Volume 23 : Issue 3

APEX MATTERS

"Keeping You in the S'know"

Your FREE Local Snow Culture Newsletter!

November 2026

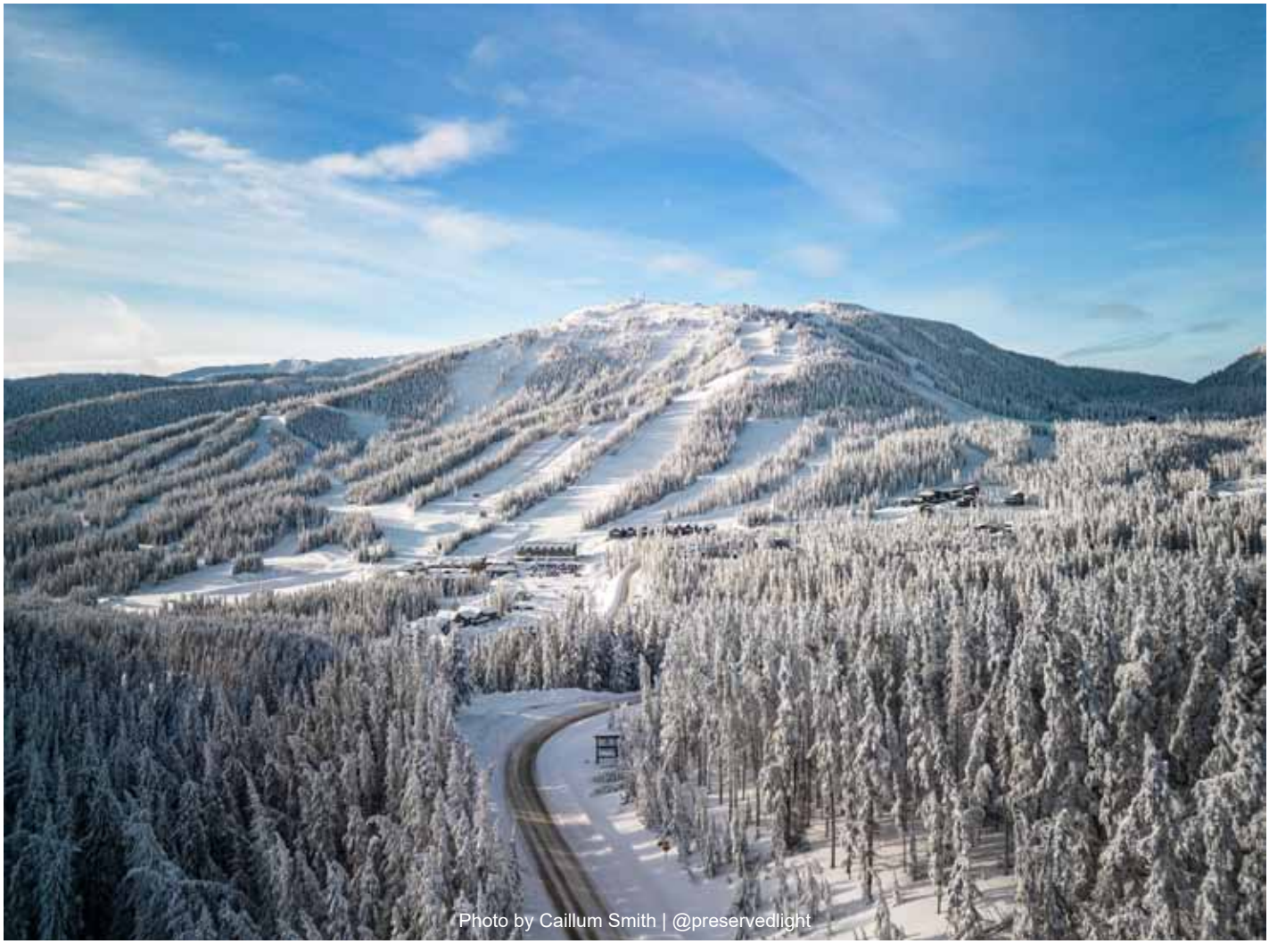


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Getting Ready For The Season Ahead

By Myleen Mallach, Owner/Publisher of Apex Matters

We are now in the month of snow dances and weather watching. We anticipate consistent colder temperatures to not only freeze the ground, but to preserve any snowfall we get, in order to build a good snow base. A little snow dance or sacrifice to Ullr, the mythical snow god, is an annual tradition at resort communities around the world to encourage a good early snow fall and winter season ahead. When the temperatures meet the snowmaking criteria, the fleet of Apex snowguns will help get our slopes ready too. The grooming machines are ready to make their laps every night, so we can enjoy our laps on perfect corduroy every morning.

Whether you're a competitive athlete, weekend warrior, or mid-week local, we are all getting ready to ride when the slow flies. We have our own pre-season routines ... from reps in the gym to kms on the bike to binge watching our favourite snow culture movies ... lets all get out there and do a little snow dance for Ullr. Wishing you all the best season ahead full of many blue bird powder days!

Published by Okanagan Matters Publications

"Keeping You in the S'know" since 2002

apexmatters@telus.net | 250.490.6951 | ApexMatters.com

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Carvers Corner

By Jorgen Anderson,
Program Director & Head Coach

Welcome to our November edition of Apex Matters! With the ski season getting closer, there's lots happening around the club. Here's a quick update.

Warren Miller Film - Thank You! ~ What a great evening at the Warren Miller film. It's always exciting to see everyone getting fired up about the upcoming ski season. Thanks to everyone who came out and helped make it such a fun night! A special thank you to Marnie Perrier of Christie's International Real Estate for sponsoring this year's film. We would also like to thank Neighbourhood Brewing and Roche Winery for providing the refreshments and helping make the evening a success. Thanks again for your support. We're already looking forward to next year's film!



Looking Ahead To The Season ~ Here we are in November, and the excitement is building as we get closer to another season at Apex! The Apex Ski Team has been working hard through dryland training, building strength, fitness and skills. We're looking forward to seeing all that hard work transfer onto the snow. The athletes and coaches are getting excited, and we can't wait to get things underway!

Apex Carvers - Registration Is Open! ~ Registration is ongoing for our Apex Carvers program, and we're bringing back retro pricing this season! Please see the poster to the right for pricing details and visit our website to register.

This is an excellent program offering 11 weeks of skiing on either Saturday or Sunday. You can also sign up for both days, if you want even more time on the mountain!

The program runs under the watchful eye of our Head Connection Coach, Jason Alleyne. Jason is such an asset to our club, and his enthusiasm and passion for coaching are unmatched. A big thank you to Jason! We also have a great group of coaches joining him this season, all excited and ready to get back on snow.

