



APEX MATTERS

"Keeping You in the S'know"

Volume 23 : Issue 1

Your **FREE**
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September 2026



An Apex Mountain Sunrise ~ Photo by Caillum Smith | @preservedlight

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Welcome Back

By Myleen Mallach, Owner/Publisher of Apex Matters

Welcome back to Apex Matters! With changing seasons, comes cooler temperatures and finally some much needed precipitation.

I would like to give a huge thanks to all the advertisers and content contributors. Without their continued support and monthly updates, we wouldn't have this 23rd season of Apex Matters. Thank you!

If you are an owner or manager of a local business, or one with a vested interest in Apex Mountain, we would love to have you join us. Your advertising dollars make it possible for our local non-profit groups to share their updates at no charge. You would be helping to nurture our community at Apex, supporting outdoor enthusiasts, and boosting your business exposure in the process.

The deadline always starts on the 1st between September through March. Delivery is always on the 8-9th each month. We have some fun new content coming this season, so stay tuned for what's next!

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

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apexmatters@telus.net | 250.490.6951 | ApexMatters.com

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Penticton Sno-Trackers Club

By Joe Millar, President

Hello everyone. It seems impossible to think of sled season, given the current weather conditions of drought and heat, along with wildfires that are in our area. However, winter is coming and I hope you are looking forward to it as much as I am. Snowmobiling has been a happy reminder that fire season does come to an end.

Looking forward to getting together with everyone ... performing trail work, getting the cabin ready, gathering firewood, preparing for winter again once seasonally appropriate, and when fire risk is far lower after we receive rain at elevation.

There are some new improvements with our parking lot. There is a new kiosk going in - an information station up at the sno-tracker's trailhead. So, be sure to watch for that new addition.

Looking forward to seeing you all at our initial meeting and Annual General Meeting. Date, time and location to be announced soon.

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Time To Swap Your Gear!

By Brad Nunes, CSP Member

The Canadian Ski Patrol is hosting it's annual Ski & Board Swap. The South Okanagan Boundary Zone Ski Patrol is a volunteer organization that provides first aid services at both Apex and Baldy. Proceeds from the Swap goes toward first aid equipment used on these mountains. Skiers and boarders can bring in their used equipment to sell on consignment and then purchase what they need to hit the slopes. There will be a great selection of both new and used equipment for all ages and all ability levels. Patrollers will be on hand to offer assistance in helping you choose the gear appropriate for you. See poster below for more information.

SKI & BOARD SWAP

FRIDAY SEPTEMBER 11 9AM - 9PM
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Drop off items Friday 9am - Saturday noon

Note: We cannot accept straight skis, toques, helmets, or hockey equipment.

Unsold product must be picked up between 9-12 Sunday Morning

Baldy Apex

Your Knees Don't Have To Retire Before You Do

By Dr. Deirdre O'Neill, ND

Phew! Seeing hail fall at Apex last week made me breathe a sigh of relief that we are making it through fire season. The anticipation for winter can't be more palpable this year. But with thoughts of winter, does it bring some hesitation to your knees? Maybe you recall those last turns last year all too well. And instead of being excited for the next season, your knees may be telling a different story. There does come a point in every skier's life when the conversation changes. From *What new skis should I buy this year?* and *How much snow are we going to get?* to *Do I have the right knee brace?* and *Will my knees hold up for another season?*

Maybe you've noticed that you don't recover quite as well. Or perhaps you prefer the groomed runs over the bumps any day. Maybe your off-season is now spent tending to your knee. Or you've been given a diagnosis of osteoarthritis and are beginning to hear the words "knee replacement". And somewhere along the way, you've wondered: *How many more ski seasons do I have left?* *Will I still be able to do the skiing that brings me so much joy?* But it doesn't have to be that way. Getting older doesn't automatically

mean you have to get off the mountain. You may even find some reassurance if you're skiing midweek when the patrons at the Edge are mainly sporting silver hair. You see, aging doesn't mean giving up. It means learning how to adapt to your changing body. You may have less muscle mass, slower recovery, previous injuries, cartilage changes or stiffer joints. But that doesn't mean you need to quit.

The goal isn't to have 25-year-old knees. The goal is to build a body that supports the life you want to live. A big piece of this is understanding that your knees are part of a system. They don't work in isolation. Knee health isn't as simple as whether or not there is joint space visible on an X-ray. Even skiers with arthritis can have very different experiences depending on their strength, conditioning, body composition, recovery and movement patterns. And if arthritis is part of your story, there is even more to consider. Managing an arthritic knee isn't simply about reducing pain or looking at what is happening to the cartilage. It's about looking at the whole picture - how you move, how strong you are, how you recover, what you eat, how you sleep and how much load your knees are handling. **There is more within your control than you may think.** So what should you be thinking about? **Strength. Mobility. Recovery. Nutrition. Sleep.**

The biggest mistake I see is waiting for the snow to fall before getting your ski legs back. If your knees were bothering you last season, September is the time to start. Think of this trifecta when it comes to knees that are friendly to skiing:

Build strength ~ Especially your quads, hamstrings and glutes. These muscles are an important part of the system that helps your knees handle load.

Pay attention to recovery ~ How long does it take you to recover from a workout? Are you still sore or feeling beat up several days later? Don't just push through it. Seek support from a trainer who can help you modify your workouts, so you stay in the right zone and build capacity without constantly setting yourself back.

Figure out what's going on ~ Persistent pain, swelling or instability all deserve attention. Don't simply chalk these things up to getting older. Your knees may need a little more attention than they used to. They may need strength, recovery and a different approach to managing pain.

But before you give up and pass on your quiver of skis, ask yourself a different question: **What can I do now to give my knees the best chance of keeping me on the mountain?** Because your knees don't necessarily have to retire before you do.

Ready to give your knees a little more attention? If you've been told you have arthritis, or you're starting to wonder if your knees are going to keep up with the activities you love, I've put together a practical **Arthritis Guidebook** to help you understand your options and where to start. **Download your free copy by scanning the QR code in my ad above.**

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



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Carvers Corner

By Jorgen Anderson,
Head Coach & Program Director

Welcome Back Apex Families! ~ The long wait is almost over! We're excited to welcome everyone back for another epic season at Apex Mountain. The club is ready, our coaching team is in place, and we're looking forward to another winter filled with great skiing, racing, friendships and plenty of memories on the hill.

