

THE WESTSIDE POST

the Okanagan's favourite community paper • serving **all** the communities along historic Westside Road

Coyote Crossing • OKIB • Westshore Estates • Wainman Cove • Killiney Beach • Estamont Beach • Ewings Landing • Valley of the Sun
Fintry • La Casa • Nahun • Caesars Landing • Shelter Cove • Cinnabar Creek • Jenny Creek • Secret Point • Lake Okanagan Resort
Wilson's Landing • Blue Grouse Ranch • Pine Point • Traders Cove • Bear Creek • Raymer Bay • Rose Valley • Westbank First Nation

sknir'mn, February is the Moon of the Buttercup sħmńkaw's sħəlħřalt | Happy Valentine's Day



Cloud over the water. Did you know that Okanagan Lake is one of the largest but also one of the shallowest lakes in the province? When we get a cold snap like in early January, the cold/dry air flows over the relatively warm/wet lake and evaporation will form cloud over the open water. As seen from the community dock at Parker's Cove on New Year's Day, 2022. Photo courtesy of Shey Still.

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Come sing with me. The Mountain Bluebird is said to bring good luck. Male Mountain Bluebirds are sky-blue, a bit darker on wings and tail and a bit paler below with white under the tail. Their bills are entirely black, thereby distinguishing them from the Eastern Bluebird. Fintry Delta, February 13, 2021. Photo courtesy of Rob Galbraith.

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The Westside Post

subscriptions & advertising

phone us: 250.541.4832

email: westsidepost@icloud.com

westsidepost.ca

most popular ad sizes: business card

\$35 • banner \$150 • contact us for more info – lots of options for any budget, no charge for not-for-profit, events + other worthwhile projects

reader comments & requests:

letters to the editor, rants/raves, info, ads, submissions or requests with topic in subject line: westsidepost@icloud.com

NEWS DESK

Katherine Payne, editor

studio landline 250.541.4832



I ♥ WESTSIDE



Valentine Hearts for our healthcare workers who give so much every day. We owe you a debt of gratitude and appreciate your sacrifice. Photos courtesy of Sue Cseh-Galbraith.

letters to the editor

We welcome all letters and submissions. Preference given to concise submissions, maximum of 250 words and please stick to local issues. We do not accept or read anonymous letters, and may edit for length, legality, taste, grammar, content. Common sense will prevail in this plain language liability statement.

dear readers,

I hope this finds you well.

January flew by. Everyone says so, it's not just me. Seems like I just got the January edition out and the awards delivered for the *Reader's Choice* and here we are again. Instead of a calendar New Year, it is the Lunar New Year and the Year of the Water Tiger so I take this opportunity to wish you good luck and good health.

Working on this paper remains one of my favourite projects. I'm thankful for the chance to do meaningful work and grateful to everyone who takes the time and trouble to write in, send updates and their very best photos, book ads and even the complaints ... as our Delivery Assistant and Complaints manager, Miss Betty has done an excellent job.

Over the last couple of weeks, I've had occasion to stop by a few homes and locations throughout Westside – making pick-ups or dropping off extra copies or what have you. I was struck by the devastation that remains from the wildfire. Families out of home, people living on empty lots in motor homes, the odd person crying out, burnt logs rolling down onto Westside Road, signs melted, burned out cars emerging again as the snow recedes. As the birds return and the buds begin to appear on the trees and the grey skies give way to sunshine, let this promise of rebirth and renewal lift your spirits as it will mine.

Get involved – several chances to have your voice heard on a variety of issues so please plan to volunteer, write in, sit on a committee. Have a good idea? Go to a Town Hall meeting – make a difference for your community and others.



katherine payne
writer. pet lover. volunteer.

As always, I'll look forward to your comments and if you'd like to see anything in particular, please let me know. Happy reading,

Rants & Raves

ALL RANTS are the opinion of the individual and do not reflect the opinions of THE WESTSIDE POST. The editor reserves the right to edit for good taste and otherwise, for clarity, brevity, so please keep it short and [bitter] sweet.



Coyote the trickster is often considered a hero. Trickster stories are common among various Indigenous nations. While there are some cross-cultural similarities of tricksters amongst nations, each nation will have its own unique trickster and stories. Coyote is considered a trickster to both **Syilx** Okanagan and **Secwepemc** peoples and is often breaking the rules and bringing teachings through his adventurous mishaps. These teachings have strong ties to local societal values, traditional knowledge, spirituality and overall worldviews. Coyote | **snklip** in nsylxcen, the language of the Syilx peoples. Finty Delta, January 19, 2022. Photo courtesy of Sue Cseh-Galbraith.



Old Farmer's Almanac LONG RANGE WEATHER FORECAST FEBRUARY 2022

- Feb 1-16 Showers coast, flurries inland; mild
- Feb 17-26 Flurries, mild north; showers, cool south
- Feb 27-28 Rainy coast, snow showers inland
- February** temperature 4.5°C (7°C above avg. north, 2°C above south) precipitation 120mm (20mm below avg.)

