



SKAHA MATTERS

"Bringing Community Matters To You"

Volume 18 : Issue 11

November 2026

Your FREE Monthly
Community News!



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Results From The October Elections

By Myleen Mallach, Owner/Publisher of Skaha Matters

10 elected positions within the Skaha Matters readership were confirmed in October. On the provincial side, a snap election called by the NDP resulted in a Conservative majority government. Our local Conservative MLA incumbent, Donegal Wilson, was re-elected with well over 50% of the vote. On the regional district side, we have a new RDOS Area "I" Director, being Henry Sielmann (233 votes) defeating Cheryl Halla (200 votes). We also have a new RDOS Area "D" Director by acclamation, being Kandis Lipsett. The two School District Trustees both by acclamation are Sholeh Pickell for SD53 and Karen Botsford for SD67. For the new District of Okanagan Falls, the mayor is Matt Taylor (780 votes), defeating Tyler Johnsen (312 votes) and Glen Innes (106 votes). The elected four councillors are: Amy Bydal (698 votes); Allison Symons (596 votes); Randy Ludwar (563 votes); and Eugene Dettling (507 votes). The remaining councillor candidates results were: Keith Mosimann (413 votes); Cheryl Snyder (361 votes); John Bell (325 votes); Shelley MacKenzie (295 votes); Melody Walker (285 votes); Heather Jackson (273 votes); and Kris Lee (103 votes). Thank you to those who put their names forward and those who voted.

**Up To Date
Weekly
eCalendar!**
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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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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.



RCMP Community Report



By Jo Anne Ruppenthal,
Community Policing-Resortative Justice Coordinator

Let's Talk About Scams

Scams, scams, scams ... I think we have heard a lot about scams, but yet they still happen. Why is that?

Is it because you think that everyone has good intentions? Or that you are so savvy that you don't have to pay attention to what is out in the media? I am not sure.

Your money is important. You worked hard for it, so do not give it up easily. If you did not enter the contest in the first place, how can you be a winner? If you are not expecting a refund from Revenue Canada or ICBC, why would you be getting one now? What legitimate business would ask you to go out and purchase gift cards and provide them the numbers for payment? Why would your granddaughter be calling in the middle night for you to send her bail money or money for a lawyer or car repairs, and "please don't tell mom and dad!?" These are just some of the clues and questions that you need to be aware of, if you don't want to become a victim of scams and frauds.

While the scam may be different in nature, they are all designed along the same lines, which is to get you to part with your money or these days your identity or both. Technology has allowed the scammers even more access to you and your money via emails, social media, and smart phones. And they are good at it, but not so good that you can't educate yourself and take steps to protect yourself, so that you don't become one of their victims.

Trust your instincts, suspicions and common sense. We all have the 'looks like, sounds like' stuff in us, but sometimes we override it, because we are trusting, caring, confused and sometimes a little greedy. After all, who does not like getting a good deal, but is it a good deal?

Never feel pressured into doing anything without taking time to think about it. Just like the scammers, you can use technology to your advantage by doing research on line and contacting legitimate sources and agencies that can assist in answering your questions and identifying suspicious activities. Places such as the Better Business Bureau or the Canadian Anti Fraud Center can assist you.

Please ask someone first before you commit. We are always here at Penticton Community Policing. Please don't hesitate to call us at 250-492-4300.

On another note ... CrimeStoppers is looking for volunteers to sit as a Director on their Board. If you are interested in some community work and can pass a Criminal Record Check, please contact us at Penticton Community Policing by calling 250-492-4300.

THANK YOU, OKANAGAN FALLS!

Thank you to everyone who supported, encouraged, and connected with me throughout this campaign.

I'm truly grateful for your trust and support, and I look forward to serving our community as we build this exciting new chapter together.

With heartfelt thanks,
Allison Symons



**ALLISON
SYMONS**
OKANAGAN FALLS COUNCIL

Authorized by Joanne Ruppenthal
Penticton Agent 250-492-4300

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 HelenaKonanz-MP

Penticton Airport Needs A Fare Approach

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

By now, we have heard about the dramatic increase in parking fees coming to Penticton Regional Airport on November 1. Depending on how long you park, rates are increasing by as much as 500%. Weekly parking, for example, will jump from \$15 to \$90.

That is unreasonable. It is a dramatic increase imposed on a regional airport that our communities rely upon and that we have all worked hard to support. Transport Canada, which owns and operates the airport, says the new fees are intended to better reflect market rates and address rising operating costs. But comparing Penticton with a much larger airport such as Kelowna ignores the realities facing a smaller regional airport.

Our airport has already faced significant challenges. Every passenger matters, and one of Penticton's advantages has always been convenience, including affordable parking. Making it substantially more expensive to leave a vehicle at the airport risks taking away that advantage.

Transportation options are limited. For many people throughout our region, driving and parking is not simply a preference. It is often the only practical way to catch a flight. Unlike people catching a 6 am flight in Kelowna, non airport long term parking options or an airport hotel option does not exist.

Anyone depending on reaching the Kelowna airport knows that Highway 97 is unpredictable. How quickly a trip can be disrupted. Highway closures, accidents, construction or problems at the bridge can turn an already long drive into a lengthy delay and potentially a missed flight. Flying from Penticton allows residents to avoid that risk.

That is why I raised this issue directly with Transport Canada. I have asked why such a significant increase was introduced without meaningful consultation and for the decision to be reconsidered.

It may be time for a discussion about raising parking rates which have not changed since 2012, but an increase of up to 500%, virtually overnight, is not the answer.

Our regional airport is an important economic and transportation link. Decisions affecting its future should recognize the communities it serves and support its viability. We should be making it easier and more attractive for people to fly locally, not putting up barriers.

Thank You, Okanagan Falls & Kaleden

By Donegal Wilson,
MLA For Boundary-Similkameen

On October 24, the people of Boundary-Similkameen elected me to continue serving as your MLA.

To everyone in Okanagan Falls and Kaleden who placed their trust in me: thank you. Representing you is a responsibility I take seriously. Whether you voted for me or another candidate, I will work hard to represent you, listen to your concerns and ensure our communities are heard in Victoria.

With the BC Conservatives winning a majority government, I will now have the opportunity to bring our communities' priorities directly to the government table.

Throughout this campaign, I was reminded how provincial decisions reach into our daily lives. Access to health care, the cost of housing, reliable water infrastructure, public safety and the ability to earn a living all matter here.

Our residents deserve solutions that reflect the realities of smaller communities. Health care should never be determined by your postal code. Water infrastructure must be reliable and affordable. Local businesses need the opportunity to grow, create jobs and support the communities around them.

Over the past two years, I have worked to bring rural concerns forward from the opposition benches. That work will continue with the added responsibility of being part of government. An election victory does not resolve these challenges overnight, but it gives us an opportunity to move them forward.

I look forward to continuing to work with local elected representatives, community organizations, businesses and residents in both communities. Your knowledge and experience are essential to making good decisions.

I also want to thank Roly Russell and Keith Pomeroy for putting their names forward. Running for office asks a great deal of candidates and their families.

To the blue wave of volunteers who helped in ways big and small, and to my family: thank you for carrying this campaign with me.

Our region is home to people who care deeply about their neighbours and their future. I am grateful to keep working alongside you, with my boots on the ground and your priorities firmly in mind.

Thank you for your trust. I look forward to the work ahead, together.

DONEGAL WILSON

MLA BOUNDARY SIMILKAMEEN

**Let's Talk About
What Matters To You**

Donegal.Wilson.MLA@leg.bc.ca
(250) 498-5122





Henry Sielmann

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

Every early morning, when I take the dogs for a walk along the KVR Trail or the channel south of Okanagan Falls, I get reminded of how lucky we are to be living here.

Yet, the Okanagan Valley, and with it our neighbourhoods, will be tested for its resiliency and ability to adapt. Water, or the lack of it, and fire, too much of it, need to be managed. Fortunately, we have volunteer fire fighters who will

deal with emergencies. We need to keep supporting them and help by FireSmarting our neighbourhoods.

As for water, Kaleden is in the enviable position of having a deep lake intake and a well managed distribution and storage infrastructure. Folks across the lake aren't quite that lucky. The RDOS has commissioned a study to assess options for providing a dependable supply of clean water to them. This study will likely take a look at Kaleden as well. Now, the RDOS has no jurisdiction over the Kaleden Irrigation District, who is autonomous with its own board of trustees and ability to collect taxes. But there may be a benefit in collaborating with the RDOS, while maintaining an independent management and fiscal position. I will be part of this discussion representing Kaleden's community interests alongside the Kaleden Irrigation District Board.

Area "I" is composed of unique and individual communities. All have their own issues and opportunities. I intend to connect with all of them to see how I can assist. So, to this end, I ask all citizen groups and associations to invite me to your next meeting or event. Please help me understand your concerns, and let's explore how we can best work together to move things forward.

Thank you for the opportunity to do my part in keeping our area safe, enjoyable and fiscally sound.

Henry Sielmann, Director of RDOS Area "I"

Direct: 250.490.5293 | henry.sielmann@shaw.ca | www.rdos.bc.ca



Kaleden Community Association

By Eryn Wiedner

Join us for the 2nd Annual Winter Light Up!

The Kaleden Community Association, Kaleden Church and the Kaleden Seniors Committee warmly invite you to a festive evening on **Saturday, November 28 at 5 pm in Pioneer Park**. Bring the family and enjoy a night filled with holiday cheer:

- **Carolling and Tree Light Up** ~ Kick off the evening at 5 pm with carollers followed by the tree light up at 5:30 pm.
- **Yummy Snacks** ~ Hot dogs, hot chocolate, and s'mores served starting at 5:30 pm.
- **Festive Fun** ~ Visits with Santa and a fun Flashlight Scavenger Hunt happen throughout the evening.
- **Trolley Rides** ~ Enjoy a scenic ride from 5:30-7:00 pm.

Help us Light Up the Trolley Route! If you live along the trolley route, help us make the night magical by turning on your Christmas lights! We are looking for beautiful displays on: Ponderosa (by the park), Lakehill (all of it), Pineview (from the church to Juniper) and Juniper (all of it). Even if you don't live on the route, join us by lighting up your home for this festive and fun season!

We hope to see you there!

Kaleden Volunteer Fire Dept
Pancake Breakfast

Sat Nov 14, 2026
8am - 10am

Kaleden Firehall,
303 Lakehill Rd.

Come enjoy a pancake breakfast,
by donation. All proceeds go to
FireSmart & Fire Protection initiatives.