Registration for the 2026-2027 Season is Now Open! ~ Visit ApexSkiClub.com for all program information, answers to your questions, and all your registration needs.

See You at the Ski Swap! ~ As always, the Apex Ski Club will be out supporting the annual Patrol Ski Swap. Join us on **Saturday, September 12**, outside the swap for our **Apex Ski Club BBQ**. We'll be serving up hamburgers and hot dogs, so come by for lunch or an early dinner, grab a bite and say hello. It's a great way to support the club and start getting into the ski season spirit!

What's New This Season? The Coaches Are Back! ~ One of the biggest highlights heading into this season is the return of our entire coaching team across all levels. Having our coaches return is fantastic for the athletes and for the club. Continuity allows our coaches to build on the relationships they've developed with the kids, understand where each athlete is at in their development and continue working toward long-term growth. We're excited to have the team back and ready to get to work!

Mark Your Calendar ~ There is lots happening around the club this season, starting with one of our favourite fall traditions. The **Warren Miller Movie Night is Friday, November 6** at Cleland Theatre. The always popular Warren Miller show is back! It's one of our favourite ways to kick off the season and get everyone thinking about snow, skis and the winter ahead. Bring your friends, bring the family and join us for a great night. **Save the date - you won't want to miss it!**

Four Big Events at Apex ~ We're also excited to be hosting four events at Apex this season: January - Zone Slalom; February - Carver Event; Late February - Winemakers Cup; and Early March - Carver Age Zone Final.

The Carver Age Zone Final is particularly special to our club. This is the grassroots of ski racing - young athletes getting their first taste of competition, learning what race day is all about, and most

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importantly, having fun. There is something pretty special about watching these young skiers line up for their first real race. The excitement, the nerves, the cheering parents and the smiles at the finish make it one of the most enjoyable events we host all season. We're proud to be part of introducing the next generation to ski racing.

Looking Back ~ Last season was another busy one for Apex Ski Club. We had the opportunity to host a variety of events, from Zone competitions and FIS slalom racing to a last-minute provincial U14 event. Hosting these events takes a tremendous amount of work and support from our coaches, volunteers, officials, the resort and the broader Apex community. I'd also like to take a moment to thank all of the local skiers and families for their patience and understanding when we had to give up some hill space to accommodate these events. We know that everyone comes to Apex to ski, and we appreciate the support when our racing programs occasionally require additional terrain. We are incredibly fortunate to have a resort that supports ski racing and allows us to host events of this calibre.

Apex Really Is a Special Place ~ We regularly hear from visiting athletes, coaches and families about how much they enjoy coming to Apex. There is something pretty special about our little corner of the Okanagan. Great terrain, great people and a community that continues to support skiing and ski racing.

As we head toward another winter, we're all looking forward to that familiar sight ... watching the snow line slowly work its way down the mountain and into the valley. Here's hoping for an epic snow season! And remember ... **It's the best place in BC!** We're incredibly lucky to live here, ski here and share this mountain with such a great community. See you on the hill!

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By The AFC Team

From Apex Freestyle Club Head Coach And Program Director:

Well, it's hard to believe we're already heading into another school year and, before we know it, another ski season here in the beautiful Okanagan mountains! The days are getting a little shorter, the temperatures are starting to cool, and there's already that familiar excitement in the air as we look ahead to winter. I hope everyone had an amazing summer, but I have to admit, I'm feeling ready to see some snow!

It's been another fantastic summer for AFC, with lots of time spent at our water ramp facility at Covert Farms in Oliver. Our athletes have been busy learning new skills, fine-tuning existing ones, and building confidence as they prepare for another winter on the hill. One of the highlights of summer is always guiding athletes through their first-ever jumps on the ramps, and it's been great to see so many new faces reach that milestone this year!

Our Jr. Performance team has also put in a tremendous amount of work this summer. They've been pushing themselves, progressing their skills, and working toward new inverters that they'll be able to take with them into competition this winter. It's exciting to see all that summer training start to come together!

As we wrap up our summer programs and turn our attention toward the season ahead, there's lots to look forward to. Keep an eye out for upcoming club news, including new program offerings, competition opportunities, and other exciting plans for the winter season.

As always, if you have any questions, please don't hesitate to reach out by email to alexa@freestyleapex.com.

We can't wait to see everyone back on the mountain soon. Here's to another great season - and hopefully lots of snow to come!



Athlete Promotions ~ We are pleased to announce that **Francesca Farcau, Garrett Stirling, and Triggs Markle** have been promoted to the BC Mogul Team! They join returning BC Team athletes, and former AFC athletes, Graden Parsons, Emelie McCaughey, and Jackson Kendell to the 2026/27 BC Mogul Team. Please help us in congratulating them all on this remarkable achievement. We can't wait to watch these athletes soar through this next adventure!



From left to right: Francesca Farcau, Jackson Kendell, Triggs Markle, Garrett Stirling, Emelie McCaughey, with Performance Team coaches Alexa Chick and Jordan Kober. (Photo credit to Kata Stohler of MK Capture Photography)

Winter Registration ~ Registration for our ski and snowboard programs at Freestyleapex.com will open on **September 15th**. Register before October 15th to lock in at our Early Bird Rates! Payment installments are available as well.

Skiing Ages 7-18 ~ More info? gina@freestyleapex.com

Recreational Programs: Funstylerz Full Day Saturday; Funstylerz Full Day Sunday; Funstylerz Half-Day Sunday; Freestylerz Saturday; Freeriderz Sunday; Girlstylerz Saturday; and Freestyle Big Mountain Saturday or Sunday.

Competitive Programs: *NEW* Freestylerz Comp Team Saturday; Junior Performance Team - Saturday and Sunday; Junior Performance Team - Friday through Sunday; and Performance Team - Friday through Sunday.

Snowboard Ages 8-18 ~ More info? josh@freestyleapex.com
Fundamentals Saturday; Freeriders Saturday; Jr. Performance Saturday; and Performance Snowboard Saturday and Sunday.

