthand accounts from the evacuees that found refuge at Apex also allows us to reflect.

In 2022, the Apex community was evacuated under the threat of the Keremeos Creek Wildfire. Due to the hard work of the firefighters and changing conditions, we were extremely fortunate not to experience the losses that were experienced during the Bald Range Incident. Wildfire will continue to be a threat to the Apex community every summer season into the foreseeable future ... BUT! We have the opportunity to continue forward with increasing wildfire resilience at Apex and help ensure that our recovering neighbours don't have to re-live a similar event again; and the rest of us are spared from experiencing what they experienced. Let's definitely take the winter months to enjoy everything that Apex has to offer. We can also take this reprieve from the wildfire season to plan for next year.

The newly completed RDOS Electoral Area "I" Community Wildfire Resiliency Plan provides details on all of the initiatives that are being undertaken to make Apex a safer place under the threat of wildfire. A big part of becoming a more wildfire resilient community depends on you as a resident, and the FireSmart Actions that you take on your own property. Visit apexfirerescue.ca to access the downloadable copy of the RDOS Electoral Area "I" Community Wildfire Resiliency Plan.

By now, you may have noticed that we are hitting the ground running with continued wildfire risk reduction forest fuel treatment work being carried out under an exciting new agreement between the British Columbia Mountain Resorts Branch, Apex Fire Brigade Society, and the snpink'tn Indian Band. You will see crews cutting, piling and burning behind the Circle, Bighorn and Whitetail. The project is expected to be completed by June 2027.

We will be hosting a Community Wildfire Resiliency Information Meeting at the beginning of the ski season. Stay tuned for more information.

In the meantime, to learn more about the wildfire resiliency initiatives being undertaken, please feel free to reach out to me at firechief@apexfirerescue.ca.

Life Lessons From Danny

By Fred Albrechtson, Nickel Plate Junior Racer Alumni

As you do following a tragedy, I've spent a lot of time reflecting on what my Dad meant to me, and the values that he embodied. I wanted to share two of the most important ones.

Selfishness is a Virtue: It sounds ironic - yes, but you must be able to take care of yourself before you can care of anyone else. My Dad was probably one of the most selfless people that I knew, he always went above and beyond to help anybody else in need. He hardly ever asked for help from others, not wanting to burden them with his own problems, the ultimate self sacrifice. He cared so deeply for others that he never took the time to care for himself, even though anyone who knew him would have gladly given him the same warmth in return. You never know what someone else is going through. Check in on those you love. Don't be afraid to pry.

Find Joy in the Little Things: As my brother told the story at his Celebration of Life, my Dad was one of the only people that could be content with a beer, a piece of driftwood, and a sunny day on Lilloet Lake. No fancy stand up paddle boards, kayaks, or other inflatable devices. A piece of driftwood handpicked by him on the beach. A new piece of driftwood each weekend. He admired the little things. He didn't live for shiny devices or the next best thing. He lived and enjoyed life just the way it was. I think that a lot of people these days forget what it's all about. It doesn't matter how much money you make, how shiny your car is, or even how light your bike is. What matters is that you enjoy the little things and take pride in what you do.

One thing that I'm certain of is that he raised two strong, independent boys. We are who we are because of him and his character. He will continue to live on with us in everything that we do - in the care we take of our families, in the joy that we find in life, and in the pride that we take in our achievements and work. My Dad's life may have ended far too early, but his legacy will live on through us.



Danny & Fred enjoying Lilloet Lake.

Council Fire

By Lyndie Seddon, Hoodoo Adventures

Long before Apex was a place I thought of as a ski hill, it was simply part of my family's life. My grandfather built one of the early cabins on the mountain, on the circle, and for our family it became something of a base camp. Every fall we would head up for hunting season, and as one season began winding down, the anticipation for the next would start to build. Hunting boots would eventually be replaced by ski boots. Brown hillsides would turn white. But the cabin, the mountain and the time spent together remained.



I don't think I realized then how much of my life was being shaped in those years. We spent endless weekends exploring the forests around Apex. I learned to notice tracks and signs, to understand weather, to be comfortable outside when it was cold, dark or uncomfortable. I learned where food came from long before I understood words like sustainability or food sovereignty.

There was harvesting and gathering, cutting wood and stacking it for winter. There were early mornings, tired legs, wet mittens, big meals and stories. And there was always the fire. My grandfather called the conversations that happened around it "council fire". I love that term even more today than I did then.



There is something about a fire that changes the way we interact with one another. Maybe it's because there is nowhere else we need to be. Maybe it's because staring into flames gives us permission not to stare directly at each other. Sometimes we talk. Sometimes we listen. Sometimes we sit comfortably in silence. But somehow, around a fire, the important stuff has a way of finding its way out. Years later, my father would show me just how powerful that could be.