Meet our Mascots

BRITISH COLUMBIA
FireSmart

Ember Sparky



Kaleden FireSmart Tip

By Linda Dahl

Leaves are drying quickly and the pine needles are piling up! Fall is the ideal time to clear this type of debris from your roofs, gutters, porches and decks. Keep the first 1.5 meters of your home clear of all combustible debris, including plants and bark mulch. Remember to only keep small amounts of firewood close to your home. Main woodpiles should be 10-30 meters from all buildings.



Kaleden Volunteer Fire Department



By Jean Dube

Here are some fall and winter maintenance tips to protect your home and prevent fire hazards:

Test Smoke Alarms Monthly ~ We all take them for granted; however, this important step can save lives and property. Ensure both smoke and carbon monoxide (CO) alarms are fully operational. Replace batteries at least once a year.

Maintain Fireplaces ~ Have chimneys professionally cleaned and inspected annually to prevent creosote fires. Always place cooled ashes into a metal container and store them outside away from your house.

Clean Laundry Lint Filter and Outside Vent ~ Scrape the lint off the screen after every load of laundry. Clear any build-up of lint or debris from the outside vents. Cleaning your dryer vent annually is critical to preventing house fires and ensures your drier runs efficiently.

Space Heaters ~ Only use space heaters that have been tested for safety. Keep them at least one metre away from flammable materials, and never leave them unattended.

Visible House Numbers ~ Ensure your house number is not covered by decorations, overgrown bushes or snow, so in an emergency First Responders can find you quickly.

Prepare an Emergency Escape Plan ~ Every family needs a clear escape plan. Fire drills should be practiced regularly, especially in the fall and winter months when fire hazards increase.

Mark your calendar for **Saturday, November 14 from 8-10 am**. Kaleden Volunteer Fire Department and Kaleden FireSmart are holding their annual **Pancake Breakfast** from 8-10 am by donation at the Firehall, located at 303 Lakehill Road in Kaleden.



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Kaleden Irrigation District News

By Bruce Shepherd, KID Trustee

Best-Laid Plans ~ *Gang aft a'gley*, to quote Robbie Burns. Who anticipated Trump disrupting global economies to the extent he has? The ensuing Tariff War has made it impossible for KID to estimate the cost of the Water Treatment Plant (WTP) Upgrade accurately enough to properly inform ratepayers and hold the referendum on financing the WTP Upgrade. At this point, the Public Meeting(s) and Referendum originally slated for this fall will be deferred into 2027, the dates yet to be determined ...

So, What Now? As most of the big-ticket components are normally procured from the USA, KID is now investigating alternative sources from both Canadian and offshore suppliers. KID is also looking for other cost savings by tweaking the project design. For example, office space was eliminated, and the existing office kept. Another example is removing the planned wet well from beneath the building, in favour of burying prefabricated tanks beside the plant. And deferring the Referendum provides additional time to further investigate collaborating with RDOS in developing a regional water supply system for communities around Skaha Lake. Rest assured, KID will continue to look for further cost savings.

Keep In Touch! Want more details, or more than just these monthly updates? Check out our two communications platforms:

KID Website (www.kaledenirrigation.org) has a new look, adds more information and is easier to navigate.

KID Facebook Page (www.facebook.com > Kaleden Irrigation District) KID has entered the social media arena in order to provide a timelier way to boost understanding about the WTP Upgrade. As the project unfolds, this Page will provide real-time updates on progress, milestones, and developments. Use it to stay current as we navigate through this important process.

A Reminder ~ Irrigation season ended October 15. Make sure your irrigation system is completely drained, as you're responsible for repair costs if your irrigation connection freezes.

And Also Remember on November 11 ~ To honour all who served, and especially those who never came home.



Kaleden
Irrigation District

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



Kandis Lipsett
Director for
RDOS Area "D"



From The Director For RDOS Area "D"

Looking back on October, I enjoyed spending time with family at the Apple Bin's Corn Maze over Thanksgiving weekend. In my role as Regional Director for Area "D", I also attended the Regional Director Area Workshop on October 29. I will continue to build my understanding of Regional District processes, ask questions, and keep residents informed through this monthly report in Skaha Matters.

Update on Area "D" Initiatives:

Radon Gas Test Kits ~ The RDOS is participating in the national 400 Radon Test Kit Challenge, a Health Canada-funded initiative led by Take Action on Radon.

For more information, visit the RDOS website and select and to request your home kit: Home > News & Events > RDOS News > Hot Topics > Take Action on Radon - 100 Radon Test Kit Challenge.

Water Update ~ The combined water system feasibility project has been awarded to Parsons Inc. This project is currently underway and will be assessing the feasibility of connecting the Lakeshore Water System to the Skaha Estates Water System, Okanagan Falls Water System, and Kaleden Irrigation District, and constructing a single water treatment plant and accompanying deep water intake to service these communities.

Sewer Update ~ The RDOS has awarded the Vintage Views treatment plant options analysis and preliminary design project to TRUE Consulting. This project is currently underway and will determine and assess available upgrade pathways for the Vintage Views Wastewater Treatment Plant. A Request for Proposal (RFP) has been issued to assess the existing infiltration field. This will allow the RDOS to better understand the current state of the field and determine its viability for long-term use.

Helpful Website ~ More information about water and sewer can be found on the Regional District website: <https://www.rdos.bc.ca/assets/Uploads/Heritage-Hills-Vintage-Views-Lakeshore-Newsletter-October-2029.pdf>

Kandis Lipsett, Director for RDOS Area "D"

Direct: 250-328-4527 | kandislipsett@gmail.com | www.rdos.bc.ca

Music & Market In The Park

By Bob Shanks, Music Coordinator and
Kandis Lipsett, Market Coordinator

Music in the Park has completed another season. I would like to thank the following sponsors who have stepped forward to support our 2027 Music in the Park performances.

- July 1 sponsored by Belich's AG Foods
- July 11 sponsored by Greyback Construction
- July 22 sponsored by Tickleberry's
- August 8 sponsored by Pharmasave Okanagan Falls
- August 22 sponsored by FortisBC with a performance by Rebel Luv

We are looking for additional corporate sponsors and we will then add additional performances in 2027 starting in July.

If you would like to sponsor a performance, be a vendor, or if you have any questions, please contact musicintheparkokfalls@gmail.com or marketintheparkokfalls@gmail.com.



Mayor Matt Taylor

District of Okanagan Falls

The District Of Okanagan Falls News

Welcome ~ The District of Okanagan Falls is officially 'open'.

Election Recap ~ The community's first municipal election held October 17, 2026 was completed without issue. Voter turnout was strong! The 1200 votes cast was more than recent elections or the referendum - and the percentage of voters turning out was highest of the 17 municipalities in the entire Okanagan / Similkameen. Also, official results confirmed October 21 were identical to preliminary results announced shortly after the polls closed. So, a very strong turnout and no voting issues.

Next Steps: Council Training ~ The new council will undergo a significant amount of training. Some will occur before Council takes office in a 5-day workshop covering a range of issues including: finance including budget, assessment and taxation, insurance and borrowing; legal including general governance, conflict of interest and ethics; communications; high level overview of services; local governance, roles and responsibilities of council and staff and freedom of information and privacy; and reconciliation and government to government relations with Osoyoos Indian Band (OIB). The Union of BC Municipalities (UBCM) also provides training we are likely to utilize, and the RDOS may provide also.

Inaugural Council Meeting ~ Newly elected Council members will take office at the inaugural council meeting - open to the public - from 5-7 pm on November 6 at the Okanagan Falls Recreation Centre. With a mixture of ceremony and required legal procedure, the event formalizes and completes the incorporation process. The event will open with a ceremonial entrance by the RCMP and Okanagan Falls Volunteer Fire Department, followed by welcoming remarks from RDOS CAO Jim Zaffino and OIB Chief Clarence Louie. Letters Patent for the District of Okanagan Falls will be presented by the Deputy Minister of the province's Housing & Municipal Affairs department, and council members will take an Oath of Office administered by a Provincial Court Judge.

Council's first official council meeting will then address certain legislatively required or time sensitive decisions, including: adopting the Council Procedure Bylaw and the Financial Plan Bylaw - the latter includes the budget presented to the Province as part of the Letters Patent process, that can be changed by council throughout the year.

Council's first working meeting is November 9 and - subject to decision - it would: meet twice monthly thereafter, at locations still under evaluation, with meetings recorded and posted to a designated site for viewing on demand.

While the District of Okanagan Falls officially incorporates on November 6, 2026, this milestone marks the beginning of the journey, not the end. There is still a great deal of work ahead as we build the foundations of a new municipality, including: putting bylaws and policies in place; setting priorities; transitioning services from the Regional District; and effectively starting a new entity and hiring the staff who will serve our community. I would ask residents for their patience and understanding as the District grows to full capacity over the coming months and years. Thank you for your continued support as we build a strong, responsive local government together. To close, I think I can speak for all of Council in saying that: we know we have our work cut out for us; we are determined to get the best for Okanagan Falls; and we look forward to representing the community in this new chapter!

Matt Taylor, Mayor of the District of Okanagan Falls

778-931-6080 | mtaylor@okanaganfalls.ca | www.okanaganfalls.ca

12 Stops of Christmas

A family & all-ages event, open to everyone!

**Saturday,
December 5th
Save the Date**

Come out and spend the day in Okanagan Falls, visiting various locations for specials, treats, games, crafts, and more. Finish off at Centennial Park where the fun will continue. More to come!



Okanagan Falls



THE APPLE BIN CORN MAZE



We would like to say a massive THANK YOU to all the volunteers, employees and family members who helped make this year's Apple Bin Corn Maze yet another huge success!

We would also like to say a very special THANK YOU to all the people that live in the vicinity of the Apple Bin Corn Maze for allowing our guests to park in front of their homes and businesses. That means more than you will ever know, because without parking space our corn maze would not be what it is today. See you all next year!



Special Event Volunteers Needed

By Nancy Wigley, Recreation Coordinator

Join us in making this year's "12 Stops of Christmas" an unforgettable community celebration in Okanagan Falls!

On **Saturday, December 5**, families will explore the community while enjoying festive activities, including a pancake breakfast at the Seniors Centre, a StoryWalk at the library, holiday games, cookie decorating, crafts, photos, carolling, and so much more.