Summer Training ~ Summer at **Covert Farms** has been extra special this year! We've seen a host of new and familiar faces come and try out our "summer office" - the water ramp and trampoline facility. Highlights include: the water ramps were given some TLC in the spring, with thanks to Greyback Construction; lots of new-to-ramping athletes come and learn what summer training is all about, and some even got to experience many "firsts" - first 360, first front flip or back flip, first time qualifying a trick, so they can try it on snow in programs this winter; we hosted a Girlstylerz camp in collaboration with coaches from Sun Peaks Freestyle and Freestyle Panorama, which included a skills camp on tramp and water ramp, as well as an afternoon skateboarding workshop, bracelet making, and a photo shoot!; many of our Jr. Performance athletes have been working extra hard to qualify multiple inverters that they hope to compete this winter; and, several BC Mogul Team athletes joined us for some supplementary training while their team was on a break. A huge thank you to **Covert Farms** and the Covert Family who continue to graciously host us. Another huge thank you to the Kenyon family at **Greyback Construction** for their help in renovating our water ramp facility in the spring.

Annual General Meeting ~ It's that time of the year! Our AGM will be held on October 15 at 6pm (location TBD). We are always happy to have new people join our Board of Directors and bring their energy and ideas to continue our long tradition of building strong South Okanagan freestyle ski and snowboard athletes!



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We're Hiring Coaches! ~ We are looking for new and experienced ski coaches to join our team for the 2026/27 season. Do you like to rip around the mountain, moguls and park? Are you up for mentoring and training our athletes in a fun and safe environment? Competitive wages and perks! Former athletes and passionate skiers please submit a resume to alexa@freestyleapex.com.

Apex Freestyle Snowboard Club Program Director Josh Shulman ~ Ooooooooooh baby!! It's September already. Believe it or not, we've already seen the first dusting of snow fall on mountain tops around the province. That doesn't mean I'm ready to get back into winter activities. Not even close! But it does mean it's time to start thinking about what our winter is going to look like and start prepping for it. Our snowboard crew will be hitting the trampolines, sessioning the skatepark and doing some dryland training starting mid September. All in an effort to help us be ready for shred season! We've got Slopestyle, SBX, Banked Slaloms and Freeride contests stacked through the season and we want to make sure we are ready to claim more podiums again this season. That being said, our club isn't only about contests. We also strive to create an environment for all sideways sliders. Whether your goal is standing atop a podium or cruising laps and dodging snowballs with homies, we have a crew for you to shred with! From dialling in the fundamentals of shred to competing against the best in the province, our crew has a spot for anyone and everyone who chooses to stand sideways and send it! Think you're interested? Drop us a line and let's get you involved! Before I sign off, I want to throw a huge congrats out to two of our long time AFSC athletes. Jaxon Ede: excellent work on being chosen to be a part of the TeamBC Slopestyle Team! Chase Griesbretch: congrats on being picked to race SBX on TeamBC and for being in the running to represent our province at the upcoming Canada Winter Games! You boys have put in lots of hard work over the years and our entire club is extremely proud of you. Ok that's more than enough from me for now. I'm gonna go ride my bike. See you on the trails!



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Hi Apex!

By Alec Henderson, Team Canada Slopestyle and Big Air Skier



We're back getting ready as the leaves change for another winter season. I'm so excited to get back skiing soon! Last season had a lot of great challenges and I set new goals for what I wanted this year. I can't wait to go out there and show them to everyone.

As for skiing in the Okanagan area, hopefully this year soars well above last season in terms of snowfall for all the mountains in BC.

I'll be doing my regular program of competing all over and giving you feedback every month through Apex Matters of what I've been up to. Last season was epic! I skied well and have moved my way up to the World Cup B Team. With better funding, this program will help me get to every contest and there won't be a question of "how many spots for World Cups am I getting this season", as it's already confirmed that I have spots for them all.

Last season, I capped it off with my first win at a Jib league in Copper Mountain. That was followed by some filming in Whistler and at Mt Baker.

So, I can't wait to get after it! It's been a fun summer full of training and enjoying the Okanagan lifestyle. I'm heading to New Zealand real soon, so I'll tell you all about that when I'm back!





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Slushy Thoughts From The Snow Bank

By Brad Nunes

In 2003, approximately 33,000 people were displaced when wildfire raged along the east side of Okanagan Lake. In 2017, 30,000 people were displaced due to wildfires in the Williams Lake area. Now in 2026, the third largest mass evacuation event in BC history occurred right in our own back yard. I live in Penticton, but Summerland is 100% part of the local family. Many of the friends and faces we ski with reside there. The response was quick. My sister lives in Summerland and while she wasn't near the fire's edge, at 1 am I rushed out to help her get her things out. The river of people flowing out of the community was unprecedented. I have never seen the highway so busy. And the stream of people trying to get into the community to help was also amazing. People who just wanted to help. Scared people who were showing true bravery. I was also blessed with the opportunity to work at the evacuation centre at the Trade and Convention Centre. And while there were some tears, there were mostly stories and a lot of laughter. The only word I really have for the situation was community. Just people coming together to support one and other. It didn't matter who had a need, the community came together to support. The absolute beauty of the connected human experience shines through. It gives me hope. In a world where the voices of division seem to scream across the internet, genuine love of the other is what really holds us together. It spans across race or creed. When people are in trouble, we feel a call to help. I pray we hold onto these moments a little more. There is way more that binds us together than the petty differences that try to pull us apart. In other news, it is right about this time that I accept the fact that my beach bod is just not happening this year and I turn my attention to getting totally amazing ski legs ready for the season. I, for some ungodly reason, have taken to jogging as my usual cardio activity. I just completely hate my knees, I guess. I don't know that I truly obtain a 'runner's high'. I know I obtain the runner's wheeze and desire to puke after a few kms. I have developed an affinity for cursing at hills and dodging deer who never seem to hear me coming. It seems rather odd that an overweight white dude can sneak up on a deer more efficiently than a wolf. I do get a rush, however, from putting on my ear buds and outpacing my family. "I'm excited to go for a jog with Dad!", said none of my kids ever! Except that one time my kid came for a jog with me in Central Park, NYC. That was cool. I'm finding my me time, one grueling step at a time. Much love everyone. Glad to be back. Ciao!



Trail Of The Okanagans

By Mary Trainer

As I write this in Summerland on August 26, I've been home 12 days after being evacuated August 8 at the start of the Bald Range wildfire. I'm lucky - I had a home to come back to. Many Summerland and area residents did not ... a devastation like no other. They will need support as they piece their lives back together. In the meantime, Summerland is showing itself to be a resilient community.