If you're looking for a great way to enjoy the mountain, develop skiing skills and be part of the Apex community, this program is well worth checking out!

Kettle Corn Fundraiser - November 14 ~ Mark your calendars! The Apex Ski Club will be holding our annual Kettle Corn fundraiser: **Saturday, November 14 from 10 am - 4 pm at Canadian Superstore in Penticton**. You'll find us at the store entrance. Stop by, pick up some fresh kettle corn and support our athletes and club programs!

Thanks to everyone for continuing to support Apex Ski Club. We're looking forward to another fantastic season. See you on the mountain!





Time To Wake Up, Sno-Trackers!

By Joe Millar, President

Howdy folks, Joe here! As your Penticton Sno-Trackers President, I'm hoping you're all starting to get excited and are already smelling those first blasts of two-stroke fumes blowing the cobwebs out after a long, hot summer!

It's that time of year again, folks. The days are getting shorter, the temperatures are dropping, and before we know it, we'll be hearing those familiar sled engines roaring to life. Hopefully, you've started thinking about your preseason maintenance, dusting off the gear, and getting those sleds ready for another great winter of riding.

The trip and adventure planning has already begun on our end! We're looking forward to another season of exploring the mountains, chasing the deep snow, and making some great memories with our Sno-Tracker family. We've also got more signage to install as we continue getting things ready for the upcoming season.

A few of us are already making plans to head out to some early-season deep snow hotspots. There's nothing quite like that first ride of the season, when the snow is deep, the powder is fresh, and the sled is running like a dream. I hope you're all getting just as excited as we are!

Of course, there's always plenty to do before the snow starts flying. Get that preseason maintenance done, check over your equipment, and start thinking about those winter adventures. We want everyone ready to go when the conditions are right.

And don't forget, our first club meeting is coming up! **Tuesday, November 10th at the Barley Mill.**

Plan to arrive at 6 pm. Grab yourself a bite to eat before we get into the meeting and catch up with some familiar faces. We'll have plenty to discuss as we get things rolling for another season.

I'm looking forward to seeing everyone, hearing about your plans, and getting the Sno-Trackers fired up for winter.

Let's hope Mother Nature has a good one in store for us this year!

See you all soon, and keep those sleds ready!

Email: pentictonsnotrackers@gmail.com
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What Are You Thinking?

By Denise Mend, Physiotherapist

When you are visiting your health care practitioners, do you get asked this question above? When you have pain, sometimes all you know is that you want the pain to go away.

This week, the group at Dale Charles is joining Pain Canada and 40+ partners across Canada for National Pain Awareness Week. You don't need perfect words to describe your pain. We don't need perfect words to help someone living with pain. Check out UnsilencePain.ca and our social media channels for more resources.

We believe pain management is possible with the right resources. One key factor I encourage my patients to explore is focus.

What We Focus On ... We Find ~ "What are they focusing on and what do they believe about their over all health. Brain and psychology research show that our beliefs about our health are big predictors to the success of interventions we choose." - Pain Self-Efficacy and Expectations (e.g., Chester et al., 2013 / longitudinal shoulder studies).

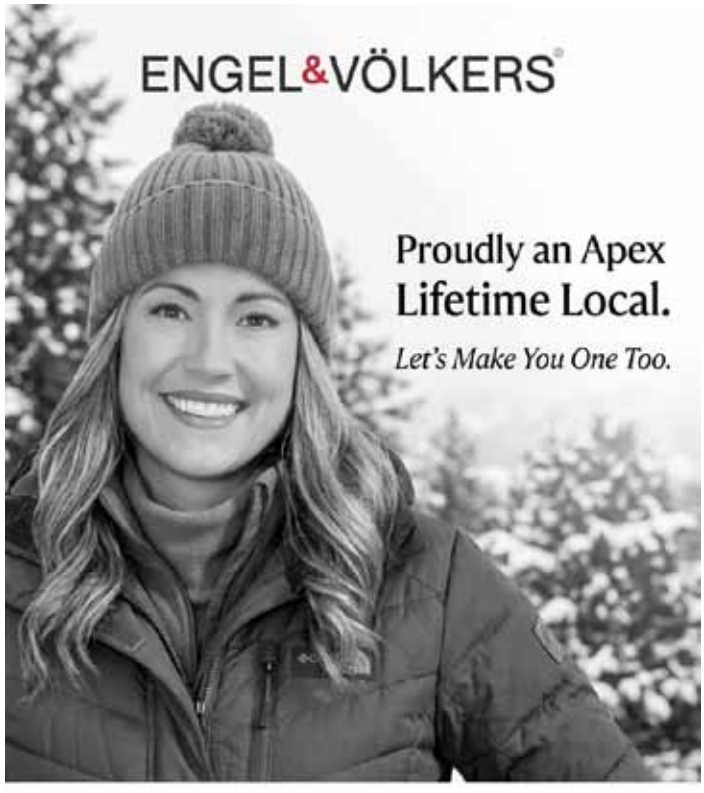
Do you find yourself thinking negative or positive thoughts?

"Everything went down hill when I turned ___ years old". (Fill in your age, if you've ever thought this one.) "I will never be able to run again." "Will I feel this way for the rest of my life?" "I know I can get stronger at any age." "I know I will get better. My therapist has always helped me." "I am always finding solutions that help me."

As you read the statements, which ones rang true? What thoughts loop in your mind when you are overcoming challenges?

Our brains number one job is to keep us safe from threats, over coming the thoughts that keep us safe and the same is a constant challenge. Awareness of what we think is more than half of the challenge. Once we are aware of what we are telling ourselves, we can change them to counter that negative bias. It turns out what we focus on grows and shapes our perceptions about what we experience. Pain is information that our brain makes us feel based on our unique set of experiences. With your physiotherapists support, explore what you believe about your injury, your pain and your capacity to recover. This exploration is a key part of your recovery. The human body is beautifully adaptable and capable of healing and recovering from injury. Focus on what you want to feel and experience in your health and watch what happens.

"The mind is everything. What you think you become." ~ Buddha



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By The AFC Team

From Apex Freestyle Club Head Coach And Program Director: How is it November already - where has the time gone?! We at AFC have been gearing up for a great season ahead. Our Jr. Performance Ski Team is headed to Silver Star for an airbag and dryslope rails camp November 13-15; dryland is up and running Wednesday nights at Wiltse Elementary from 7-8 pm until December 9; and we've got a Movie Night fundraiser at The Hub on November 25, and the Penticton Santa Clause Parade on November 29! Plus, our coaching roster for the 26/27 season is 99% finalized, so check out our 'Coaches' page on the website to catch who you'll be seeing on the mountain this season! We can barely contain our stokeness!