We're looking for enthusiastic volunteers to help bring the magic to life. Volunteer roles include:

- Passport stamping
- Assisting with road crossings
- Greeting participants
- Providing directions and information
- Supporting activity stations

There's a role for everyone, and every helping hand makes a huge difference. **Interested in volunteering?** Please contact Nancy by email to nwigley@rdos.bc.ca to learn more.

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Lipstick On A Pig? What Homebuyers Aren't Seeing

By Sergej Sinicin | neuHouzz Real Estate Group



Would you rather buy a 70-year-old house with an orange kitchen and a pink bathtub, a freshly renovated flip with enough grey flooring to cover half of Penticton, or a brand-new home that still smells like construction adhesive? Tough choice? Not really. The age of a house matters less than how well it has been maintained, what has been updated, and what problems may be hiding beneath the surface.

I've seen older homes built like tanks, new homes with questionable workmanship, and beautifully renovated properties where the biggest improvement was the photographer. The features you can see are only part of the story. What matters is what you're buying and what you might have to fix after you move in.

The Old House, The Flip, And The New Build

Older homes have character, but they can also come with aging plumbing, outdated wiring, moisture problems, and furnaces that belong in a museum. A well-maintained older home with a solid foundation, updated systems, and a sound roof can still be a great buy. Ugly cabinets are easy to replace. A failing foundation is not. Then there's the freshly renovated flip. White cabinets, quartz countertops, pot lights, and fresh paint can make a home look like it came straight from a design magazine. But were the plumbing and electrical systems checked? Were permits obtained for work that required them? Was the Poly-B plumbing replaced, or is it still behind those beautiful new walls? Not all flips are bad, but new flooring doesn't make old problems disappear. It just makes them harder to see.

New construction offers modern layouts, energy efficiency, and potential warranty protection. But poor drainage, construction defects, and unfinished landscaping can still bring unexpected costs. Before you buy, understand what's included, what remains to be done, and what warranty coverage applies.

The lesson? A home's appearance tells you very little about its true condition.

What You Can't See Can Cost You

Some of the biggest risks are hiding in the crawl space, behind the siding, or even underground. Signs of moisture, foundation movement, rot, and poor drainage deserve a closer look. In older properties, a history of underground oil tanks may also raise questions. An old pipe alone doesn't prove a tank exists, but it may justify further research or an assessment by an environmental specialist.

Aging roofs, plumbing, and heating systems can lead to costly repairs. Buyers should also ask about renovations, permits, and available records before making a decision.

The property itself matters too. In our article on title issues and encroachments in older South Okanagan homes, we explored

how fences, sheds, and additions may not match legal property boundaries. True story where one owner gained about a foot of land after a neighbouring developer built a duplex and completed a new survey. The neighbour on the other side lost about one foot. It's a reminder that what looks right on the ground may not match the legal boundary.

Here's Where Your REALTOR Earns Their Money

Most buyers walk into a home looking at the kitchen, the view, and where the couch will go. A good REALTOR is also asking questions. What are my buyers missing beneath their excitement? Are there signs of foundation trouble? Were renovations permitted? Could there be moisture damage or an underground oil tank?

A REALTOR doesn't replace a qualified home inspector, structural engineer, or environmental specialist. Their role is to recognize warning signs, ask the right questions, and help bring in the right experts when needed.

The goal isn't to find a perfect house. It's to understand its condition, the risks, and the costs you may face down the road.

Look Beyond The Finish

Buy the old house. Buy the flip. Buy brand-new. Just make sure you know what you're buying.

A \$20,000 kitchen can make you fall in love with a property. An unexpected structural repair can change that feeling fast. The best home isn't always the newest or prettiest. It's the one that fits your needs and budget, with a clear understanding of its condition.

At neuHouzz, we want buyers to feel confident long after they receive the keys. That starts with asking the right questions and looking beyond the finishes.

If you're considering a home in the South Okanagan and want help knowing what questions to ask, reach out to our team at **778-764-1373**. We're happy to help you look beyond the surface.



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Eligible to receive up to \$10,000.**

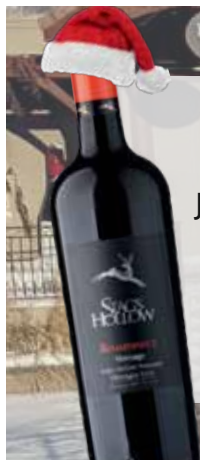
**The above median income:
Eligible to receive up to \$2,000.**

- The program is heavily geared toward homeowners facing sudden system breakdowns or those whose heating systems are approaching end of life.
- However, an active emergency is not a strict requirement to qualify.
- These rebates are stackable and can be combined with the existing provincial grants to lower upfront costs even further.

Call for your free Estimate!

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HOLIDAY CHEER WEEKEND

November 14th & 15th

Join the Stag's Hollow family for complimentary wine tastings, enter to win a holiday prize pack, and get a jump start on your holiday shopping at our mini-market featuring local artisans.

Tastings are festive & free all weekend from 11am to 4pm.
Reservations recommended, walk-ins welcome.





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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.

Okanagan Falls Volunteer Fire Department



By Colin Pickell

We recently held our annual “Get Out Alive” day at the Okanagan Falls Elementary School. Students were instructed and reminded of fire safety practices, and what to do if they hear a fire alarm. Students that completed and submitted their home safety plans were randomly selected to be the “Fire Chief for a Day”, with two “Deputy Chiefs” also selected. These lucky students were brought to school in the fire truck the next morning, and the Chief also won a new bike! Congratulations to Fire Chief for a Day winner Aurora and her two Deputies, Emily and Felix!

We have recently taken on a new group of recruits, which we are very excited about! They will start basic training this month (PPE, SCBA for IDLH, PASS, how to operate a TIC, and whatever other acronyms we can throw at them!) as they work towards their various certifications over the coming months. We hope to bring on a few more recruits in the spring, so if you or anyone you know is thinking of joining our fantastic group of firefighters, stop by the hall on a Wednesday evening to pickup an application.

As the days continue to grow shorter, please ensure your street address on your house is as visible as possible in the dark - it helps first responders arrive quickly and safely when looking for you or your neighbours in their time of need.



“Get Out Alive” Winners left to right: Lieutenant Clay Stevenson, “Deputy Chief” Emily, “Chief” Aurora, Lieutenant Craig Anderson, “Deputy Chief” Felix, and real-life Deputy Chief Martin Zenuik.

OK Falls Heritage & Museum Society

By Connie White, Curator/Board Secretary

The museum may be closed for the season, but that doesn't mean we aren't busy! We are creating new displays for next season. If you are a local who has family history here with stories to tell, please get in touch with us. You could be featured on a storyboard in one of our upcoming displays! We love to let visitors know about our local legends!

We are also preparing for our **Community Christmas Event** on **Saturday, December 5th**. We will have the Bassett House fully decorated for photos with Santa! This event was a great success last year and we are looking forward to bringing it back to the community. We will also have our famous Christmas bake sale, crafts for the kids, and more. Please save the date in your calendars.

We would like to take this moment to congratulate our new Mayor and Council. Thanks for stepping up for the community and we wish you all the best with your term in office!

Kenny McLean was a local hero in the rodeo world. He grew up in Okanagan Falls and spent his formative years in the saddle, winning many championships. Kenny was and still is the only rodeo rider to receive the Order of Canada. In 2010, a life-size statue was installed at Centennial Park, created by noted BC sculptor Lois Hannah. We were very fortunate to receive a replica statuette of the full size bronco riding sculpture that sits across the highway from the Kenny McLean trophy room at the back of the Heritage Thrift Shop. Many thanks to RDOS Administrative Assistant Sue Gibbons (on behalf of the RDOS board) and Museum Curator Connie White for seeing this project through to completion. A small ceremony was held to present the statuette to the Museum. On hand was Kenny's niece Nancy Schmidt, RDOS Area “D” Director Matt Taylor and Society President Sue Wazny. Only 100 statuettes were commissioned to help in funding the life size statue, and a total of 43 have been sold. If you are interested in purchasing this amazing piece of history, you can contact the RDOS. The statuettes sell for \$2500.



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CREATINE ... Do You Need To Supplement?

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



Therapeutic benefits of supplemental creatine have been verified by research for decades, and we now have robust evidence that this molecule is important for optimizing the health of both the body and the brain. Most people produce about 1-2 grams of creatine daily, mainly in the liver and kidney. This tri-peptide is made up of 3 amino acids, Arginine, Glycine, and Methionine. In a nutshell, creatine acts as a natural energy buffer in human cells.

What does this mean, *natural energy buffer*? Let me explain: ATP (adenosine triphosphate) is the energy currency of the brain and body. When ATP converts to ADP (adenosine diphosphate) energy is released. This is the energy we utilize to manage the multitude of bodily processes that occur in us constantly. During intense activity, aging, stress, or illness, ATP can be depleted. This is where creatine comes in. For these low energy conditions, supplemental creatine phosphate donates its phosphate to ADP to recycle the ATP. Creatine thus behaves like a back up battery for supplying energy when the regular system runs low.

There are three main ways of increasing creatine in the body:

1. Endogenous production or producing creatine in the body.
2. Food: Animal products in general have the highest creatine levels.
3. Supplements: such as Creatine monohydrate or Creatine-hydrochloride at 3-5 grams daily. A loading dose of 10-20 grams initially can be used for severe conditions such as insomnia, extreme athletic endeavors, and neuro-degeneration.

Evidence of health benefits:

1. Muscle power, strength, performance, and recovery: In high intensity, short duration bursts of activity, added creatine increases strength by up to 5% and output by up to 15%. This includes weight lifting, sprinting, and other high intensity exercises.
2. Brain boosting: Since the brain uses about 20% of the energy produced in the body, it may be more sensitive to low creatine levels. Supplementing creatine in people experiencing stressful life events or insomnia, we note that short-term memory and reasoning skills improve. Also, in early stages of dementia, creatine supplementation slows cognitive decline. Creatine aids in protecting neurons from damage and has the potential to benefit a host of neuro-degenerative conditions.
3. Improvement and stabilization of moods, improvement in glycemic control, and improvement in cellular health in general have also been indicated in studies.

In the context of healthy lifestyle habits in general, added creatine may be a consideration for improving athletic performance and recovery, helping to heal injuries, and improving both brain and body performance. Consult a licensed health care professional for guidance with this and any other adjustments to your health care routine. This article is for informational purposes only and should not be considered medical advice.