I'm grateful to BC Wildfire, municipal, regional and provincial staff, who worked long hours to protect our neighbourhoods. I'm also grateful to the City of Penticton and the hundreds of volunteers for helping 12,000 evacuees cope with this emergency for two weeks. Who else lost their homes? Wildlife, including bears wandering through neighbourhoods looking for food.

It's unknown at this time how much and what type of damage the massive wildfire caused along the route of the Trail of the Okanagans and on other trails in the area. There has likely been extensive damage and loss of wildlife, trees and plants, biodiversity, structures (such as picnic tables, culverts, bridges and toilets), trail surfaces, soil, access points, signage, sensitive cultural areas and aesthetics of the trail that once appealed to us all.

To the south of Summerland, the route is on Penticton Indian Band land between the Trout Creek trestle and Penticton, and along the west side of Skaha Lake to Banbury Green. These sections had already been closed to the public for various reasons well before the fire.

In Summerland, the trail extends between the train trestle over Trout Creek and the north end of Garnett Valley, a distance of 19 kilometres. Garnett Valley suffered numerous structural and other losses during the fire. Garnett Valley Road is open, but there is a lot of work underway. Watch for flaggers.

Parts of the Fur Brigade Trail incurred fire impacts. It is not closed, but it may be best to avoid using this trail until such time as risks and danger trees are dealt with.

We collectively grieve for all these losses. When can cyclists and hikers return? How can we support restoration? It's too early to say.

Fortunately, the fire didn't affect the Trail of the Okanagans between Peachland and West Kelowna, or between Osoyoos and Banbury Green. We can be thankful for existing trails to the north of us, and for the good work done by the Ribbons of Green, Okanagan Rail Trail and the Shuswap North Okanagan Rail Trail societies.

On a positive note, until September 30, you can join the "Great Canadian Hike". This is a nation-wide challenge to hike, bike, paddle or roll in support of the Trans Canada Trail. More details can be found at greatcanadianhike.ca.



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Fall Summit Hike at Apex ~ Photo by Leigh Trusler Photography

Make My Day

By Fred Albrechtson, Nickel Plate Junior Racer Alumni

As most of you know by now, my dad, Danny Albrechtson, passed away at the beginning of August. He was a lot of things ... an amazing father, the funniest guy, and a pretty good skier.

He was born in Montreal in 1968 to a French woman and an English man who didn't speak a lick of French. Growing up, he played hockey, baseball, and skied. His dad was a big time skier and golfer, and so they spent a fair bit of time doing that. His family had a property along Simon River in Quebec, where they later got the name for my brother, Simon. After high school, my dad came out west, and like so many others, wound up in Whistler living the ski bum lifestyle. By then, he was a Telemark racer and spent some time racing in Europe for the National team.

Believe it or not, my dad and my mom, Jenny, actually met Telemark racing in 1995 at Apex, of all places. I find it hard to believe that Telemark racing was ever actually a thing! In 1996, they met racing at Apex again. That following spring, when they were both working tree planting gigs, my mom decided to leave her company to go work with him at his company. She said it was a big leap, an all for nothing, but it all worked out. In 1998, they got married in Naramata at my grandparents', Bill and Arlene Souch, property. A few short years later, in 2002 and 2004, Simon and I were born. I only learned this recently, but before I was born, my dad ran his own little Silviculture/Forestry company for a bit, called Noaxe Forestry Services. Apparently, he had named it after a Forestry Service Road somewhere near Pemberton, where he had tree planted years ago. One of his big first jobs was glading the Wildside ... pretty cool if you ask me!

In the mid 1990's, he purchased a property on Lilloet Lake. At the time, it was a patch of untouched towering second-growth Douglas Fir. His dad helped him build a cabin on it, which eventually became 'the shack in the bush'. We often spent long weekends during the summer out there, and even the odd Thanksgiving, although that was really just to take advantage of the 'Turkey Sale' - the preseason ski sale in Whistler. Over the years, he had a bunch of trees taken down and some machine work done. So, you can drive all the way in there with a sedan. No more packing up and down two gulleys just to get to the shack. When he took us up there, we would spend the hot summer days floating on cedar driftwood from 11am 'til dark. One of his friends from Lilloet recently said to me that there weren't many people in the world that would be as content as he was with just a beer and a log, floating on the lake.

In 2003, my parents purchased their property at Apex. They really adopted the Apex lifestyle and by the age of two, they had both Simon and I on skis, with our first run down the driveway. When Simon was 3 or 4, my dad brought him down Peashooter with the ski harness on. I don't know many parents who can say they've done that! They also home schooled us for our first few years in school to maximize our ski time. We were clocking 100 days of skiing a year at age 6 (thanks mom and dad!). From thereon out, he was the best father that anyone could ask for. He always made time for you and went well out of his way to put others' needs before his own. I hope to be like him when I am a father one day. My dad was genuinely one of the nicest people that you could ever meet. I remember being irritated with him in the lineup for the quad, because he always had to talk to everyone. Come on man, no friends on a powder day! He was hilarious too, just a kind-hearted soul with a good sense of humour. He had an incredible work ethic and a strong sense of integrity. He loved his family and friends, skiing and Apex more than anything in the world. His favourite run was "Make My Day". We used to call it "Make Daddy's Day" or Make Danny's Day". So, when you are enjoying some turns down "Make My Day", take a moment to remember Danny and smile.

**Celebrating the Life of
Daniel Albrechtson**

September 2nd, 1968 - August 1st, 2026



Saturday, September 19th, 2026

Nickel Plate Nordic Centre
Nickel Plate Rd #2600, Hedley, BC V0X 1K0

Please join us for any or all parts of the itinerary:

11am - Hike to Danny's Happy Place starting from the Nickel Plate Nordic Centre (6km)
2pm - Reception at the Nickel Plate Nordic Centre Lodge - light refreshments will be provided

**For those unable or not wanting to hike in, the destination is accessible via vehicle. Please meet at the Nordic Centre at 11:45am if you plan to drive in; directions will be provided.*

In lieu of flowers, please consider a donation to the Nickel Plate Nordic Centre fundraising campaign for a new groomer. Donations can be made in person at the reception, or online at:
<https://www.zeffy.com/en/CA/donation-form/nickel-plate-groomer-campaign>

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Nickel Plate
NORDIC CENTRE

<https://zone4.ca/register.asp?id=42331>



Subrina Monteith

Director of
RDOS Area "I"



From The Director For RDOS Area "I"

As I conclude my time representing Area "I", I would like to extend my sincere gratitude to the residents of our community for the trust, support, and confidence you have placed in me over the past eight years. Serving as your elected representative has been both an honour and a privilege. Together, we have worked through challenges, celebrated successes, and advocated for the interests of our community. I am deeply appreciative of

the opportunity to have been your voice at the Regional District table and to have worked alongside so many dedicated residents, volunteers, and community partners.