I need to give a special shout out to Shawn, James and all their Mountain Operations staff for helping us install permanent anchors on our Airbag site! We couldn't do what we do without the incredible support our sport receives at AMR!

I'm keeping it short and sweet this month, but like always, if you have any questions, please do not hesitate to reach out to me at alexa@freestyleapex.com. See you soon!

Get Stoked For Snowboard Season! With snow starting to pile up in the alpine, the Apex Freestyle Snowboard Club is getting fired up for another season on snow! Our club is all about having fun on snowboards, building skills and finding new challenges. Riders can enjoy the mountain with friends, or learn to compete in snowboard cross (SBX), big mountain freeride, slopestyle and banked slalom. With the amazing facilities at Apex, there are plenty of ways to ride, learn and progress. We're also back to dryland training on Wednesdays at 7 pm at Wiltse Elementary. It's a great way to get ready for winter and build a strong team before the snow season begins. The mountains are getting white ... let's get stoked!

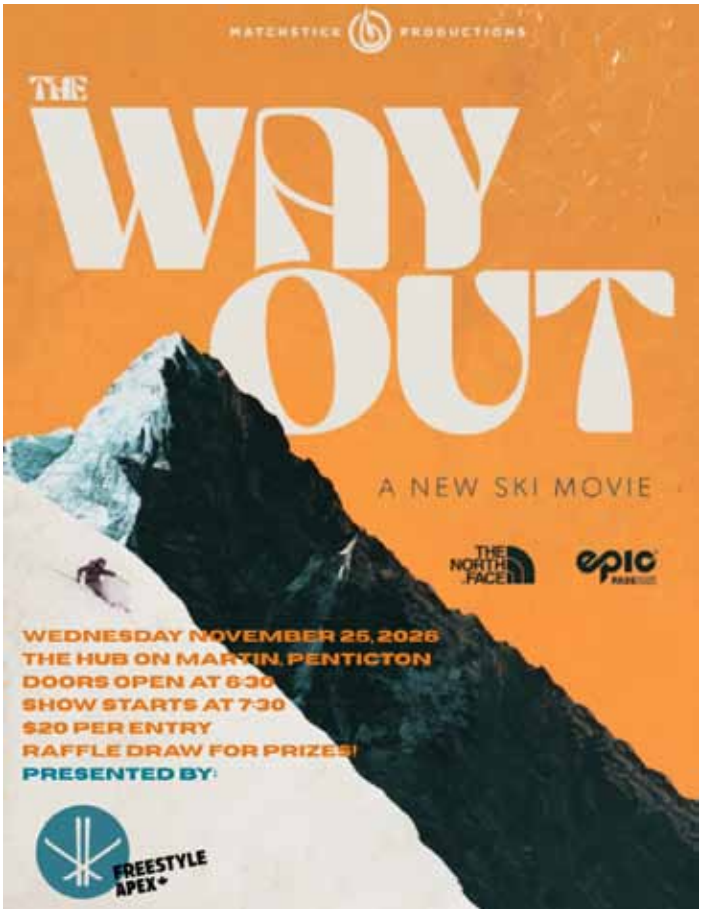
Winter Registration ~ Registration is open! Visit Freestyleapex.com for our ski and snowboard programs. Some of our programs are showing "SOLD OUT". Please add your child to our wait list and if possible we will open more spots.



Photo by MK Capture Photography

Santa Clause Parade ~ Want to hang out with AFC and Santa Clause on November 29? Bonus: participating would count towards earning your Volunteer Levy back early! Reach out to Kelly Farley at sponsorship@freestyleapex.com to learn more information!

Movie Night ~ Join us on **Wednesday, November 25** for a fun-filled freestyle movie night at **The Hub on Martin** featuring Matchstick Productions 2026 film: The Way Out. Don't miss out on this awesome event - mark your calendars now, support the Apex Freestyle Club, and get ready for another great season! Doors open at 6:30 pm. Movie starts at 7:30 pm. Ticket link coming soon .



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Stepping Stones

By Fred Albrechtson, Nickel Plate Junior Racer Alumni

It has now been three months since my Dad passed. Grief is a strange process. At some point, it shifts from a daily, active pain into something quieter, a deeper understanding. It has certainly made me more self-aware. Almost routinely, I find myself asking, “What would Dad think?” or “What would Dad do?” I think a big part of him now lives on through my every day, and through the choices I make along the way.

Anyway, for the last three weeks, we’ve been working at Sunshine Ski Resort as part of a fuel modification project around several ski lifts. The first phase involved hand-falling all the trees, the second grappling them out with a helicopter, and the third, where we came in, hand-piling and burning the remaining wood that was too small to be flown out.

The first week was hard. I spent a lot of time thinking of him. Dad would have absolutely loved this sort of work: running a saw on top of a ski resort overlooking the Rockies with his son. Each day we’ve hiked saws and fuel into site, sometimes up lift lines as steep as The Pit. Before I was born, he actually had a contract glading on the Wild Side. I wish he were here so I could share it with him. I would have certainly tried to convince him to take some time off and come help, though whether he would have given in is another question.

The contract has also been a major stepping stone for both me and the company. From a business standpoint, it’s allowing us to prove ourselves in a large corporate environment without having to navigate all the hoops and requirements that come with public-sector tenders. If we stay grounded and do excellent work, it could mean recurring annual contracts with a major client and potentially open doors to others of the same caliber.

Personally, Nordic Tree Care has had eight staff on site for this project, and I’ve been managing another crew at the same time, bringing the total to around twelve people. It’s neat that individuals from such different backgrounds and experiences, many of them older than me, have entrusted me with leadership. I think people management sits right alongside salesmanship as one of the most important business skills, and I’m certainly getting plenty of practice with both.





This project has also been the first time the crew and I have worked around a helicopter. It takes an incredible amount of skill and tens of thousands of hours to operate a heli-grapple setup. Watching the pilots work has felt like watching a performance.

Dad always told me that one day I should win an award for being a successful young entrepreneur. As it turns out, that prediction wasn’t too far off. I’ve been named one of two finalists for the Bow Valley Chamber of Commerce Young Entrepreneur of the Year Award. I’m incredibly grateful to have been nominated, and it would mean a lot to win it for him. We’ll find out on November 12th. Other than that, things are steady here as ever. I’ll be home for a few weeks over Christmas and am looking forward to running into many of you in the lift line, or on Eagles Nest. Until then!

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Almost Winter At Apex!

By Alec Henderson, Team Canada Slopestyle and Big Air Skier



Hello Apex Matters readership. I hope you are all doing great and enjoy watching the leaves fall as that can only mean one thing ... winter is coming! I love hoodie weather in the Okanagan, but I’m ready to be heading up the mountain for some fresh groomers and hopefully that good Apex powder.