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Ask Cheryl

By Cheryl L. Snyder, RTC, MRT, CBT

Loving Someone With Addiction - Part 2: You Can Love Them Without Losing Yourself

There was another question that popped up after part one from last month's question:

Dear Cheryl, I read your last column about loving someone with an addiction. I understand the importance of boundaries, but I struggle with the guilt that comes when I put my own needs first. How do I take care of myself when someone I love is hurting? Sometimes, stepping back feels like giving up on them.

Dear Anonymous, One of the most painful parts of loving someone who struggles with addiction is learning that we cannot love them into recovery, no matter how deeply we care or how much we sacrifice. When someone we love is hurting, our natural instinct is often to help, protect, fix, and find a way to make the pain disappear. We may spend our days worrying about their choices and our nights wondering whether tomorrow will bring hope or another disappointment. Slowly, without realizing it, their struggle can become the centre of our own lives. We begin to forget that we are hurting, too.

I want you to understand something important: taking care of yourself is not an act of abandonment. It is an act of preservation.

You can love someone deeply and still recognize that you cannot carry the weight of their recovery for them. You can offer encouragement, listen without judgment, help them find appropriate support, and celebrate their progress. At the same time, you can say no to behaviour that harms you, your family, or your peace of mind. Boundaries are not punishments. They are a way of defining what you can offer with love, while protecting what you need to remain healthy. And sometimes, boundaries bring guilt.

You may wonder whether you are doing enough, whether you should have said something differently, or whether one more chance might finally change things. These questions often come from a place of love, but they can also keep us trapped in the belief that another person's choices are somehow our responsibility. They are not.

You are responsible for how you show up, the support you offer, the boundaries you maintain, and the care you give yourself. You are not responsible for controlling another person's decisions or guaranteeing their recovery.

It is also important to remember that addiction affects the entire family. Loved ones can experience grief, anxiety, exhaustion, anger, and even shame. You may grieve the person you remember, the relationship you hoped to have, or the future you imagined together. You can experience these feelings even while the person you love is still here. This is a form of grief that is often difficult to explain to others.

Please do not wait until you are completely exhausted before seeking support. Talk with a trusted counsellor, connect with a family support group, or reach out to someone who understands the impact of addiction on loved ones. You deserve a place where your feelings matter too.

And when you can, begin returning to the small things that make you feel like yourself. Spend time with people who bring you comfort. Rest without feeling that you must earn it. Laugh when something makes you laugh. Allow yourself moments of peace without believing that your happiness means you care any less.

Most importantly, remember that you do not have to choose between loving someone and loving yourself. You can hold hope for their future without putting your own life on hold. You can remain compassionate without accepting harmful behaviour. You can be present without becoming responsible for every outcome.

CHERYL SNYDER

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

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- cherylsnyderccc@gmail.com | yourwellnessjourney.net
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Recovery is a personal journey, and it rarely follows a straight line. Your loved one may need time, professional help, and the willingness to make difficult choices. You may need time, support, and permission to heal from what you have experienced alongside them. Both journeys matter.

If there is one thing I hope you take from these two columns, it is this: love can offer support, but it cannot do the work of recovery for another person. And while you are hoping for their healing, please do not forget your own.

A Final Thought from Cheryl ~ If you or someone you love is affected by addiction, please remember that support is available for family members as well as those struggling with substance use. You do not have to navigate this journey alone. Reaching out for support is not a sign of weakness; it is a step toward healing for yourself and the people you love.

A Book I Recommend ~ For anyone who is loving someone struggling with addiction and trying to find their own way through the heartache, I recommend: **Loving an Addict, Loving Yourself** by Candace Plattor, M.A. This book offers valuable insight into the challenges faced by loved ones of people living with addiction and explores how we can care for someone without losing ourselves in the process. It is a helpful resource for understanding boundaries, breaking unhealthy patterns, and beginning your own journey toward healing.

Remember, you can love someone through their struggles without carrying the responsibility for their recovery. You can offer hope without sacrificing your own well-being. You matter too. Your healing matters, and you deserve support along the way.

With compassion and kindest regards,

Cheryl L. Snyder, RTC, MRT, CBT ~ Your Wellness Journey
Helping you find your way toward healing, one step at a time.

CatMatch



Meet Adira

Adira is a special girl, as she suffered a terrible injury that required her leg to be amputated. She needs an adoption hero who can give her the safe secure future she deserves. Someone who can accept her for exactly who she is and not expect the traditional lap cat relationship. Adira is just one of the special needs cats AlleyCATS have in their care. Are you their adoption hero? Contact us to discuss the possibilities! Send an email to alleycatsalliance@gmail.com.



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

For more information on our programs, please visit our events calendar on our website or get in touch.

Children's Programs:

Letters To Santa: Drop-in November 12 - December 8 ~ Bring your holiday wishes to life! Kids of all ages are invited to write and send their personal letters straight to Santa Claus. Post your letter in our special North Pole express box today! Send in your letters with your return address by December 9th and you'll hear back from Santa before Christmas! All supplies are provided!

STEAM Club: Exploring Science, Technology, Engineering, Art, and Math In-Person: Friday, November 20, 10-11:30 am ~ Join us for STEAM club, where science, technology, engineering, art, and math combine into fun experiments for little scientists! We emphasize collaboration, communication, problem solving, critical thinking, and creativity skills, while doing fun hands-on experiments. This program is for school-aged children. Registration is required.

Family Storytime: Reading Through the Rainbow Tuesdays at 10-10:45 am ~ Enjoy stories, songs, and rhymes as we explore a new letter of the alphabet each week at the library. You may expect roughly 20 minutes of stories and songs, followed by time to play. Perfect for ages 0+ with caregivers. No registration required.

Lego Master Builders: Fridays from 12-4 pm ~ A drop-in program for school-aged children where you can complete a LEGO BINGO challenge to bring you closer to a fun LEGO prize, or just hang out and build. What will you build today?

Teens & Adults:

Crafting 101 Super 3-D Snowflakes: Tuesday, November 10, 5:30-7 pm ~ Learn how to make the biggest and fanciest 3D paper snowflakes with simple supplies for our FREE Crafting 101 event this month. Whether you are a seasoned crafter looking for a fun night out or a total beginner, this program is for you! Registration is required.



Chat With Service Canada: Representatives from Service Canada will be in your community on Thursday, November 12 from 1-3 pm ~ Drop in and join us for support with: : Social Insurance Number (SIN), Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Employment Insurance (EI), My Service Canada Account (MSCA), Canadian Dental Care Plan (CDCP), Canada Disability Benefit (CDB), passport information, and more.

Food Club: A Monthly Recipe Swap. Thursday, November 19, 4-6 pm ~ The first rule of Food Club is: you definitely talk about Food Club! Join us at the library on the 3rd Thursday of the month for a delicious, themed recipe swap. Prepare samples of your go-to dish to share, along with a printed copy of the recipe. Get ready to discover your new favourites! November's Theme: Dips!

Submitted by Rachael Dowden, Kaleden Community Librarian

OK Falls Branch: 101 - 850 Railway Lane - 250-497-5886
Tuesday 10 am - 6 pm / Wednesday 10 am - 4 pm
Friday 10 am - 5 pm / Saturday 10 am - 2 pm

Fall is in the air, and what better time to cozy up with a great book? While books are at the heart of what we do, did you know the Okanagan Falls Library offers so much more?

Browse our collection of **DVDs, music CDs, and magazines**, or enjoy the library from the comfort of your home with our wide range of digital resources. Whether you're looking for eBooks, eAudiobooks, online magazines, or streaming content, there's something for everyone. Curious to learn more? Stop by the library and sign up for a free library card. Our staff would be happy to show you all the resources and services available to you. The library also offers: a public photocopier; public internet access stations; Free Wi-Fi; and one-on-one technology tutoring.

Special Program: SERVICE CANADA INFORMATION SESSION Tuesday, November 3 from 1-3 pm. Working together to bring Government of Canada Services to you! Curious about the Canadian Dental Care Plan or the Canada Disability Benefit? Join us at the Okanagan Falls Library to learn more about these important programs. Plus, stay for a one-on-one clinic and get help with your questions. Everyone welcome!

Tech Talk: One-on-One on Wednesdays from November 4 - December 16 from 10 am - 1 pm. Need a hand with your phone, tablet, laptop, or another device? Our **Free Tech Tutor Program** provides personalized assistance to help you build confidence and learn new skills at your own pace. Contact the library to register.

Book Club ~ Wednesday, November 18 from 1-2 pm. Join us for another engaging book club discussion! Whether you're a longtime member or joining us for the first time, we'd love to have you. Come share your thoughts on great books, discover new reads, and connect with fellow book lovers in the community.

Family Story Time ~ Saturday, November 21 from 9:30-10 am. Join us for Family Story Time, a fun and interactive program for young children and their caregivers. Enjoy stories, songs, rhymes, and playful activities designed to inspire a love of reading and learning. After the program, stay for some extra playtime and an opportunity to connect with other local families in a welcoming and supportive environment.

Help Our Seed Library Grow ~ As the growing season winds down, we're starting to prepare for next year's Seed Library and are looking for seed donations. If you've saved seeds from your garden this year, please consider sharing them with the community. Every donation helps support local gardeners, encourages seed-saving practices, and contributes to a more diverse and resilient collection for everyone to enjoy.

Our **Seed Library** and **Puzzle Exchange** remain available to all community members year-round. Stop by to borrow, share, exchange, and discover something new!

Come discover all that your library has to offer. We look forward to welcoming you!

Submitted by Artesa Wiker, Okanagan Falls Community Librarian

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Representatives from Service Canada will be in your community:

DATE: Tuesday
November 3, 2026
TIME: 1:00pm - 3:00pm
Okanagan Falls Library
850 Railway Lane, OK Falls

If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 9:30-4:00, Mon-Fri: 1-877-631-2653

JOIN US for support with...

1:00pm-2:00pm Information Session
Canadian Dental Care Plan & Canada Disability Benefit

2:00pm - 3:00pm Clinic 1-on-1

- Social Insurance Number (SIN)
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Employment Insurance (EI)
- My Service Canada Account (MSCA)
- Canadian Dental Care Plan (CDCP)
- Canada Disability Benefit (CDB)
- Passport Information

If you need a SIN, please bring your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

School Trustee Report For SD67

By Karen Botsford, School Trustee

I hope families have settled into the routines of a new school year. After the difficult smoky skies, we were blessed with a beautiful fall. I am grateful to be acclaimed as your Trustee, and I am honoured to serve the students, staff and parents of School District #67 (Okanagan Skaha). I want to congratulate the successful trustee candidates and thank the ones who served and are not returning, for their contributions and dedication. I look forward to continuing my duties as Rural School Trustee. With new trustees elected and some returning, it will be important to come together to continue the great work of supporting student success. There will be trustee orientations and professional development offered in the coming year, and I look forward to learning and growing in the important work supporting students. The Inaugural Board meeting where all trustees will be sworn in for another 4 years will be held November 4th at siya? House.