Local government plays an important role in shaping the future of our communities, and I encourage anyone who is considering running for office to explore the opportunity. It is a rewarding experience that allows you to make a meaningful contribution to the place we call home.

If you are thinking about becoming a candidate and would like to better understand the scope, responsibilities, and commitment of the role, please feel free to reach out to me. I would be happy to share my experience and answer any questions you may have.

Thank you again for the privilege of serving you over the past eight years. I will always be grateful for the trust you placed in me and for the many relationships and memories built along the way.

Subrina Monteith, Director of RDOS Area "I"

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

DONEGAL WILSON
MLA BOUNDARY SIMILKAMEEN

Let's Talk About
What Matters To You

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

Preparing For The Season At Apex

By Donegal Wilson,
MLA For Boundary-Similkameen

September is a month of transition across Boundary Similkameen. The long days of summer begin to shorten, harvest season is underway throughout the South Okanagan and Similkameen, and at Apex, thoughts inevitably begin turning toward the winter ahead.

Behind everything that makes a mountain community like Apex special, however, are the same practical considerations that matter to rural communities throughout our riding: safe and reliable roads, access to health and emergency services, dependable infrastructure, strong local businesses, and the ability to respond when emergencies occur. These issues have been at the forefront of many of my conversations with residents this summer.

Travelling throughout the riding and spending time in our smaller communities continually reinforces how different rural life can be from life in larger urban centres. Distance matters. Weather matters. Transportation matters. When a service is unavailable locally, the alternative may not be a short drive across town. It can mean travelling significant distances, often in difficult conditions. Those realities need to be understood when decisions affecting rural British Columbia are made in Victoria.

Mountain communities face additional challenges. Winter weather can change road conditions quickly, emergency response can be complicated by geography, and businesses that rely heavily on seasonal tourism have a relatively short window in which to make much of their annual income. That makes preparation and reliable services especially important. It also means recognizing the people behind a successful winter season. Long before the first chairlift carries skiers up the mountain, people are working to prepare facilities, maintain infrastructure, hire and train staff, stock businesses and make sure visitors have a safe and enjoyable experience. Those businesses, workers, volunteers and residents contribute not only to Apex, but to the wider regional economy.

As we prepare for another fall sitting of the Legislature, I will continue bringing the realities of communities like Apex into the conversations taking place in Victoria. Rural communities should not be expected to simply make do with services and infrastructure designed around an urban model. As the seasons change, my commitment remains the same: to listen to the people who live and work in Boundary Similkameen and ensure our rural communities have a strong voice in the decisions that affect their future.



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



1.877.777.2739 | ApexResort.com

The Bear Facts In Ski Country

By Joni Reimer, RDOS Waste Reduction Coordinator

At this time of year, it isn't only humans getting prepared for another winter season; enjoying pumpkin spice lattes and heading up to the ski cabin or winter recreation areas. Local wildlife is getting ready for winter too. Managing attractants in and around your mountain home, cabin or chalet will reduce the risk that unwanted critters will take up residence, get into mischief and become a danger. When getting our winter shelters ready for the season, consider implementing attractant management systems before the season starts, and making sure all users know the rules.



If we manage attractants with bears in mind, it deters other wildlife and vermin from loitering in your space. Knowing a few key bear facts will make modifying procedures at your property easier. Following a few simple actions can avoid putting you and your neighbours at risk.

Bears can smell five times better than a bloodhound. They can smell a peanut butter sandwich over a kilometre away:

- Keep garbage securely stored until disposal or pick up.
- Freeze really pungent foodstuffs and then put in the garbage right before disposal.
- Manage BBQ's - burn off any residue from cooking. These steps will keep out bears, raccoon, deer, dogs and rats.
- Clean up everything after all outside activities, like cook outs at the fire pit. Tidy up all food related bits, such as 'Smores', hot dog remnants, bottles and cans.



Bears need upwards of 24,000 calories per day between August and late November to bulk up for denning:

- Remove Bird Feeders (or bear-feeders), as they are a 5,000 calorie meal for a bear. Make sure only to feed the birds after December 15th until March 1st. This keeps out bears, deer, raccoon, mice, cats and rats.
- If you have a backyard composter, make sure they are working; equal parts of browns and greens, veggie or garden waste only. Keep it damp. NO meats or breads. Stop using it before the hard frost and cover with lots of leaves to allow it to freeze. This keeps out bears, raccoons, rats, mice and coyotes.
- Feed pets indoors and make sure no leftover food is available outside. This keeps bears, coyotes, rats and mice off your porch or patio.



Keep in mind that bears will return again and again, if they obtain even a small food reward.

Bears can mistake non-food items as food ~ Bears may confuse waxes, fertilizers, automotive products and even some paints as food. Keep all well sealed and stored in a secure area. Bears are well known for eating or trying to eat just about anything!

Bears get up early and stay up late ~ Dawn and dusk are prime times for wildlife movement, so be cautious walking or hiking with children and pets on local trails. Dogs are great alert systems, but if not on a leash can create a hazard. Bears will chase dogs, who always run back to their owners. Carrying bear spray (and knowing how to use it) can go a long way to staying safe when in bear country.

Be cautious walking around your sheds and outbuilding near dawn and dusk too. Surprising a bear can make it more defensive.

Wildfires can affect bears and other wildlife ~ During and post wildfire season, areas that have been subjected to wildfire can affect bears and other wildlife causing them to be more unpredictable. This is especially true if they have had to flee their regular home range. They will be looking for water, food and safe shelter in unfamiliar surroundings. Most wildlife, predators included, are range animals and can become anxious and act irrationally when a perceived (or real) imminent threat is anticipated. This can put them in conflict with other wildlife and humans.

Apex Mountain and the surrounding area is a beautiful, easily accessible four-season playground, providing residents, cabin owners and visitors a stellar outdoor experience. More and more 'new' folks are discovering the area, buying land, cabins, condos, and chalets. Share your 'wildlife' knowledge with newcomers. Help keep you, your loved ones, and your community safe.