As a teenager, I had a boyfriend who was struggling. Rather than lecture him or decide he was simply a "troubled kid", my dad did something very much in character. He took him hunting. They spent time outside together. They shared an experience. And somewhere along the way, my dad created an opportunity to talk to him man-to-man. Not from behind a desk. Not because somebody told him he needed fixing. Just two people in the woods, with some time and space to talk. It changed something in that young man's life. And it changed something in mine too. I saw what could happen when you removed someone from all the noise and gave them an opportunity to connect, to another person, to themselves and to something much bigger than whatever problem seemed overwhelming at the time. A little fire started burning inside me.

Years later, those childhood experiences became a career as a guide and eventually the foundation of Hoodoo Adventures. I began working with young people outdoors, including youth at risk, and saw versions of that same story happen again. Put a young person outside and things change. Walk beside them instead of sitting across from them and conversations change. Give them something difficult to accomplish and their perception of themselves can change. Let them get cold, figure something out, build a fire, navigate a trail, paddle across a lake or simply sit quietly beneath a tree, and suddenly the adult isn't necessarily the person with all the answers. Nature becomes the teacher.

Perhaps that's why fall still feels so significant to me. The cooler mornings arrive. The leaves change. Harvest comes in. Hunting season begins. Wood gets split and stacked. We start preparing for winter once again. There is a rhythm to it that I find reassuring.

Not everyone will share the same traditions or beliefs about hunting, harvesting or how we interact with nature. They don't need to. But I think there is value in understanding where our food comes from, respecting the animals and plants that sustain us, learning practical skills, wasting less, sharing what we have and remembering that we aren't separate from nature. We belong to it.

This fall there is plenty competing for our attention ... elections, the economy, social media, differing opinions about seemingly everything. Some of those conversations matter. But perhaps occasionally, we also need to turn the volume down. Go for a walk. Take a kid outside. Sit beside someone you care about. Build a fire.

My grandfather couldn't possibly have known where all those weekends at that little cabin would eventually lead me. He was simply passing along what he knew. But decades later, I'm still carrying those lessons. Because problems don't always get solved from a podium. But I know lives can be changed around a council fire. And sometimes, the most important thing is to pull up a chair.



Apex Mountain Resort would like to remind local residents and visitors alike that water conservation is extremely important all year round! It is integral to the well-being of this beautiful mountain that we love so much. We all need to make a conscious effort to conserve water when you can.



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Lifeskills

By Jim Ongena, Life Coach in Summerland

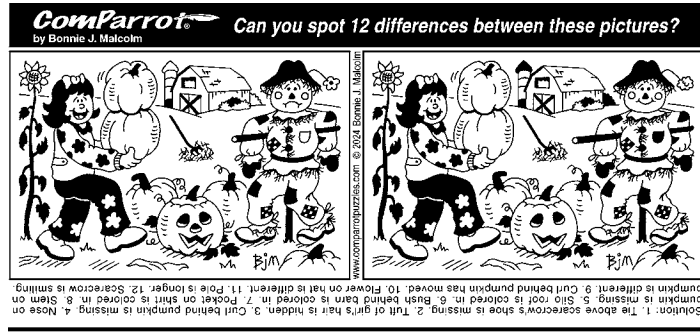
You Teach People How To Treat You

Do you ever feel like people don't treat you like you wish they would? Someone at work, your spouse, or maybe your children. It may surprise you to hear that this is a problem of yours, not a problem of theirs. There exists a useful phrase that states "hurt me once, shame on you: hurt me twice, shame on me". If you let people treat you poorly, some of them will continue to treat you poorly ... DON'T TAKE IT.

Tell them you won't accept such behavior and calmly walk away. It's YOU who determines how others treat you, not them. Stand up for yourself. People will soon treat you better and you'll have the added benefit of more self confidence and better self esteem.

"A relationship is like a gem, it requires friction to polish it."

To contact the author directly, email jimongena1@gmail.com.



Jay's Tunes To Turn To

Artist - Michael Jackson | Song - Thriller

What could be a more classic Halloween song than this? And what could be a more "thrilling" mountain than Apex?

25 years ago, we went to our neighbour's home for a Halloween party. We thought our clever Pumpkin Head costumes stuffed with popcorn to share was a great idea. Little did we know that the pumpkin heads would explode and leave popcorn all over the host's home to clean up later. We still apologize to her. Ski you later!

Jay is a life-long skier, who has skied this great country from coast to coast. Join him this season in "Jay's Tune To Turn To" with whatever he finds to share. YouTube his tunes and join in the fun.



CatMatch



Meet Timber

Timber is a very beautiful girl, but still a bit shy. If you feel you have the love and patience to help Miss Timber blossom into the loving cat

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