Over the past two months during the election period, one board meeting was held where we approved the 2026 Audited Financial Statements for the year ended June 30th. Once again, it was a clean audit, and the report was sent to the Ministry of Education and Childcare and is posted on the SD67 website. The board also approved the 2026 Enhancing Student Learning Report that is submitted to the ministry annually. The report provides information on the district's continuous improvement processes including data, and district responses. It is an annual report card of sorts, and it is posted on the website as well. The board also approved updated policies in anticipation of the new term, received updates on the work done in schools over the summer, and approved the 2027-28 minor capital plan for submission to the ministry.

It will be great to once again be able to see students at school events and reconnect with parents, caregivers and PACs.

For more information, please contact Karen Botsford, School Trustee for SD67, by sending an email to kbotsford@sd67.bc.ca.

Highlights From Kaleden Elementary School

By Principal Jessa Arcuri

October was filled with exciting fall activities at KES! Our intermediate students enjoyed the start of volleyball season, cross-country running, and golfing opportunities. Students and staff also had a wonderful day at The Apple Bin Corn Maze, choosing pumpkins to take home, thanks to the generosity of our PAC.

The Scholastic Book Fair was a great success, putting new books into students' hands, while raising funds for our library. Thank you to Mrs. Eyre for organizing this event.

A special thank you to Jean Dubé and Linda Dahl for leading our Fire Prevention Week activities. Students learned about fire safety, while helping clean up branches around the school and in the community.

We are grateful for the many community members who support learning at KES. Division 3 students enjoyed meeting with their Senior Buddies through our new intergenerational reading program, thanks to Shauna Gill and the 19 volunteers who participate each month. Division 1 students also benefited from the expertise of Elizabeth Barton and Kathy Bramley, who taught knitting and crocheting. We are always looking for community members to share real-life skills and experiences with our students. If you would like to get involved, we would love to hear from you.

As November arrives, students will take time to reflect and honour our Veterans. We are privileged to welcome the Okanagan Falls Legion Colour Guard to our Remembrance Day Ceremony, as we recognized those who have served and continue to serve our country.

Thank you to our students, staff, families, and community partners for helping make KES such a caring and connected school community.



Kaleden Quilters & Crafters Invitation

By Vivian King

Ladies of all skill levels are invited to join us for an afternoon with other quilters and crafters every Wednesday from 1-4 pm in the Kaleden Community Hall. Coffee and tea are always available. Falls sessions: September 2 - October 21 for \$20, October 28 - November 25 for \$15, or drop-in is \$4. For more information, call 250-497-1164 or email viv20king@gmail.com. See you there!



Every Christmas Story Ever Told (And Then Some)

By Cheryl Gill, Many Hats Theatre Company Publicist

It's heading up to Christmas and actors everywhere are gearing up to perform the ultimate Christmas classic; Charles Dickens' *A Christmas Carol* ... **again!!!** It's a great play, but after the umpteenth performance our actors are staging a mutiny.

Instead of performing the expected Christmas classic, our trio of comedic actors have decided to perform every single holiday story, pop culture reference, and Christmas tradition that they can remember. Using wild costumes, special effects and fast-paced sketches they portray everything from *The Grinch Who Stole Christmas* and *It's a Wonderful Life* to *Rudolph the Red-nosed Reindeer* and *Frosty the Snowman*.

Join us in for this madcap romp through the holiday season. It's a hilarious ride through all your Christmas' favourites.

Every Christmas Story Ever Told (And Then Some) by James FitzGerald, John K. Alvarez, and Michael Carleton runs Fridays, Saturdays and Sundays from November 13 - December 6 on the Cannery Stage at 1475 Fairview Road in Penticton. For further info or assistance with ticket purchases, please call 250-462-6428.

EVERY CHRISTMAS STORY EVER TOLD (AND THEN SOME!) is presented by arrangement with Concord Theatricals on behalf of Dramatists Play Service. www.concordtheatricals.com

Highlights From Okanagan Falls Elementary School

By Principal Katie Poole

October was an exciting month! We had our drill week to practice emergency drills, our district cross-country meet, a district soccer tournament, family conferences, a book fair, and a Halloween parade, some of our teachers participated in a numeracy workshop, our school plan presentation, and best of all, we had a fire prevention week! Congratulations to our Fire Chief of the day and our two Deputy Chiefs who all got to ride the fire truck to school! Thank you to the Okanagan Falls Fire Department for their continued partnership with our school and keeping us safe! Also, a big thank you for the bike they supplied to our Fire Chief of the day winner!

Our Skateboard/Scooter Club has some exciting new additions! Thank you to an anonymous community member for donating a ramp, and to Gallagher Lake Café and That Guy Contracting for donating three more! We will continue running our club into November as the weather allows, and then again in the spring.

We would like to take a moment to thank the many drivers who respect traffic laws on Highway 97 and help keep our school community safe. Our students use the crosswalks daily, with the crossing at Highway 97 and 10th Street being one of the busiest. Our crossing guard regularly encounters distracted, impatient, and unsafe drivers, but she also sees many motorists who demonstrate kindness, patience, and respect for pedestrian safety. We greatly appreciate those drivers who stop, stay alert, and help ensure that students and staff can cross safely. Working alongside our local community partners, we are asking the Ministry of Transportation to consider installing a pedestrian-controlled red light at this location. This important safety improvement would help protect all pedestrians who use the crossing. Thank you to our community partners and to everyone who continues to make safety a priority. If you would like to submit a letter of support, please send it to kpoolesd53.bc.ca and I will happily send it to our contact person.



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School Trustee Report For SD53

By Sholeh Pickell, School Trustee

This November feels a bit different with the recent election of a new school board serving a 4-year term. I am now heading into my second term, and I'm grateful to feel more experienced in my role. I will be taking on a larger leadership role within my board, as we welcome 4 new board members. I would like to acknowledge with gratitude the board members who served our district last term. Debbie Martin, who served for 34 years, Christine Watson and Karen Clayton who both served for 4 years, and Casey Brouwer who served for 10 years.

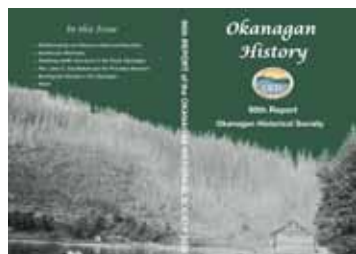
At our last education committee meeting on October 13, our admin teams from each school presented their school plans. These plans are developed with all schools' staff through an inquiry process. This process helps staff decide how they would best like to focus as a team to help students succeed and what area of focus to take in a particular year. This takes vulnerability and open curiosity from staff. Some of the teams are in the discovery phase of the inquiry and still working through what is the focus. Some are into a multi-year process. To summarize the various focuses, schools are looking into areas such as teaching executive functioning skills, improving literacy and numeracy, investigating attendance and why kids are not attending, student belonging, and one school is inquiring if scaffolding the learning and providing choice will create shifts in instruction.

Scaffolding the learning in schools is important for a few reasons and schools are focusing more on shared language across grades and subjects so students aren't left confused when they are building on the same topic or skills and not realizing it. It includes giving students the map of the learning, so they can clearly see how elements connect and build upon one another. In June, the admin teams will present at our education committee meeting how the year went regarding their various focuses.

For more information, please contact Sholeh Pickell, School Trustee for SD53, by emailing to spickell@sd53.bc.ca.

Okanagan Historical Society Book Sale

By Karen Collins, Penticton Branch President



The Penticton Branch of the Okanagan Historical Society is dedicated to preserving local history. The OHS 90th Report is now available for sale and there are some outstanding articles of historical interest in this edition of the annual report.

There are two excellent submissions written by the Okanagan Nation Alliance Natural Resources Department. *Sylix Okanagan Nation Salmon Restoration: A Case History of Bringing Back a Species on the Verge of Extinction* and *Restoring siwtkw and stunx in the South Okanagan* about a project restoring wetlands that have been lost and the link to the disappearance of beavers from the landscape.

Other articles include *Reduce, Reuse, Recycle is Not a New Concept* as it applies to Okanagan Falls by Karen Collins and *The Southern Okanagan Lands Project and the Big Syphon* in Oliver by Larry Shannon.

The OHS Book Sale is Saturday, November 14 (9:30-5:30) and Sunday, November 15 (11-5) at Cherry Lane Shopping Centre. The sale will also include a wide selection of past OHS Reports and assorted history books.



Okanagan Falls PAC Update

By Kari Hill, PAC Chair

November is here, and we have so much to be thankful for! Our little community continues to show just how big its heart really is!

A HUGE thank you to the Kiwanis Club of Oliver for their generous \$1,500 donation toward our school's iPad fundraiser! To date, we have raised a little over \$9,200 towards our \$15,000 goal.

Our October BBQ was another fantastic success! A special thank you to Kyle at Belich's AG Foods for donating all the hamburgers, and to our amazing community for coming out and supporting us. Every burger counts!

Our scooter club has some exciting new additions! Thank you to an anonymous community member for donating a ramp, and to Gallagher Lake Café and That Guy Contracting for donating three more! Our students are going to have a blast!

Meat Draw at the Legion ~ Join us **Friday, November 13 at 5 pm** for some fun and a chance to take home dinner.

Winter Market ~ Mark your calendars for **Saturday, November 21 from 9 am - 3 pm** at the Okanagan Falls Elementary School Gymnasium! Come shop local, get a head start on Christmas shopping, and support our school.

As always, a heartfelt thank you to our local businesses, volunteers, families, and community members. Your generosity helps us create wonderful opportunities and lasting memories for our students.



Ten Ways To Make Your Vacation Feel Longer

By Vi Creasey

Vacations feel longer when you create more memorable, varied, and present-moment experiences - and when you stretch the emotional time line before, during, and after the trip.

1. Start The Vacation Before You Leave

Building anticipation literally lengthens the subjective experience.

- Create a countdown
- Watch videos or read about your destination

2. Arrive Early & Leave Late

Even a few extra hours on either end expands the psychological window of the trip. Early arrival = more time to settle in and explore. Late departure = one more slow morning, one more meal, one more memory. Ask Reliable Travel for help with flights that arrive early and depart later in the day.