For a great video on how to use bear spray, visit <https://www.cbc.ca/news/canada/british-columbia/spray-simple-acronym-bear-spray-1.4784095>

If you have a conflict with wildlife, call the BC Conservation Officer Reporting Line at 1-877-952-7277.

For any further questions or concerns, please contact RDOS Waste Reduction Coordinator, Joni Reimer at 250-490-4144 or jreimer@rdos.bc.ca.





ACA September Update

By Cindi-Lou Baker, Vice President

Hey everyone! When you see the first issues of Apex Matters, you know ski season is on its way! We are all pretty excited and starving for some powder! We did not get our fill last year. This year HAS to be better! Right?

ACA has had a fairly leisurely summer. We did help out with the Apex Fire Department's Wildfire Preparedness Day. It started with neighbours helping neighbour's FireSmart their homes. Our appetites were amply stoked for the BBQ which followed at the firehall. The weather totally cooperated.

Our energies are now geared toward our biggest fundraiser of the year, **SepTimber!** This year, it will be held on **Saturday, September 12th**. The event runs from **2-8 pm**. The **BBQ** runs from **3-6 pm**. The RDOS Physical Activity Trailer will be up for those seeking fun and games. **"Uncorked"** from Naramata will be blasting out tunes from their amazing repertoire from **4-6 pm**. There will be lumberjack games, ever popular Naglen, Tug of War with skiers vs boarders, and the hugely entertaining Slackwater wiener slinging contest, along with DJ Yo Sexy, just to name a few! For this year's event, all of the proceeds will be donated to the Summerland Fire Relief Fund. Money will be raised through the BBQ and the beverage sales on the Gunbarrel Patio. Many thanks to all the local breweries, wineries and cideries that donate to our event! I don't have the complete list at this time, so I will give a big shout out in the next issue. For this year's raffle, Apex Mountain Resort has totally stepped up to donate a prize everyone wants! They are donating **2 books of 5 lift tickets**. These lift tickets are fully transferable. There are no black out periods! They make excellent gifts. This prize has a **retail value of \$1,344!** This will really boost the amount of money raised for our friends and families in Summerland. Thanks Apex! I'd also like to thank the Gunbarrel Saloon for the use of your licensed patio to help make our event the success it has been. We hope to see you there!

This year, SepTimber is competing with the Apex CSP Ski Swap. This is also their biggest fundraiser of the year. Hopefully, you can do both! Thank you for your support!

APEX COMMUNITY ASSOCIATION PRESENTS

SEPTIMBER!

On the Gunbarrel Patio
Sept 12, 2pm - 8pm
 Donations will be given to Summerland wildfire relief

BBQ! DJ! Patio Bar! **Live Music by Uncorked! Hammerschlagen! Lumberjack Games!** **Kids Activities! Tug of War! And More!**

Logos: EDGE, Fire Department, ACA, Fire Department, Apex Mountain Resort

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Apex Fire Brigade Society September Update

By Jacquie Foley, AFBS Chair

Welcome back everyone! Well, we have almost made it through another summer fire season! While we have had the good fortune to avoid any major fires in the Apex area, other communities (Summerland and area, Penticton Indian Band, North Westside, Okanagan Indian Band, Manning Park, Southern Cariboo area, Fraser Canyon area and others) have not been so lucky. It seems that the Apex community has been a place of refuge for many folks displaced this summer, and it was lovely to see so many community members opening their homes to help others! It has also been great to see community members and friends undertaking FireSmart work on their properties on the hill! A big thank you to Apex Volunteer Fire Rescue, who held a FireSmart Community Wildfire Preparedness Day this summer to help raise awareness.

Over the summer, Apex Volunteer Fire Rescue and the Apex Fire Brigade Society have helped kick-start a Wildfire Risk Reduction project in our area. Through the hard work of our fire chief and the AFBS board, we have secured funding through a Shared Cost Agreement with the BC Mountain Resorts Branch to address identified forest fuel treatment units in our area. This fall, we are working on addressing the deadfall and remaining slash piles in the forest treatment areas behind homes in the Circle, Big Horn and Whitetail neighbourhoods, that you might have seen while hiking around the resort. With the help of our hard working Snpink'tn Indian Band crews, efforts have been ongoing to address deadfall and slash piles in preparation for some fall/early winter burning. This is one of the many ways that the AFBS is helping our local community.

We are a registered non-profit group that was created to help support the fire department in as many ways as possible (i.e. fundraising for new equipment, supporting community property address signage, etc.). We are working hard to give our mountain community the best shot at avoiding major fire incidents throughout the year! After seeing so many fires affect our Okanagan community this year you might be asking ... what can I do to help? ... how can I get involved? As with all volunteer organizations, we are always looking for more people to help! Please consider volunteering for the AFBS. Let us know by sending an email to afbs.info@apexfirerescue.ca or email me directly at jacqueline.foley@apexfirerescue.ca.



Apex Fire Protection: Some Lessons in Reality

By Kelly Johnston, Fire Chief

Regularly, during conversations on the topic of the Apex fire services with residents, homeowners, or business owners, I hear references to “your fire department” or “the firefighters’ fire department” as part of the vocabulary. On some occasion, I even hear “what are you”, or “what is the fire department going to do about [insert problem here]”, or “you or the firefighters should [insert suggestion here]” ... or the common “someone should ...”.

Don’t get me wrong, as a volunteer firefighter and the volunteer fire chief of AVFR, I am extremely grateful for the support that the volunteer members of AVFR receive from the residents, and the trust that the community has placed in us. I do, however, think that is important to clarify WHO is AVFR and what it takes for the Apex community to have a proactive and effective fire protection program in place.

So ... WHO IS AVFR? Well, simply put, for the Apex community to have an effective fire protection program in place, AVFR IS EVERYONE, and we need EVERYONE to be a part of AVFR.

Think that you’re too busy? Don’t have time? It’s “someone else’s” job to do? Well, here’s the reality; there is no mythical “someone else” taking care of the community’s fire safety. Right now, there is only a small handful of your fellow Apex residents, who are just as busy as you, with their regular full-time jobs, family and life commitments and daily living. Yet, we understand that the viability of homes that they live in, the properties that we own, the community that we love and the lifestyle that we enjoy is highly dependent upon on effective fire protection, so we make the time. To be clear, each one of us are 100% volunteers who only receive a stipend to offset costs of personal expenses that we incur for volunteering - from the newest recruit to the fire chief. These are not paid positions.