October was full of off hill gym training and some golf to help keep my mental game strong going into this season. I’m feeling good, and the body feels ready for another crazy hectic season full of contests and pushing my limits on my skis. October was a nice month to reset and step away for a moment before it gets wild again. November is full of travelling and skiing starting next week. First stop, I will be flying to Zurich for a 10-day training camp in St Moritz at Corvatsch Mountain. This is a great place to ride jumps in the early season and prep my skiing for the contests that follow this. Next, we will drive from St Moritz to Innsbruck, Austria. This is where the first Big Air contest of the season will take place on November 27th. We will check out the infamous Innsbruck Christmas Market too. Then, head straight from there to Beijing, China on the 29th for another Big Air event, followed by another direct flight over to Denver, CO. That will be in December though, so I’ll update you again before I end up in Breckenridge for the first Slopestyle of the season!

Can’t wait to show everyone what I have been working on this off season and bring a new fleet of tricks into this competition season. Thanks for keeping up with my journey! If you want to see more details about where I’m at and how it’s going, feel free to follow my Instagram @alechendersonn. I give more frequent updates and videos on there. See you soon ... thank you!





The Beauty In Between

By Lyndie Seddon, Hoodoo Adventures

I've been sitting here trying to decide what to write about for my article. There are certainly no shortages of things on my mind.

I could write about the challenges facing small tourism businesses, the reality of pandemic emergency loans still hanging over folks, the impact of another wildfire season, or the questions I have about government accountability and how we can all be more involved in shaping the communities and world we live in.

There's plenty to say about all of it. And I have opinions. Lots of them. But then I look out my window. The forest is so beautiful right now. The leaves are brilliant shades of yellow and orange, the air has that unmistakable feeling of fall, and there are pumpkins sitting outside that I carved with my boys. And for a few minutes, I don't really feel like thinking about any of those other things. I just want to look outside.

Earlier today, I was at the office selling one of our end-of-season rental bikes to an older gentleman. He'd been looking for something just like it. He hopped on and took it for a little spin around the parking lot and had the biggest smile on his face. That's it. Nothing particularly extraordinary. Just a man riding a bike around a parking lot, happy with his new purchase.

But something about it caught me completely off guard. I stood there watching him, and I could feel a lump forming in my throat. It was such a simple, lovely moment. Someone finding a little piece of happiness in his day. And somehow, for those few seconds, all the other noise seemed to disappear. I've been thinking about that moment ever since.

Life has thrown some pretty extraordinary challenges my way over the past year. Some of them are things I never imagined I'd have to navigate. Business bumps, family trauma ... the unimaginable grief that comes with the loss of a child.

Some experiences change the way you see the world. Others change the way you see yourself. And some leave you wondering what on earth so much of this is about. I don't have the answers.

I've spent much of my life believing that when things get difficult, you roll up your sleeves and figure out what to do next. You take action. You work harder. You find a solution. You keep moving. And I still believe in that.

There are things worth fighting for, things worth questioning, and things that absolutely need to change. I don't think looking for beauty in the world means turning away from the difficult parts of it. But lately, I've also been discovering something about the spaces in between all that doing.

About being there for someone when there's absolutely nothing you can do to fix what they're going through. About loving without expecting in return. About sitting with sadness instead of trying to solve it. And about allowing yourself to notice something beautiful, even when life feels anything but.

I've always been drawn to the outdoors, partly because of the adventure and challenge, but perhaps just as much because of the way it has a habit of bringing me back to the present. A walk through the forest doesn't make the bills disappear. A beautiful sunset doesn't solve the world's problems. And a few pumpkins on the doorstep certainly aren't going to change the course of anything significant. But they do change something, even if only for a moment. And maybe that's enough sometimes.



I wonder if part of this whole human experience is learning when to push forward and when to simply be. When to stand up and make some noise, and when to let the noise settle long enough to hear what's happening around us.

I'm not always as good at the second part. I'm usually too busy thinking about the first. But I'm learning. And perhaps that's why watching a gentleman ride a bike around a parking lot brought me so close to tears. There was no grand accomplishment, no complicated story, no problem to solve. Just joy. Simple, uncomplicated joy.

Adventure has a way of finding us. Sometimes in the most unexpected places.

Trail Of The Okanagans

By Mary Trainer

Sure, it's time to play in the snow! Maybe you've stored your bike away until spring. But after a day of fun in the fluffy stuff at Apex, why not dream of next year's cycling adventures?

Heads up! The Shuswap North Okanagan Rail Trail is a must-do. When completed, the 50km, multi-use, and non-motorized trail that links communities between Sicamous and Armstrong promises to rival the cycling experience on the KVR.

In early October, a friend and I cycled most of this trail (the Armstrong-Enderby section is yet to be completed). We started in Sicamous (about 200km north of Penticton), where we rented e-bikes and hopped on a ferry for the one-minute ride across Sicamous Narrows to access the trail. From there, it's about 15km to a bench by a bridge facing astonishingly beautiful mountain and water views.



The trail winds along the shore of Mara Lake, following the route of the abandoned CPR rail line. It's a joy to ride on the crushed and compact aggregate on this level, 3.5 metre-wide corridor.

On another day, we accessed the trail from Enderby and rode north of Grindrod. It's exciting to see the trail developing. Plans call for trailhead gateway kiosks, additional amenities, interpretive signage and vegetation restoration.

The Trail of the Okanagans Society congratulates the Splatsin and their partners in creating this recreational jewel for the public's enjoyment and education.

The trail provides an opportunity to unfold the true story within the Secwépemcúĺecw (Secwépemc Nation territory) focusing on sharing culture, values and relationships.

~ Shuswap North Okanagan Rail Trail



Peak Value - Part 2

By Chad Henderson, Realtor

Your Apex Wish List & the Homework That Comes With It

Last month, I promised we'd start with buyers. The lifts aren't turning yet, but they will be soon, and if you're picturing your own place on the hill, now is the time to do your homework.

Buying at Apex isn't like buying in Penticton. Beyond price and view, you need to know where your water comes from, what your strata fees cover, and whether you can rent the place when you're away.

Start With How You'll Really Use It ~ Be honest about how the property fits your life: a family weekend base, a full-time home, a rental that pays its own way, or a mix? How many weekends will you really be up here, and will you use it in summer too? A family of five that skis every Saturday needs a very different place than a couple seeking quiet retreat or an investor chasing rental nights.