3. Unpack Immediately

It sounds small, but it changes your mental state. Unpacking creates a "home base", reduces friction, and helps you feel grounded - which slows down your perception of time.

4. Plan Less & Experience More

Over-scheduling compresses time, because your brain goes into checklist mode. Instead:

- Choose 1-2 meaningful activities per day
- Leave space for wandering
- Build in naps, slow mornings, and spontaneous detours

Presence = longer-feeling days.

5. Choose Immersive Experiences

Your brain stretches time when you engage multiple senses and emotions. Examples:

- Cooking class
- Guided nature walk
- Local craft workshop
- Sunset sail
- Wine tasting (you're in the Okanagan - this is a superpower for you)

These create "anchor memories" that make the trip feel richer and longer.

6. Put Your Phone Away

Scrolling collapses time. Taking photos is fine, but set phone-free hours or use a real camera. Presence increases memory density.

7. Reflect During The Trip

Journaling, voice notes, or even a nightly "best moment" conversation helps your brain store more detail, which expands the perceived length of the experience.

8. Mix Effort With Relaxation

A mildly challenging activity (a hike, paddleboarding, and biking) slows time, because your brain pays more attention.

Effort + novelty = expanded perception.

9. Create A "Return Routine"

This is underrated, as vacations feel shorter when the return is chaotic. A return routine:

- Smooths re-entry
- Reduces stress
- Extends the emotional arc of the vacation

Examples:

- Pre-scheduled grocery delivery
- A clean home waiting for you

This makes the vacation feel like it ends gradually rather than abruptly.

10. Add Variety Within The Trip

Even on a short getaway, mix environments:

- Beach + town + nature trail
- Museum + café + sunset viewpoint
- Winery + lake walk + local market

Variety = more distinct memories = longer-feeling time.

At Reliable Travel we are here to help you make the most of your vacation. Give us a call today!



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Urgent: Route #20 Bus

By Clara Kootte

Transportation Counts ~ To save our Route #20 East Side Road Bus with service from the District of Okanagan Falls to Penticton:

1. Ride the Route #20 bus to increase ridership.
2. Beg (with charm) funding from BC Transit (BC Government). They have money!
3. Instead of reducing trips, let's grow this service by requesting round trips on Saturdays.

Good communities provide good public transportation. Make this service work for our beautiful new municipality, the District of Okanagan Falls.

DO NOT LOSE ROUTE #20 BUS, for you will never have it again.

In the future, choose the Green Initiative. It matters.

Pick up your BC Transit Rider's Guide at the Okanagan Falls RDOS office, located at 1109 Willow Street. A detailed route map with stops and times, along with fares, is included in the guide. For more information, please call 1-844-442-2212 or visit their website at www.bctransit.com.





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Twinkle, Twinkle, Little Star

By Tom Landecker

Stars twinkle. And your cell phone works (mostly). It may surprise you, but those two facts are closely connected.

Why do stars twinkle? It has nothing to do with the stars; twinkling is caused by the Earth's atmosphere. Above the atmosphere, on the Space Station, the astronauts see stars shining with a steady light.

Our atmosphere is turbulent. That's something we experience on a windy day - the wind is gusty, never steady. We don't see it, but from place to place there are small variations in the density of the air, in some places a little thicker, in some places thinner. The starlight bends, moment to moment, taking different paths through the atmosphere on its way to our eyes. Light rays on different paths add together, sometimes they cancel one another and the light dims, sometimes they add together, and the light brightens. That's twinkling.

Cell phones use radio waves, but something very similar happens. Your cell phone talks to the local cell phone tower, but the signal bounces off anything in the structure of your house that has metal in it, the electrical wiring, the reinforcing steel in concrete, and it even bounces off the car parked in your driveway. On its way to the cell phone tower, the signal suffers many more bounces, off power lines and buildings, even off the hillsides.

Because they bounce around on different paths, the radio signals arrive at their destination at different times. Engineers call this the multipath problem. The only solution is to slow everything down, to give the signals time to arrive at their destination on all their different paths. Your cell phone might work, but only if you talked VERY, VERY slowly.

The multipath problem was solved by a team of radio astronomers in Australia in 1992. They had long experience using a mathematical tool called the Fourier Transform. They used the Fourier Transform to take the signal apart, send the pieces separately, and then put them back together at the other end. They invented WiFi. The rest, as they say, is history.

Twinkling is an effect you can see with your eyes, but the same problem affects the operation of the biggest light gathering telescopes in the world. The giant glass mirrors, 4 metres across, or even 6 or 8 metres, on the peaks of the highest mountains, are limited in their ability to make really sharp images by twinkling. We can put the telescopes into space, but it costs a lot of money to put them there, and to operate them. There are solutions, and Canadians at the observatory in Victoria, BC, are world leaders in devising them.

We astronomers push astronomy forward by building novel telescopes, and we use the products of technology to do it. Often, our inventions lead to new technology. Science and technology: it's a two-way street.

Interesting websites:

- www.nma.gov.au/defining-moments/resources/wi-fi
- www.britannica.com/science/Why-Do-Stars-Twinkle
- 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.



New To Kaleden?

We would like to welcome you & provide you with a package of community information. Please call 250-460-3387.



NEW WORLD MEN
THE SOUND OF
RUSH

NOVEMBER 13TH - 7:30PM
59\$
VENABLESTHEATRE.COM

TICKETS



New World Men - The Sound Of Rush

By Frank Larouche

After performing to sold-out shows throughout Eastern Canada, New World Men: The Sound of RUSH, returns to British Columbia with 2 shows in the BC Interior.

Grab your tickets now for this engaging, high-energy show at the **Venables Theatre on Friday, November 13th at 7:30 pm**. This Canadian power trio has been turning heads for over a decade. Expect a pristine rendition of the RUSH classics, immaculate sound quality, and multi camera / multimedia live video broadcast. "Our goal is to authentically deliver the sounds that RUSH fans know so well - YYZ, Subdivisions, Xanadu, Spirit of Radio, Tom Sawyer, Freewill and so many more. We don't intend to look like the originals, but we certainly do our best to sound like them!"

New World Men's show is a roller-coaster of high-octane rock music with epic guitar solos, drum fills, Geddy Lee's unique singing style, and intimate acoustic moments: the best of the best of RUSH. "We want our show to be an EXPERIENCE, not just a delivery of one song after the next. That's what we strive to achieve."

Grab your tickets and bring your friends, because this is an evening you're sure to remember.



KALEDENHUB

for knowing and responding to individual and family need in the community

If you live in the Kaleden area and have needs, please call the HUB. Our frozen meals (mostly soup) are available immediately. We can also provide grocery shopping - Please allow a few days advance notice.

HUB NUMBER: 250-460-3387

Creative Wellness Solutions

By Dee-anne Stone, Seniors Wellness Practitioner



The human shoulder is a marvel of engineering, allowing for an incredible range of motion that lets us reach, lift, and throw. However, this high degree of flexibility makes it inherently unstable and prone to injury. When you hurt your shoulder - whether from a sudden sports injury, chronic poor posture, or repetitive strain at a desk - the body's natural defense mechanism is to tighten up. Muscles surrounding the joint lock down to prevent further damage, leading to a frustrating cycle of pain, stiffness, and restricted movement. While standard medical care and physical therapy are crucial for recovery, chair massage offers an accessible, highly effective complementary therapy to help heal a hurt shoulder.

Unlike traditional table massages, a chair massage requires no oil and allows you to remain fully clothed. You sit in a specially designed ergonomic chair, leaning forward with your face in a padded cradle and your arms resting on a support. This specific position is uniquely beneficial for a shoulder injury. By leaning forward, your spine relaxes, and gravity gently pulls your shoulders away from your ears, immediately taking pressure off the strained joints. It places the upper body in a secure, non-weight-bearing state, allowing the therapist to safely access the neck, shoulders, and upper back without putting any awkward stress on the injured area.

Once you are comfortably positioned, the therapist uses targeted techniques to break the cycle of pain and tension. When a shoulder is injured, localized blood circulation often decreases due to muscle guarding, which starves the tissue of oxygen and nutrients while trapping metabolic waste. Massage directly counters this by stimulating blood flow to the damaged rotator cuff muscles, deltoids, and surrounding tissues. This influx of fresh, oxygen-rich blood accelerates the cellular repair process, flushing out inflammatory by-products and helping the tissue heal faster.

Furthermore, chair massage focuses heavily on relieving myofascial trigger points - commonly known as knots - that form when muscles are overworked or traumatized. By applying gentle, sustained pressure to these tight bands of fiber, the massage therapist helps the muscles lengthen and relax. As these muscles loosen, the constant tugging on the shoulder joint diminishes, which directly translates to reduced pain and an improved range of motion. You may find that after a session, lifting your arm or reaching behind your back feels noticeably smoother and less restrictive.

Beyond the physical manipulation of muscle tissue, chair massage provides a powerful neurological benefit. Living with a hurt shoulder is stressful, and physical pain frequently triggers a sympathetic nervous system response, keeping your body in a tense, fight-or-flight state. The soothing, rhythmic pressure of massage shifts your nervous system into a parasympathetic state, which promotes deep relaxation and lowers cortisol levels. When your mind and body relax, your pain perception drops, allowing your muscles to let go of their protective guarding. Ultimately, chair massage serves as a convenient, efficient tool that reduces tension, boosts healing circulation, and restores comfort to a hurt shoulder, helping you get back to moving freely.



Creative Wellness Solutions provides a convenient massage with innumerable benefits on a comfortable massage chair. We are a mobile service, so will come to you in your home (\$50 for a 30 minute appointment). Please call Dee-anne at **250-497-5974** to arrange an appointment or to discuss The Grease Cream; which is an amazing, all-natural, cannabis infused pain management alternative that actually works. Be sure to check out our website at www.CreativeWellnessSolutions.com for more information about our services, The Grease Cream and where you can read any past articles you may have missed.



Creative Wellness Solutions

Providing a unique combination of Chair Massage & Wellness Coaching
Call Dee-anne ~ 250-497-5974
www.CreativeWellnessSolutions.com



Elks Lodge Oliver #267

By Dee-anne Stone, Secretary

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

Open: Wednesday from 1:00 pm to closing. Thursday and Sunday from 2:00 pm to closing.

ELKS LODGE #267 90th ANNIVERSARY & MEMBERSHIP APPRECIATION NIGHT ~ Tuesday, November 10 at 7:00 pm. Come celebrate our 90th Anniversary as an Elks Lodge in Oliver!