The challenge that we face is capacity. Currently, we have 17 volunteer firefighters, and a small handful of volunteer Apex Fire Brigade Society support volunteers. Less than 10% of our year-round full-time population and an estimated less than 1% of our seasonal population. All these volunteers are very hard working and dedicated. These numbers meet the minimum requirements to maintain the “protected” fire protection status with insurance providers that allow Apex homeowners to enjoy significantly reduced insurance premiums, or even the ability to obtain home insurance. To keep this up, this small group logs hundreds of hours every week. Not only do the volunteer firefighters adjust their schedules to maintain 24 hour/365 days a year availability to respond to emergencies, attend weekly training and undertake regular equipment and firehall maintenance; they also take on the administration and finance management, managing and overseeing the FireSmart and Wildfire Risk Reduction programs, interfacing with Regional District senior management to advocate for Apex community fire protection needs, fundraising to address budget shortfalls, and public education and community support and responding to community member enquires. A lot of work, for such a few numbers of volunteers.

To be optimally sustainable, and keep the load light and manageable for everyone, we need 20 volunteer firefighters on the roster; and a list of non-firefighting volunteers that we can call on to take care of the “non-response” duties. Some very short-term and sporadic, some more consistent. Many tasks are extremely flexible for time commitment, and many can be undertaken “off mountain” ... if only there were more people than this in the community than the 1% who are currently carrying the load ... hmmm.

There’s a familiar saying of “no friends on a powder day”. As a skier,



I get the jest of the saying, but as a person who has spent my entire adult life working in jobs where a team is imperative to my safety and effectiveness; and the overall team safety and effectiveness, this saying makes me think: Is it possible that underlying individual centric meaning of this saying is preventing community members from being a part of the fire protection safety solutions of the greater Apex community, while they still are enjoying the individual benefits that our hard working volunteers provide?

Prove me wrong, become part of the team ... become part of the solution ... volunteer now. There is a role for everyone. Remember, there is “no someone else”, that someone else is YOU.

Email firechief@apexfirerescue.ca, so we can discuss your new role with AVFR or AFBS.



End Of Summer Thoughts From APOA

By Barry Leigh for the APOA Executive

Wildfires have made this a particularly stressful summer for those of us living in the Okanagan Valley. For many, the constant threat of fire has brought an underlying sense of anxiety, made even more difficult for those who have lost their homes and property. Smoky skies, billowing gray plumes rising in the distance, evacuation orders and alerts have all become an unsettling part of daily life. It has been a difficult reminder of just how quickly conditions can change and how vulnerable our communities can be during fire season. It also reminds us of the importance of following the FireSmart recommendations of our local fire department and doing what we can to protect our homes and neighbourhoods.

With fall approaching, we can look forward to cooler days and, hopefully, some much-needed rain. Let’s hope that these changes in the weather will soon bring an end to this year’s fire season. All of us at the APOA are looking forward to winter and hoping it will bring an abundance of snow - not only for skiing and other winter recreation, but more importantly, to help replenish our depleted lakes and reservoirs. After such a challenging summer, we could all use a change of season and a little good news on the horizon.

More Than Just An Event

By Lyndie Seddon, Hoodoo Adventures

I had a bit of a realization when I sat down to write this article. I have been contributing to this publication since 2013. Thirteen years. That's a lot of words, a lot of adventures and, apparently, a lot of opinions. Last year, for the first time in a long time, I didn't write. Life and business had other plans, and I was focused on closing a chapter at Hoodoo Adventures and figuring out what the next one might look like. Maybe that's why, sitting down to write again, I keep coming back to community. Because after everything our communities have been through lately, I don't think community is something we should ever take for granted.

I have spent a good portion of my career organizing events. Big ones, small ones, serious ones and ones involving people running around town drinking beer dressed in ridiculous costumes. And while events can look very different from one another, I've come to believe they all have something important in common. They give us a reason to show up.

Each summer our team helps with the Peach Classic Triathlon, which has grown to an incredible 1,100 participants over two days. Standing there watching it all happen, I found myself paying less attention to the race itself and more attention to everything happening around it. Hundreds of people had chosen to spend part of their weekend making something happen for other people. Volunteers stood at intersections. People filled water cups. Families lined the course. Kids cheered. Businesses supported. Organizers spent countless hours doing all the invisible work that nobody notices when everything goes right. And somewhere amongst those 1,100 participants was probably someone doing something they once didn't believe they could do. That's the part I love. Years ago, while preparing to bring the Adventure Racing World Championships to Canada, I wrote about the potential of events to do far more than create economic benefit. I believed they could inspire people of all ages to connect with one another, connect with the earth and discover what they were capable of. Then we actually got to bring the World Championships here. And I got to watch it happen. I watched communities welcome athletes from around the world. I watched volunteers work ridiculous hours, because something needed to be done. I watched businesses, municipalities, First Nations, tourism organizations, emergency services and ordinary people become part of something much bigger than any one of us.

But here's the thing. It doesn't have to be a World Championship. It can be a farmers' market. A kids' soccer tournament. A community fun run. A concert in the park. A festival. A triathlon. A beer run. Twenty people showing up on a Saturday morning to clean a trail. The scale isn't really the point. The point is that we showed up.

There is, of course, an economic side to all of this, and right now that matters enormously. When someone comes to our community for an event, they don't just pay a registration fee. They might stay in a hotel, buy a coffee, have dinner, visit a winery, fill their vehicle with gas or wander into a little shop they didn't know existed. Maybe they love it here and come back with their family.

Years ago, I wrote about tourism as an industry that doesn't simply sell products. We get to be part of people's birthdays, weddings, anniversaries, vacations and time together. We create experiences that rejuvenate people and become memories. Events do that too. But I think there's another return on investment that is much harder to put into a spreadsheet ... Belonging.