Build Your Wish List ~ Split it into must-haves and nice-to-haves. At Apex, the big ones are:

- **Location On The Hill ~** True ski-in/ski-out, a short walk to the village, or a quieter treed lot. Each differs in price, privacy and rental appeal.
- **Sleeping Space ~** Lofts and bunk rooms add capacity without adding bedrooms.
- **Gear & Vehicles ~** Ski lockers, covered parking, and room for sled/ truck.
- **Heat ~** Wood stove, radiant floor, propane or baseboard, each with different costs and upkeep.
- **Furnished Or Not ~** Many Apex properties sell turnkey. Confirm what's included before you write an offer.
- **The Extras ~** Hot tub, sauna, views, or a suite for guests or rental income.

Know The Market Before You Shop ~ Over the past 12 months, ten properties sold on MLS at Apex, at a median price of about $350,000 and roughly 95% of asking price. The typical sale took about four months, though a well-priced unit can go in days. Today, about 20 properties are for sale from roughly $225,000 to over $1 million. Buyers have choice and time to do things properly, and shopping before the lifts open leaves time to view, finance and close before the busy season.

The Mountain Homework:

- **Strata ~** Fees vary widely. Ask what's included, and review the depreciation report, recent minutes and any upcoming projects like roofs or siding.
- **Water & Sewer ~** Apex has a mix of utilities, co-ops, community systems and private septic. Know your supplier, the cost, and the condition of any septic system.
- **Short-Term Rentals ~** Apex is among the BC Mountain Resorts exempt from the provincial principal residence rule, but check the resort boundary map, zoning and strata bylaws before counting on rental income.
- **Financing ~** Talk to your lender early. Second homes, rentals and very small or hotel-style units can come with different lending rules.
- **Insurance & Winter Living ~** Get quotes before removing subjects, especially with a wood stove or a property that sits empty. Ask about snow removal and parking.
- **Inspection ~** Snow hides roofs, decks and drainage. Hire an inspector who knows mountain homes.

Your First Steps:

1. Decide how you'll use the property and set a budget.
2. Get pre-approved with a lender familiar with recreational property.
3. Visit now, and again once the lifts are running.
4. Work with an agent who knows Apex, its stratas and its utilities.
5. Use your subject period to review strata documents, rental rules and the inspection.
6. Plan possession and furnishings before your first ski day.

Next month, we'll switch sides and look at what sellers can do now to get the best result. See you on the hill once the lifts start turning, and if there's a topic you'd like covered, send me a message.





Henry Sielmann
Director of
RDOS Area "I"

From The Director For RDOS Area "I"

I'd like to introduce myself as the new RDOS Director for Area "I". We live in Kaleden and our family owns a cabin in The Circle at Apex.

Thank you to Subrina Monteith for all her good work over the last eight years. Like her, I will publish a column in Apex Matters (during the winter season) and in Skaha Matters (all year). I will be sharing my phone number and email in the December editions.

We are all looking forward to another great season on the hill. Please keep in mind that safety is paramount, both on the slopes and in your cabin or condo. Consider booking a free safety assessment offered by Apex Volunteer Fire Rescue. Meanwhile, please make sure that furnace, stoves, chimneys and smoke detectors all work properly and that exits are uncluttered and marked should you rent out your unit. Have fun on the hill!





ACA November Update

By Cindi-Lou Baker, Vice President

Hi everyone! It's an exciting time of year as everyone is getting ready for the ski season! We have had a few dumps. Orion is in the sky. Weekends are busy getting the firewood. It wont be long ...

October has been a quiet month for the ACA. After speaking with the board members who have kids, it was decided not to do a Halloween event this year. With Halloween on a weekend, there were so many activities planned in the valley. Very few kids were going to be on the mountain. However, there was a bonfire at the end of Whitetail. There was also a few different families handing out treats, so there was still some of that Alpine Halloween Spirit!

On Sunday, November 22, we are having the ACA AGM. It will be at 3 pm in the Bagged Lunch Room, across from the Cafeteria. The meeting will be followed by a Social. We have some leftover beverages from SepTimber that we would like to share with our supporters. Snacks will also be provided. Please come out and think about getting involved! Hope to see you there! We could do some snow dancing? Let it snow!!!

Thank You & Looking Ahead To Winter

By Donegal Wilson, MLA For Boundary-Similkameen

As Apex residents get ready for ski season, there is plenty to look forward to: reconnecting with familiar faces, welcoming visitors and getting back out on the mountain. Behind that anticipation are local businesses, workers, volunteers and families preparing for a busy winter. I am also preparing for the work ahead. On October 24, the people of Boundary-Similkameen elected me to continue serving as your MLA. To everyone in the Apex community 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 your community is 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. For a mountain community like Apex, reliable road maintenance, access to emergency services, housing for workers and support for local businesses all contribute to a successful winter season. Our residents deserve solutions that reflect the realities of smaller communities. Health care should never be determined by your postal code. People need to travel safely between the mountain and the valley. Local businesses need the opportunity to grow, create jobs and support the community 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 representatives, community organizations, businesses and residents. Your knowledge and experience are essential to making good decisions, and I want to hear what is working and where more attention is needed.

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.

As another winter approaches, I wish everyone at Apex a safe and successful season. I am grateful to keep working alongside you, with my boots on the ground and your priorities firmly in mind.

We're Baaaack ... Support MOVEMBER! Make A Difference!

By Kelly Johnston, Fire Chief

AVFR MOVEMBER TEAM ~ November is MOVEMBER! ... and time for some of the AVFR members to get their 'stache on again!

First responder mental health and occupational cancer are at the forefront for many of us in the emergency services.

Unfortunately, many of us have been challenged by the mental health impacts that our duties result in or have seen many of our colleagues continue to battle the acute and chronic effects of this silent debilitating and all too often life ending mental health conditions.

The impacts of first responder mental health can be effectively addressed with the appropriate prevention program, support and treatments. We want to ensure these resources and tools are readily and continuously available for our firefighters, and for larger emergency responder family across Canada - this is why are asking you to support the Movember cause.

The fire service has also learned and changed procedures and practices to effectively mitigate carcinogen exposure in the fire service. In fact, Apex Volunteer Fire Rescue is an example of the forefront of this charge, with the first fire station in the RDOS that is purpose built with a focus on firefighter health and safety and exposure control. We have been very fortunate as a new fire department (est. 2022), to start out with the innovative facilities, combined with the most up to date training, equipment and effective exposure control procedures, to allow us to ensure fire fighter safety as the priority from the beginning. Unfortunately, our long servicing and retired sisters and brothers in other established fire departments, locally and across Canada did not benefit from the knowledge and understanding that we have now. We are now seeing the profound effect of unmitigated carcinogen exposure in many of them. They need support to further advance cancer research and treatment - this is why are asking you to support the Movember cause.