HELP WANTED: SUPPORT YOUR ELKS LODGE! ~ We are looking for friendly volunteers to help keep our lodge thriving. Whether you have a few hours a month or a morning a week, your time makes a huge difference.

OPEN ROLES:

- **Meat Draws:** Sell tickets, manage the draw, and hand out prizes.
- **Lodge Breakfasts:** Cook, prep, serve, or help clean up the kitchen.
- **Bartending:** Serve drinks, chat with members, and keep the lounge lively.

WHY VOLUNTEER?

- Give back to community programs.
- Meet great local people.
- Keep our historic lodge going strong.

Ready to help out? Send email to oliverelkslodge267@gmail.com.

Meat Draw ~ Every Sunday at 3:00 pm. Meat provided by Belich's AG Foods. Email us if you would like to host a draw. It's a great fundraising opportunity. Nov. 1: Oliver Curling Club, Junior Curling Program. Nov. 15: Oliver Elementary School PAC.

Breakfast ~ Bacon, eggs, sausage, home fries, pancakes, toast, coffee and juice. Regular size \$15 or Senior size \$10. Held on the 2nd & 4th Sundays each month from 8:30-11:00 am.

Darts ~ Drop-in darts, toeline Sundays at 2:00 pm and Wednesdays at 6:00 pm. Come early to sign up.

Mahjong ~ Wednesdays at 1:00 pm. Come play the real, traditional Mahjong game played with tiles.

TAPS ~ Every Wednesday and Thursday from 9:00 am - 1:00 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.

General Meeting ~ Tuesday, November 10 at 7:00 pm. Held the 2nd Tuesday of every month.

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

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



South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

It won't be long before we see the familiar signs of pre-Christmas generosity. It will soon be time for the Salvation Army Kettle Drive, with the accustomed red stand and round bowl and a person ringing the customary bells. It warms even the most Scrooge-like spirit in us when we see this sight and hear this sound of the upcoming holiday season. It calls us to reflect on the hundreds of volunteers who give time and commitment to ensuring the bells are rung, citizens can donate, and the needy are serviced.

Perhaps you are looking for a different type of volunteer experience this cool late fall season. Assisting a neighbour with leaf clean up, offering to write cards for those with vision limitations, and giving rides to appointments to those who find driving challenging are just a few ideas that might appeal. Many groups and organizations are looking for volunteers to run their programs and activities.

If you are interested in learning about volunteer opportunities, why not contact the Volunteer Centre at 1-888-576-5661 and Subrina Monteith, our Executive Director, would be pleased to help you. You could also look us up on our website at www.volunteercentre.info or email to info@volunteercentre.info for more information.

We are excited to let you know that we are moving two doors down from our current spot in The Cannery to Unit 112 - 1475 Fairview Road, Penticton, V2A 5C8. Please call for an appointment.

May your November be filled with pleasant volunteer experiences!

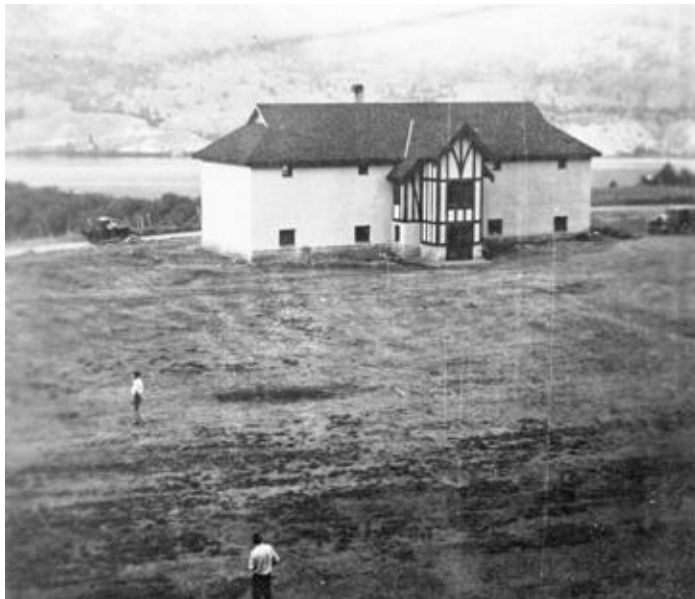


Need A Ride?

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

Kaleden Museum & Archives

By Mike Gane



The "new" Kaleden School circa 1936. This portion is still in existence as part of Kaleden Elementary School, although some changes have been made over the years.

Reference: KMA 2018-001-P136 from the Ron King collection.

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



Kaleden Seniors Committee Update

By Karla Avendaño, KSC Event Coordinator

Last month, we hosted a family fun "Harvest Bingo", and it was epic; we had more winners than prizes! Lots of gift baskets filled with Thanksgiving dinner goodies, plenty of wine, snacks, and laughter were a big part of this night. Everyone went home with a smile on their face. We are thankful to Judie Johnson for being our bingo caller that night and to everyone who came and joined in the fun.



Save the date: November 14 for the Kaleden Progressive Winter Market from 10 am - 2 pm. Come and support your local artisans and makers.

Also, our last event of the year is our annual Wreath Making at Linden Gardens on December 4, from 5:30-7:30 pm. Bring an apple to share, your frame, and tools. Enjoy an evening with neighbours.



Branch 227
Okanagan Falls

The Royal Canadian Legion Branch #227

By Bev Van Uden

The purpose of the Royal Canadian Legion is to serve veterans, military, RCMP members, along with their families, and promote remembrance and support local communities across Canada.

Membership of \$55 is now due.

November 2 is Veterans Lunch at 11 am.

November 11 is Remembrance Day ~ Ceremony starts at 10:45 am with luncheon to follow. Live music with Will Schlackl.

Thanks to Keith Mosimann for repairing the Cenotaph.

Poppy Campaign Started October 24 ~ If you need to order a wreath or your poppies, visit the branch or call 250-497-8338.

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

Shuffleboard is Tuesdays & Thursdays at 2 pm ~ Come on out and check out the game. Call Rick at 250-486-7178 or Sandra at 250-809-7078 for more information.

Cribbage is Wednesdays at 1 pm ~ Started on October 28.

Meat Draw is 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 is Saturdays at 2 pm ~ Registration at 1:30 pm.

General Meeting & Elections is Tuesday, November 17 at 7 pm.

No General Meeting in December.

Christmas Craft Fair on Saturday, November 21 from 10 am - 3 pm. Sponsored by South Okanagan Crafters.

The next Pancake Breakfast will be with Santa in December.

New York New Year's Eve Dance on December 31 ~ Tickets are on sale now at the bar. Tickets are \$45/person and include a buffet dinner. The Feather River Band will be playing live.

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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Okanagan Quilters

By Barb Shanks

Okanagan Quilters meets every Thursday from 9:30 am - 1:00 pm starting September 10 in the Okanagan Falls United Church Hall (rear entrance). All quilters and crafters of all abilities are welcome to join. Coffee and tea are supplied. Yearly dues are \$50 or drop-in is \$5. For more information, contact Barb Shanks at 250-488-8174 or email barb.shanks@gmail.com. We would love you to join us!

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. We have a library and puzzles to loan out when the centre is in use.

Check out our website at www.okfallsseniorscenter.ca. Follow us on Facebook at "Okanagan Falls Seniors Center".

Watch this column for announcements of any guest speakers at our general meetings on the first Monday of the month.

Activities in November 2026:

Canasta ~ Mondays at 10 am - Not on Holidays!

Crafts & Coffee ~ Mondays at 1 pm (Wendy 250-486-3141)

Evening Pool ~ Mondays at 6 pm

Tuesday Bingo ~ Tuesdays - November 3, 10 & 17 at 1 pm

Evening Pool ~ Tuesdays at 5:30 pm

Mexican Train Dominos ~ Wednesdays at 1 pm

Afternoon Pool ~ Thursdays at 1 pm

Bridge ~ Thursdays at 1 pm

Cribbage ~ Thursdays at 7 pm

Line Dancing ~ Fridays at 1 pm

General Meeting ~ Monday, November 2 at 1 pm

Pancake Breakfast ~ Saturday, November 7 from 8-10 am

Country Music Jamboree ~ Sunday, November 8 & 22 from 1-4 pm

Christmas Craft Sale - Saturday, November 14 from 9 am - 3 pm

Drop-in Bingo ~ Saturday, November 21 from 1-4 pm

Potluck Dinner ~ Saturday, November 28 at 5 pm

Scrabble ~ On hold for now - looking for participants

Carpet Bowling ~ On hold for now - looking for participants

Booking Agent ~ Please call Heather at 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.



Okanagan Falls Senior Centre

1128 Willow Street



Christmas Craft Sale

Saturday, November 14, 2026

9:00 am to 3:00 pm



Vendor Tables & Bake Sale

Lunch, Coffee & Tea

Call Rita Catellier 204-371-6837

to book a table or for information

Prepay by Nov 1, 2026



Okanagan Falls Lions Update

By Bob Wilson, Past President

Heading now for Halloween and Remembrance Day, it seems that the year has flown by once again. Community activities have slowed somewhat and we are getting ready for the last quarter of the year. How time flies when you're having fun. School breakfasts continue 3 times a week with thanks once again to all of the volunteers. Time once again to travel around to eyeglass recycle locations and pick up the donations. Thank you to all who donated, as we appreciate your help.

One of our members, Lion Nancy, has initiated a Christmas fundraising project to support our Okanagan Falls School Breakfast Program and South Okanagan Secondary School Scholarships. We invite you to join in our **Angel Tree In Memory of your Loved Ones**, which will be on display in Belich's AG Foods during the Christmas Season. The wooden angels with your choice of ribbon colour will sell for \$5 each and are yours to keep for your own tree after this Christmas Season. Recognize someone special to you that is now an "Angel". Lion members will be at Belich's AG Foods on November 7, 14, 21 and 28 from 12-4 pm to sell angels and help with your writing if needed. The Angel Tree will be up on November 28 to show off your beautiful angels. Additional locations may sell angels, which we'll post on local Facebook pages. Please support this worthy fundraiser and in memory of your loved ones.



Thanks to all at the Legion Cars Shows over the summer and fall who supported our goodies sales, and the club members who spent their time at the events.

That's about all for now, except to offer a welcome to the new incorporation and it's elected mayor and council. See you around our new entity, take care and stay healthy and safe ... 'til next time. Blood, it's in you to give! The next Blood Donor Clinics will be held November 16-18 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 upstairs in the Legion from September to June. 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/okanaganfallsionsclub.