Something happens when people gather. The new person in town meets someone. A child watches their parent volunteer. A teenager discovers a sport. Someone signs up for their first race and realizes they're capable of far more than they thought. Local businesses that compete for customers the rest of the year suddenly work together



toward the same goal. And people cheer for complete strangers. Think about how wonderfully strange that is. You can stand on the side of a racecourse and yell encouragement at someone you've never met, and somehow both of you walk away feeling a little better about humanity. We need more of that, especially now. We've had some hard years. I've written about many of them in the pages I've written for Apex Matters over the years - pandemics, fires, economic struggles, disasters and the constant challenge of running small businesses through all of it. In one of my previous columns, I compared the tourism industry to a boxer getting knocked down and choosing, again and again, to get back into the ring. I still believe that. But I think I've learned something else too. Resilience isn't only about getting back up. Sometimes resilience looks like reaching your hand out to the person beside you.

Community events give us somewhere to practice that. We volunteer. We cooperate. We problem solve. We celebrate someone else's success. We share our streets, trails, parks and businesses. We make room for one another. And when something much harder happens ... when our neighbours genuinely need us ... those muscles aren't entirely unfamiliar. We know how to show up. I've watched a lot of that lately. I've watched people step forward when there was work to be done. I've watched people help neighbours, support local businesses, give their time and quietly do what needed doing.

There is something incredibly reassuring about knowing that when things get hard, people still show up for one another. And now, as communities recover and businesses work to regain some of what has been lost, I think gathering matters more than ever.

So, support the community events around you. Buy the ticket if you can. Volunteer if you can't. Bring your kids. Cheer for somebody you don't know. Eat at the restaurant afterward. Visit the local shop. Thank the volunteer. Thank the organizer. Support the business that sponsored the event, so it could happen in the first place.

And remember that the person asking you to volunteer, sponsor, participate or simply come down and join in probably isn't just trying to put on an event. They're helping build a community. Because an event is rarely just an event. It is an excuse to gather. A reason to celebrate. An opportunity to discover what we're capable of. A way to support the businesses that make our communities interesting places to live. A chance for our kids to see what it looks like when people work together. And sometimes, especially after we've been through something hard, it is simply a reason to be together. Right now, I can't think of anything our communities need more.

Lifeskills

By Jim Ongena, Life Coach in Summerland

Commit Random Acts Of Kindness

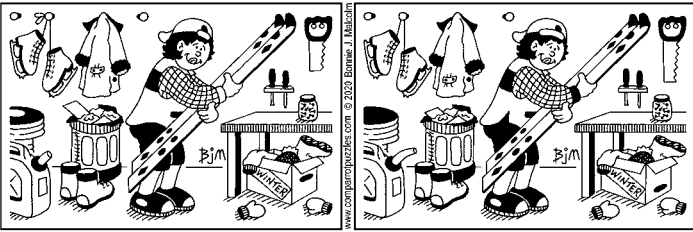
I didn't originate this quote, but once I read it, I printed 500 bumper stickers and gave them to people at my seminars and talks. Kindness obviously benefits the recipient, but there's much more to it. Many studies have proven that when you give to someone in this way, you also benefit, and what's more, people who witness the act of kindness also benefit. WHODA THINK IT? Neuroscience studies have proven that not only does helping others contribute to a sense of satisfaction, but that it's the BEST way to do this. Other studies state that it also improves happiness in the giver, recipient, and onlookers. Yet another experiment showed that someone who witnessed another person helping someone was 29% more likely to help a stranger, creating a chain reaction of sorts. So, what's stopping you from committing more random acts of kindness? Not to suggest you **COMMIT RANDOM ACTS OF KINDNESS** for your own benefit, or those who witness it, but the ripple effect goes far beyond your actions. A constant reminder helps make changes, so **PRINT IT AND PUT IT ON YOUR FRIDGE!** With a bit of effort it will spread, as I tried years ago with bumper stickers.

"You only live once, but if you play it right, once is enough."

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



Can you spot 12 differences between these pictures?



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Next deadline starts on Thursday, October 1st.

Jay's Tunes To Turn To

Artist - Bill Withers | Song - Lovely Day

The lyrics to this 1977 song mean that love and human connection have the power to instantly transform a stressful, heavy mind into a hopeful outlook. I find that whenever I see Apex, its "just one look at you and I know it's going to be a lovely day"! Another season is coming and I'm dreaming of that 'lovely day' in the fresh powder.

Be sure to shop at the annual Ski & Board Swap September 11-12 and stop by SepTimber on September 12 too. Ski you later!

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



Photo by Johnny Smoke

CatMatch



Meet Timber

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

that is hidden behind those beautiful eyes, please contact us and we can arrange a meet and greet. Miss Timber is just one of many cats in our care that need that little extra time to become the love of your life.

For more information, email alleycatsalliance@gmail.com.



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South Okanagan Similkameen Community Connections Volunteer Centre Update

By Laura Turnbull, Board Chairperson

WOW! What more is there to say about the amazing volunteers who have stepped up to assist the evacuees during the Bald Range wildfire? Showing astounding compassion, endless energy, and phenomenal goodwill, hundreds, if not thousands of people opened their hearts and homes to folks in need. After volunteering for a few days at the "Comfort Centre", I have come away with a renewed sense of appreciation for the way the many service groups, community organizations, clubs, school groups, churches, the Sikh community, Penticton Indian Band, and individuals throughout the region have banded together to show we are all neighbours. I also have been struck by the appreciation on the part of the evacuees when receiving coffee, food, or a listening ear. Repeatedly, I heard gratitude expressed for all that the volunteers were doing.

Volunteers were assisting in handing out packaged food and drinks, playing games with the children and teenagers, listening to the stories of how neighbours helped in the evacuation process, directing to personal care items, delivering truckloads of food for the meals at the "Comfort Centre", and the list goes on. Thank you!

As I spoke with folk who fled their homes, I heard stories of resiliency, good-will, and feeling blessed. On behalf of all the volunteers, we are the blessed ones. You who are now displaced have shown grace, strength in crisis, and have treated us so well. On behalf of the South Okanagan Similkameen Community Connections Volunteer Centre, I am deeply appreciative of every volunteer who has assisted at this time of crisis. We have intentionally taken a back seat in coordinating volunteers at this time of disaster, as Emergency Support Services are the lead organization. If you are looking for information, please check rdos.bc.ca.

When things settle down and you are looking for volunteering ideas, the South Okanagan Similkameen Community Connections Volunteer Centre is your place for information on general volunteering opportunities in your community. Check us out at 1-888-576-5661 and Subrina Monteith, our Executive Director, would be pleased to help you. Look us up on our webpage at volunteercentre.info or email at info@volunteercentre.info.

Stay safe and thank you!

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PHOTOGRAPHY



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