Last year, our small AVFR crew successfully raised $2,889 towards this cause! This year, we've set our team goal at $3000 by November 30. Help us MEET or BEAT our goal and make a difference! To increase the awareness on this important topic, **the AVFR MO-TEAM is opening the team up for any Apex resident or regular that wants to join our MO-TEAM!** Come and be part of our team! Growing a 'stache isn't your only option. You can run, hike, walk, ski, snowshoe, bike, or come up with your own idea for raising awareness and donations!

Wanna Join Us or Donate? Scan the QR Code to the right and help us get this thing going!!!



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The Artisan Winter Market At Apex

By Ash Dunsford

The Artisan Winter Market returns to Apex Mountain on Saturday, December 19, 2026! This year, we have a new venue for the market located in the Apex Lunchroom (formerly the cafeteria) in the Apex Village centre. Hosted from 10 am - 5 pm, a variety of local vendors will be showcasing their handmade goods, crafts, and skills!

Just in time for the holiday season, it is a perfect day of hitting the slopes and supporting local artisans and creatives! The Artisan Winter Market is a great place to pick up those one-of-a-kind holiday gifts for your loved ones and perhaps even yourself.

The Edge Bistro will be offering hot apple cider and hot chocolate by donation with funds going to the Apex Community Association. Get in the festive spirit and check out all Apex has to offer. See you here!

Apex Fire Brigade Society November Update

By Jacquie Foley, AFBS Chair

Elections are over and our new Regional District of Okanagan-Similkameen (RDOS) Area "I" Director is Henry Sielmann! Congratulations Henry! We look forward to you getting up to speed in your new position and advocating on our behalf regarding all things fire. While Henry gets up to speed, the Apex Fire Brigade Society (AFBS) continues to engage with the RDOS regarding fire protection services. The RDOS has recently confirmed that they will be conducting a review of their fire services scope, with input from the regional fire chiefs. We look forward to providing input to the scope review and continued communication with the RDOS leadership and our new Area "I" Director!

Many of you may have noticed that in the month of October select burning has begun in the area near the Scouts cabin and Apex Fire Hall. The burning is part of ongoing wildfire risk reduction efforts being undertaken through funding from the BC Mountain Resorts Branch, and with the hard work of the Snpink'tn Indian Band; the AFBS is managing the contract. The purpose of the burning is to reduce the deadfall in the forest and reduce the risk of wildfires. We hope to complete this work in the upcoming month.

If you are a homeowner at Apex, stay tuned for information regarding the purchase of a street address sign for your property. Street addresses help emergency fire fighters find your house, whether it is for fire or medical services. Over the next month or so, the AFBS is working to secure metal street address signage that homeowners can purchase. Following homeowners' purchase of the street addresses, the AFBS will install the addresses (likely in the spring 2027) on non-combustible posts.

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 me directly at jacqueline.foley@apexfirerescue.ca.

Apex
MOUNTAIN RESORT

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.

Every DROP counts

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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!

Slushy Thoughts From The Snow Bank

By Brad Nunes

Welcome once again to the wonderful month of November! We are in the penultimate month before our slipping and sliding commences. We've even already had a dusting of snow upon our slopes! Let's hope this isn't a simple tease, but more of a flaunting of what is to come for the main course. The weather she is a fickle mistress. We hope she takes favour upon us and we avoid invoking the drought of her scorn. I did purchase a pair of extra sharp race skis at the swap and I'm trying to trick fate into thinking I really want to use them. Hoping Murphy hears about it and slaps his law on it. Doing my best to lay on a heavy dose of reverse snow psychology.

We also no longer have daylight savings time. Being a part of volunteer patrol, there are always a few evenings where we were shuffling the last folks off the mountain as we raced against the impending dusk. We won't have to play any "Marco-Polo" as we search for our partners coming down the last runs. On the topic of daylight savings time, it actually caused more significant chaos than I imagined. It was more than just NOT doing what we'd normally do. I work a day job in the IT world, and pretty much every single scheduling system was ill-equipped to handle this change going forward. I think it'll be all right, but man, for not doing anything, it was a massive headache and I'm sure even most of you missed a couple of appointments. I've spent the last 2 months of my life checking and rechecking and retesting systems just to make sure you can make it to a medical appointment at the right time. I can only imagine the chaos that's caused from all the little tiny apps, like your sports team, your dentist, your foot massager or that thing you do on Thursday you don't want the boys to know about. Most of them probably didn't even see it coming and I hope nobody misses a pedicure because of it (double check with the spa Jeff!).

As always in November, I do like to take a little bit of time to recognize those who gave their lives fighting for our country. This year, I discovered that if there is someone special that you are trying to honour, you can actually request a physical copy of their page in the Book of Remembrance. I don't have enough words to go into all the details, but Google the Book of Remembrance and maybe search out some of your family members or known heroes that you're wanting to remember this Remembrance Day. You can request, free of charge, a permanent memento of their service. Thank you to all who do and have served.

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Your Skis Are Ready. Is Your Body?

By Dr. Deirdre O'Neill, ND

We're starting to see snow sticking to the mountains. Winter tires are on, the ski quiver is loaded, and summer sports equipment is being tucked away. For many of us, thoughts are turning to those first days back on the mountain. But here's a question: Is your body as ready as your skis are?

Last month, I wrote about arthritis and whether we inherit our parents' arthritis or sometimes their lifestyle. We talked about how getting older doesn't automatically mean developing arthritis, and how there are things we can influence when it comes to our joint health. I think the same conversation applies to skiing. Somewhere along the way, we start to believe that getting older means we have to slow down, ski less or accept that our bodies just won't do what they used to. But does it really have to be that way? I don't think age needs to determine how much we enjoy the mountain. Perhaps we just need to be a little wiser about how we prepare, how we ski and how we look after ourselves.

It's Not Too Late To Get Started ~ Before you get discouraged and think you're too late for pre-season training, remember that it's never too late to get started. Even making a few changes now can make a difference. You might have a few more aches, or need to cut a few hours short during those early days on the mountain. That's okay! You can build up to those epic days rather than expecting your body to be ready for them on day one. If it's crunch time, let's focus on a few things that count.

Get Those Muscles Working ~ Skiing demands a lot from our legs. Our quadriceps, hamstrings and calves work hard to control turns, absorb changes in terrain and keep us stable. Our glutes help support our hips and knees, while our core helps maintain balance and control. You don't need to become a gym enthusiast overnight, but some targeted strength training can go a long way. Think squats, lunges, step-ups and exercises that strengthen your glutes and core. Even a few weeks of consistent training is a worthwhile investment in your ski season. And don't forget about balance. No matter how beautifully groomed the hill is, balance is your friend. Snow conditions change, terrain gets uneven and sometimes things don't go quite as planned. Balance is something we can train. Simple exercises such as standing on one leg or controlled step-downs can help challenge your coordination and stability.