OK FALLS LIONS CLUB
PRESENTS



A place on the tree for everyone you miss.

Honour a grandparent, a loved one, a child or a special pet.

Write their name on a wooden angel, choose your ribbon colour and add it to our Christmas Tree at Belich's

GET YOUR ANGEL

Belich's AG Foods
Noon to 4 pm

EACH ANGEL

\$5.00
Ribbon colour of your choice

SATURDAYS

Nov 7, 14, 21 & 28
Tree up Nov 28

Supports the OK Falls School Breakfast Program
and South Okanagan Secondary Student Services.

Lions can help with your writing. Your angel is yours to keep after Christmas.



South Skaha Housing Society Update

By Linda Rich

Affordable Rental Homes in Okanagan Falls Available Now and Coming Spring 2027

South Skaha Place #1 - Independent Living for Those 55+

Looking for an affordable home? A one-bedroom unit is available now for a single person or couple, with a maximum of two people. Rent is \$960 per month, plus utilities and cable. Your home includes a stove, fridge and dishwasher. Shared laundry, an amenity room and parking are also available. Pets are welcome.

South Skaha Place #2 - The new building opens Spring 2027

Applications are welcome now. Rental rates have not yet been set. The building will offer affordable low-end-of-market units, rent-geared-to-income units and deeply subsidized units. The new homes are open to applicants aged 19 and older, including families. To qualify, applicants must meet BC Housing's requirements for household income, residency and the number of people living in the home.

How To Apply: For South Skaha Place #2, all applications must go through the BC Housing Registry. You can apply online at housingapplication.bchousing.org. For South Skaha Place #1, or if you have questions about applying or qualifying, contact the South Skaha Housing Society by email to sshsbod@gmail.com or call 250-497-5262.

Check Out
The New
Menswear
Fall Arrivals!



THE FALLS
BARBER + SHAVE SHOP

BARBER SERVICES

Kids under 11	\$20
Seniors/Basic Buzz	\$21
Men's Cut/Style	\$30
Men's Cut/Style (Long Hair)	\$35
Bear Trim (Clipper Only)	\$20
Beard Trim with Razor Cut-Out ...	\$25
Straight Razor Shave	\$50
Head Shave with Straight Razor ...	\$45

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Central Ridge Veterinary Clinic

Dr. Sylvia Tingson D.V.M. in Okanagan Falls 250.497.7808

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Medicines • Surgery • Vaccinations



Helping Hand Update

By Patty Neuner

It is time to look forward to our Christmas Hamper Campaign! As always, we appreciate the wonderful and generous people in our community that make it possible to help those in Okanagan Falls that may need a helping hand this Christmas season.

The Okanagan Falls Helping Hand is a registered charitable organization. Donation cheques can be made out to "Okanagan Falls Helping Hand" and mailed to P.O. Box 640, Okanagan Falls, BC V0H 1R0. Alternatively, we also encourage you to **e-transfer to helpinghandsokfalls@gmail.com**. Tax receipts will be issued for all donations of \$20 or more. Cash donations will allow us to purchase exactly what families are in need of, which makes a huge difference this time of year.

Keep an eye out for our pink donation bins at locations around Okanagan Falls. Please make sure you check the expiry dates on all non-perishable donations.

Come on down to Belich's AG Foods on **Saturday, December 5** with your financial or food donations and help us "**Fill the Van**". We want to take this opportunity to thank Kyle and the Belich's AG Foods team for their ongoing support. Thank you!

We are always looking for volunteers to join us. Our next meeting will be held on **Thursday, November 19 at 4:30 pm** at Okanagan Falls Community Church. If you would like to volunteer, or have any questions, please call us at 778-559-2412 and leave a message. Your call will be returned.

If you are in need this Christmas season, please fill out the registration form provided below by Saturday, December 5.

A Very NIGHTHAWK CHRISTMAS

November 14 & 15, 12-3 PM

~ 2735 Green Lake Road, Okanagan Falls

- Local artisan market
- Complimentary wine tastings
- Visit from Santa (Nov. 14)
- Live entertainment (Nov. 15)
- Fire pit & marshmallow roasting
- Festive bites from the kitchen
- Holiday gift ideas from the wine shop

NIGHTHAWKVINEYARDS.COM/EVENTS

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.

2026 Okanagan Falls Helping Hand Christmas Food Hamper Registration Form

For Okanagan Falls Residents with proper qualifications

Name: _____

Phone: _____

Email: _____

Street Address: _____

Prefer Tea _____ OR Coffee _____

of Adults: _____ # Kids under 18: _____

Boys Ages: _____ Boys Sizes: _____

Girls Ages: _____ Girls Sizes: _____

Registration Deadline:
Saturday, December 5, 2026

Forms can be dropped off at:

- Okanagan Falls Pharmasave
- Belich's AG Foods
- Emailed to helpinghandsokfalls@gmail.com

**Hamper pick-up is Wednesday, December 16 from 1-4 pm
at Okanagan Falls Community Church.**

Identification showing Okanagan Falls residence required for pick-up.

redSky PERFORMANCE
MIIGIS
A Journey Through Water, Memory & Spirit
CONTEMPORARY INDIGENOUS DANCE
TUESDAY, NOVEMBER 10 | 7:30 PM

STICK & BOW
ALL THE MADMEN
A CELLO & MARIMBA JOURNEY
FROM BEETHOVEN TO BOWIE
SUNDAY NOVEMBER 15 | 7:30 PM

VENABLES
—THEATRE—
VENABLESTHEATRE.CA



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 people of Okanagan Falls for coming to the mayoral and councillor candidates meetings. I was so impressed! You were interested, responsive, and charitable. You treated all of the speakers with respect. You collectively displayed the heart of this community. Well done! ~ *From Eleanor W. of Okanagan Falls*

Flowers to the candidates for mayor and council who have let their names stand. You have all shown your courage, your desire to serve and your remarkable depth of commitment to this community. Thank you! ~ *From Eleanor W. of Okanagan Falls*

Flowers to all the volunteers, including our moderator Michael Magnusson, who helped make the mayoral and councillor forums possible in Okanagan Falls. Thank you! ~ *From Skaha Matters*

Flowers to Keith Mosimann for repairing our Cenotaph at the Legion. ~ *From Bev V. & all the Okanagan Falls Legion Members*

Flowers to Eugene Dettling and all the volunteers at the Okanagan Falls Legion for hosting the "OK Cruise In Car Show" every Wednesday in Okanagan Falls. **Flowers** to all the participants and public who also helped in it's huge success! ~ *From Skaha Matters*



Fish Heads to the teenagers on bikes who vandalized the sunflowers that we have been lovingly taking care of all summer! Booooo! Have some respect for your community.

~ *From the Okanagan Falls Heritage & Museum Society*



**If you use AI on this assignment,
put in spelling mistakes so he thinks
it's from you.**

Credible Cremation Services

Sensible Prices for Practical People

Basic Cremation Only - Other charges apply
\$1460.00 - Penticton area
\$1535.00 - Kelowna area

250.493.3912

Pre-Need ~ Lesley@crediblecremation.ca
 At-Need ~ Robin@crediblecremation.ca

Contact us via phone or email provided above.




Lesley H. Luff

Robin M. Earle

If Cremation Is Your Choice

By Lesley H. Luff, Okanagan Falls & Osoyoos

Lesley has taken some time off to move residences, and will be taking pre-need calls again as of November 1st. However, Robin is available to assist families in need of immediate help or guidance. Thank you for your understanding.

Credible Cremation Services

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

Lesley@crediblecremation.ca | Robin@crediblecremation.ca

LOCAL CHURCH DIRECTORY

Kaleden Community Church

Sunday Worship at 10 am ~ in-person and online

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 Peter MacRaild - Everyone is welcome!

Okanagan Falls Community Church will have an interim pastor for three months, so that Pastor Jon Manlove can spend time with his mother, who is almost 100 years old. The church is privileged and grateful to have Pastor Peter MacRaild fill in, who hails from Glasgow, Scotland. He is married with 3 children, 4 grandchildren, and 5 great-grandchildren. Pastor Peter came to Canada in 1970 and had a deep spiritual encounter with Jesus Christ in 1976. This led him to enter full-time Christian ministry in 1985. Over the past 40 years, Pastor Peter has led in a pastoral position at 4 churches (Hamilton, Ontario; Victoria, BC; Edinburgh, Scotland; and again in Victoria, BC). He has been involved in missions, both locally and abroad (Belize, Central America; El Salvador; Mozambique, Africa; Philippines; and the Mustard Seed in Victoria, BC). Pastor Peter will be preaching a sermon series entitled "The New Genesis - Living Life in the New Creation" - a study in the Gospel of Matthew.

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: November 1 - Rev. Laura Turnbull; November 8 - Judi Ritcey; November 15 - Rev. Dr. Donald Schmidt; November 22 - Rev. Paul James; and November 29 - Rev. Dr. Donald Schmidt - Advent 1.

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.bararaanglican@gmail.com



Events Winter at the Goose!

Open 11am-4pm Thursday-Monday



FRIDAYS - Cinq à Sept (5-7pm)

Wines by the glass and small bites available
Nov 6 DJ Splendid Bastard | **Nov 27** Games Night

Wreath Making WORKSHOP

Sat Nov 28 5-7pm – *Reservation required*

HOLIDAY CHEER

Nov 14 & 15, 11am-4pm - All Day Happy Hour
Plus on Saturday Nov 14, 3-4:30pm join us for
Wine & Cheese pairing with Oliver Eats
Reservations required for this experience.

Call **250-497-8919** or check out
our event schedule online.



wildgoosewinery.ca

2145 SUN VALLEY WAY, OKANAGAN FALLS

SEE YA LATER RANCH

WINTER HOURS & EVENTS

WINESHOP 11-4 PM, THURS – SUN | BISTRO 11-3 PM, FRI – SUN

HOLIDAY CHEER

NOVEMBER 14 & 15

Join us for a festive day of Mulled Wine, \$10 Soup & Bun, Wine & Christmas Shopping Specials!

WINEGLASS WONDERLAND

NOVEMBER 18

Sip, paint and enjoy the magic! Your holiday glasses will make a wonderful gift or a treat for yourself!

MERRY MAT MAKING

NOVEMBER 25

Design a one-of-a-kind holiday welcome mat – bring your creativity and holiday cheer!

Happy Holidays

Visit our website to reserve your spot today!

2575 GREEN LAKE RD. OKANAGAN FALLS | (250) 408-9091 | SYLRANCH.COM