Build Up To Those Epic Days ~ I know how tempting it is to head straight for the chairlift and ski from first tracks until the legs give out. But if you've spent the summer cycling, hiking or gardening, that doesn't necessarily mean your body is ready for several hours of skiing. Skiing places different demands on your muscles and joints. Give yourself time to build up. Start with shorter days, take breaks and pay attention to how your body feels. You can always add more as your strength and endurance improve.

Look After The Things You Can Control ~ Preparing for ski season isn't just about what happens in the gym. Are you getting enough sleep? Are you eating enough protein to maintain muscle? Are you drinking enough water? Are you giving your body time to recover between demanding activities? These things might seem simple, but they all contribute to how well we function. As we age, maintaining muscle becomes increasingly important. Sleep, nutrition, hydration and regular exercise all play a role in supporting our ability to stay active.

And Please, Don't Ignore Those Niggles ~ You know the ones I'm talking about. Perhaps your knees bother you when walking downstairs. Maybe you're stiff getting out of bed in the morning, or an old injury has started making itself known again. Our knees take on a tremendous amount of work when we ski. They help absorb impact, control our turns and manage the constant changes in terrain. Add years of skiing, previous injuries and the natural changes that happen within our joints as we age, and it's not surprising that knees sometimes start to complain. But knee pain doesn't automatically mean it's time to give up skiing, start thinking about a knee replacement, or head south for the winter!



The first step is understanding what's actually happening within the joint. Is it arthritis? An old ligament injury? Inflammation? Or perhaps a combination of factors? There are different ways we can approach knee health, depending on what's going on. In my practice, I work with patients experiencing knee pain and osteoarthritis, including regenerative injection therapies such as platelet-rich plasma (PRP) and hyaluronic acid injections. PRP uses a concentration of platelets from your own blood, which contain growth factors involved in the body's natural repair processes. Hyaluronic acid is a substance naturally found in joint fluid that helps with lubrication and cushioning. Injections of these products may help improve symptoms and function in some people with knee osteoarthritis.

I'm not just interested in getting rid of your pain. I want to understand what's holding you back and look at the bigger picture: strength, nutrition, sleep, hormones, inflammation and overall health. If your knees are starting to interfere with the activities you love, consider booking a Discovery Call. We can talk about what's happening, your goals and whether there may be options to help you stay active. The goal isn't necessarily to have the body you had at 25. It's to have a body that supports the life you want to live.

As we head into another ski season, let's stop thinking that age has to dictate what we can and can't do. We may need to prepare a little differently, build up gradually and be more mindful of recovery. But there's no reason to assume that our best days on the mountain are behind us.

Get those skis ready. Get your body moving.



***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.*

Volunteer Patrol Update

By Brad Nunes, CSP SO Boundary Zone

Hi, folks. We are T-1 month away from the start of our season. I don't know about you, but I am finally starting to get real excited to get out there and have some fun. I'm not sure what the weather predicts, nor do I really think anyone knows what the weather predicts, but we are excited and are hoping for an amazing season.

We'd like to take this time to remind you that it is just as important to be safe on the hill as it is getting to the hill. Now is the time of year to sort out your winter tire situation. We want to see you at the hill and not in the ditch. Whether you're heading to your favourite ski hill or if you're just going over some of the beautiful passes we have in this amazing province, don't get stuck sliding down a hill without your ski or snowboard on. Cars don't carve very well. Can't wait to see all of you very, very soon. We are very excited! Take care everyone ... much love.

James Alfred Coe



Jim Coe and Great-Grandson Link Mirlin.

Born September 9, 1934 in Penticton, BC, Jim passed away at Penticton Regional Hospital on September 18, 2026.

Jim was predeceased by his wife of 44 years, Jean Coe; the mother of his children, Margaret Coe; and his grandson, Connor Hulley.

He is survived by his five children: Linda Coe-Kirkham (Randy); Valerie Hulley (Tom); Richard Coe (Cathy); Megan Adams (John); and Andrew Coe (Frederika); 13 grandchildren; and 10 great-grandchildren.

Jim's family will cherish the memories, love, and lessons he left with so many and will carry his spirit forward through generations.

Jim shared both skills and compassion with everyone he met.

His love of the mountains and the skills he shared will never be forgotten. A passionate mountaineer, early member of the Ski Patrol at Apex, and dedicated search and rescue pioneer, Jim left a lasting mark on the Penticton and Apex communities.

In 1973, Jim co-founded Penticton and District Search and Rescue (PENSAR). In recognition of a daring rope rescue in Oliver, BC, he was awarded the Medal of Bravery in 1976. He invented the Coe Descender, a friction device used in high-angle rope rescue, and between 1979 and 1984 worked with Arnor Larson and Phil Whitfield on pioneering belay drop tests in Penticton that helped advance rope rescue safety standards across Canada.

Jim's passion for the outdoors was also honoured in a Canadian climbing anthology. His legacy lives on at Apex, where the cabin he built in 1962 still stands. His grandson David continues the family's mountain tradition as a snowboard coach and instructor. At Cathedral Lakes Lodge, Jim's artistic talent and woodworking remain visible in his craftsmanship.

Through the mountains he loved, the structures he built, the lives he helped save, and the skills he passed down, Jim's spirit lives on in the people and places he touched.



In Loving Memory Of Paul Allan Hirschfield



It is with great sadness that we announce the passing of Paul Allan Hirschfield on Friday, October 16, 2026, following a brief illness.

Paul was born on December 22, 1956, in Dauphin, Manitoba. Always an adventurer, Paul began his career as a firefighter and Yukon Smokejumper, where he made lifelong friends and connections. An avid and experienced skier, Paul served as Patrol Director at Apex Mountain Resort for many years where his skills and experience contributed to the safety of others on the mountain.

Paul also worked at the Penticton Air Tanker Base in support of forest firefighting efforts, continuing his connection to the work and people that had been such an important part of his life.

His expertise and work ethic was respected by all who had the opportunity to be part of his team.

Above all, Paul was a dedicated and loving father to his son, Jackson.

Paul will be dearly missed by his son, Jackson Hirschfield; his half-siblings Michael and Danielle; his former wife and friend, Claudette McCarron; his brothers, Jeffrey, Michael, and Richard Hirschfield; and his step-siblings, Kurt Saunders, Margie Saunders, and Laura Saunders.

He was predeceased by his parents, Ozzie and Anne, and his step-brother, Michael Saunders.

Paul's life reflected a deep commitment to service and a lasting connection to the outdoors. He had a deep passion for music and took great pleasure in sharing and gifting his collection of albums to friends.

He leaves behind family, numerous friends, colleagues, and loved ones who will remember him and mourn his passing.

Known to many as simply "Hirsch", his smile would light up a room and his friendship was a gift. He will be deeply missed.

A Celebration of Life will be held at a later date.



"Hirschey's Kiss" ~ Photo by Johnny Smoke

Lifeskills

By Jim Ongena, Life Coach in Summerland

Practice

Most of us know that practice makes perfect. We apply this knowledge to our golf game, guitar, and piano playing. This is a good thing. Seldom do we apply this very same principle to the less obvious skills we ought to work on like gratitude, smiling, validating others, or happiness. Playing the piano is important, but not so much as many of these lifeskills mentioned above.

The lesser known truth about practice is that it also makes things permanent. What you practice (repeat over and over) you make permanent. If you practice talking about other people in their absence, it becomes a permanent aspect of who you are. If you practice honesty, it also will become permanent. Practice anger, criticizing, making excuses, or complaining and they all become permanent. This new look at practice might just make you pay more attention to what you practice, because it will determine who you are. The other way to look at this is to take a close look at the behaviors, thoughts, attitudes you have right now. You've practiced these whether you know it or not or whether you like them or not. Practice does make perfect, but it also makes permanent. So, be careful of what you practice.

"Most people are aware of what they don't know, but practice humility and you will come to know what you don't know you don't know."

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

Jay's Tunes To Turn To

Artist - Us3 | Song - The Healer

This tune is for Paul Hirschfield and all his love of jazz music. He was a great influence on many people. Paul's love of music, family and friends will never be forgotten at Apex! We all miss you and we will always think of you when skiing "Hirschey's Kiss!

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.

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Next deadline starts on Tuesday, December 1.

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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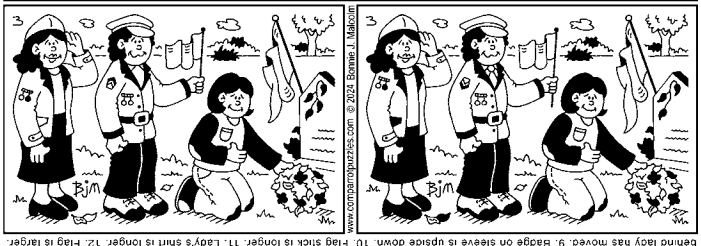
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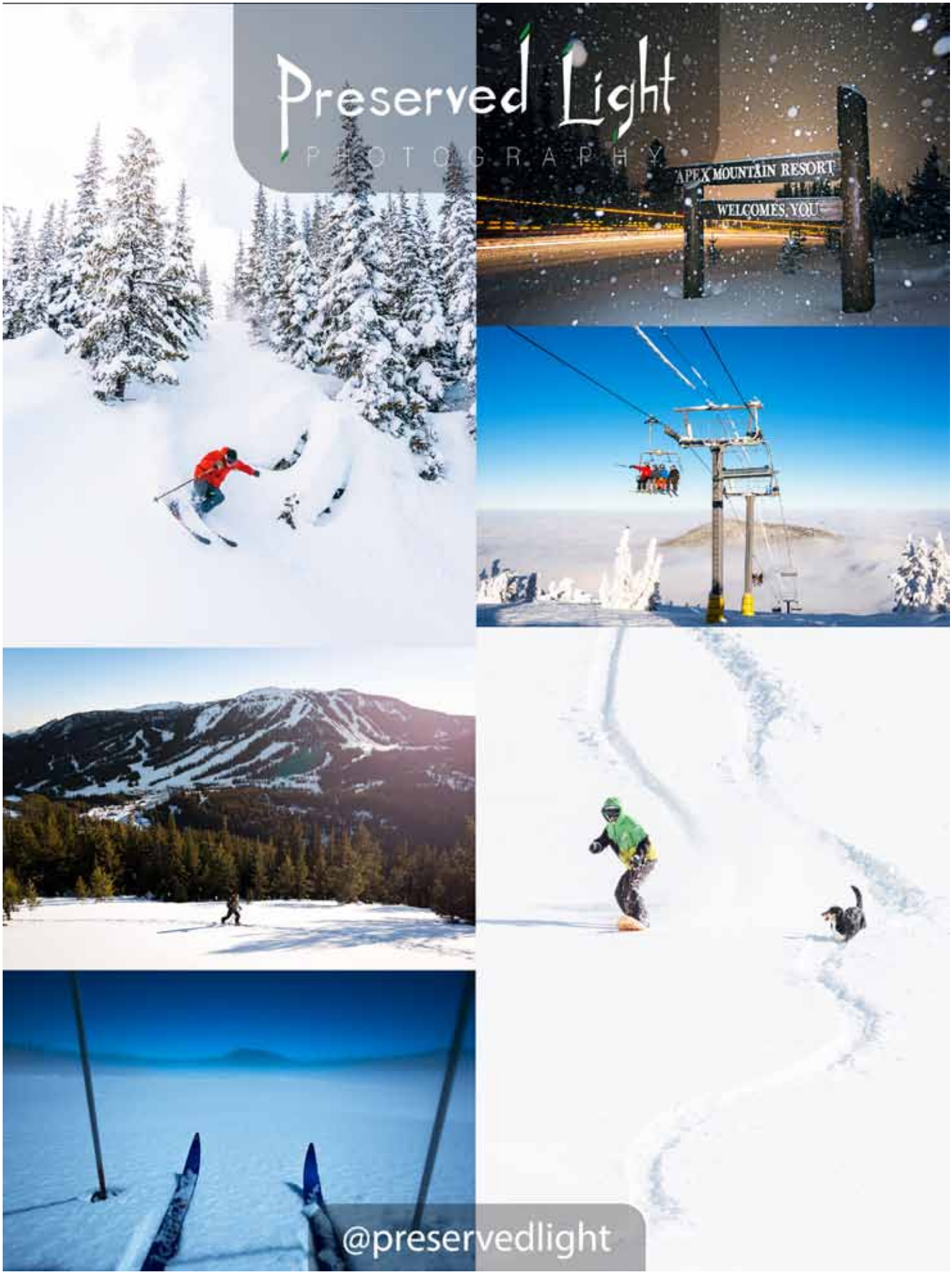


ComParrot by Bonnie J. Malcolm — *Can you spot 12 differences between these pictures?*



Solution: 1. Pocket on girl's pants is missing. 2. Man's tie appears. 3. Leaf on monument is missing. 4. Pocket on lady's coat is colored in. 5. Toe on girl's shoe is colored in. 6. Leaf behind man is colored in. 7. Medals on lady's sleeve have moved. 8. Grass behind lady has moved. 9. Badge on sleeve is upside down. 10. Flag stick is longer. 11. Lady's shirt is longer. 12. Flag is larger.




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