Annual Weather Summary November 2021 to October 2022

Winter will be warmer and drier than normal, with below-normal snowfall. The coldest period will be from late December into early January, with the snowiest periods in late November, late December, and early January. April and May will have near-normal temperatures with more rain than normal. Summer will also be warmer and with more rain than normal, with the hottest periods in mid and late July and from early to mid August. September and October will have near-normal temperatures with more rain than normal.

Watson BROS.
EXCAVATING

Shayne Watson

c. 250.550.5902
h. 250.545.8723
f. 250.545.8731

10719 Pinecrest Road Vernon, BC V1H 2C1

RAVE 🐾 LOVE the Reader's Choice Awards! How cool to have that for the Westside! I like it for reference too – sometimes really hard to get services and especially good contractors out this way.
[Krista & Don, Westside Road South]

RAVE 🐾 Please give our thanks to everyone at *The Westside Post*. We look forward to getting it every month. We live in town but used to live out there and it always makes me smile when I see it sticking out of our mailbox. Our thoughts and good wishes to all those recovering from the devastating wildfire.
[Kathy & Dave, Vernon]

RANT >> none received.

WHAT'S ON YOUR MIND?
westsidepost@icloud.com

headline highlights from around the province & nation

headlines gathered over the last month from local and national papers, press releases, CBC and others



A lone California quail against a beautiful late afternoon sky. Finty Delta, January 13, 2022. Photo courtesy of Sue Cseh-Galbraith.

Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.

— Margaret Mead

Grants approved for 14 caribou habitat restoration projects

Supported by funding from the BC government and the federal government, the Habitat Conservation Trust Foundation approved 14 grants for new and ongoing projects to help restore caribou habitat.

Covid Closure Relief Grant funds doubled for eligible businesses

The Province is extending the *Covid Closure Relief Grant* and doubling supports for eligible businesses that have been ordered to remain temporarily closed through public health measures until Feb. 16, 2022.

No 'substantial changes' yet

BC marks two years since passing law to adopt declaration on Indigenous rights, with very little progress.

Mental health crisis lines

The Province is enhancing supports to provide better crisis line services for British Columbians.

Horrific findings at yet another former Residential School site

So far, 93 possible burial sites found in initial search at former BC residential school site in Williams Lake. Heartbreaking. May their souls rest in peace and justice be delivered. They deserved better.

Supports expanded for flood-affected

Starting Feb. 1, residents affected by the flooding in Fall 2021 receiving Emergency Support Services will see this support evolve to personalized wraparound services delivered by the Canadian Red Cross.

Great strides for animals made in 2021

From recognition of animal protection as a federal election issue, this year's biggest wins for animals includes: habitat protection for owls and bears; Fairmont Hotels agrees to stop promoting and offering sled dog rides; and, the end of cruel mink fur farms.

Nominate an exceptional citizen for Province's highest honour

British Columbians are encouraged to nominate inspiring individuals who have left a lasting legacy in their respective fields. "In these challenging times, it is more important than ever to recognize those who are going above and beyond to make British Columbia a better place for everyone," said Premier John Horgan. More info: www2.gov.bc.ca/orderofbc

Expanded refund system

As of Feb. 1, people in BC can return milk and milk-substitute beverage containers for a refund to reduce waste as part of the Province's CleanBC Plastics Action Plan.

BC study links low river flows with lower chinook salmon productivity

A study links low summertime water flows in a BC river with lower productivity across 22 generations of chinook salmon.

where to find The Westside Post

look for The 'Post at your favourite stores like Home Building Centre, in the **red boxes** along Westside Road, at the Waste Transfer Stations, community halls, fire halls and the RDCO



PRINT COPY LOCATIONS

WESTSIDE

- **RED BOXES** along Westside Road near bulletin boards + main mailboxes
- community & fire halls
- Killiney Beach Library
- Westside waste transfer stations
- Trader's Cove Drive
- 1000 Westside Road
- Lake Okanagan Resort
- La Casa
- Spallumcheen Golf & Country
- O'Keefe Ranch

VERNON

- RATIO coffee shop • One Stop Wine Shop
- Home Building Centre 27 St
- Corner Optical • SPCA

KELOWNA – Bernard Street locations only:

- Mosaic Books • Bean Scene • Safeway
- RDCO on KLO Road • SPCA

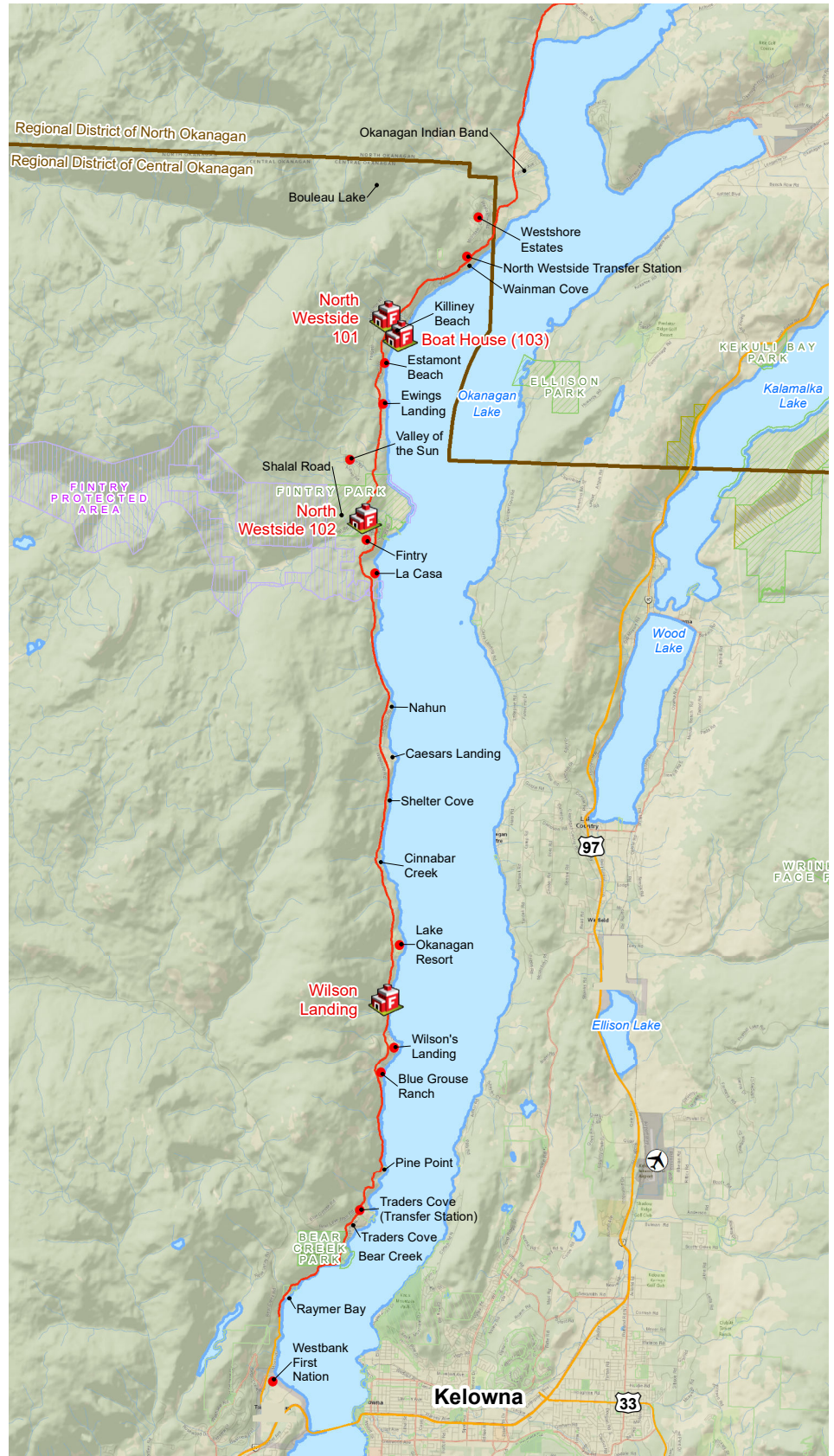
WESTBANK • WFN • Sncawips Heritage Museum • Westside Learning Lab Library

ONLINE westsidepost.ca

Facebook\westside post

SUBSCRIPTIONS: call or email request, see inside cover for contact info.

– thanks to Dave Orlando at RDCO –
map update underway



news & notes from around the district

the Regional District of Central Okanagan encompasses over 314,000 hectares of diverse topography straddling the shoreline of Okanagan Lake

Get involved

Residents of the Central Okanagan West Electoral Area and especially those living in North Westside communities are encouraged to apply to become a member of the governance and services study committee.

Those interested may complete an online application outlining their relevant background and experience and submit it by 12 pm noon on February 15: rdco.com/nwstudy Committee members will be selected based on their application, upon the recommendation of the Electoral Area Director and approved by the RDCO Board.

The committee will endeavor to engage residents in an analysis of the current regional district governance and service delivery in the electoral area, with a particular emphasis on North Westside communities. Building on the findings of the *2017 Services and Issues Review*, the committee will advise and assist community members to understand their governance concerns, interests and options under the regional district framework with a report to the Regional Board later this year.

Information on the committee, its Terms of Reference and ongoing work is available at: rdco.com/nwstudy

Hydrants and snow don't mix

During the snowy winter months your local firefighters would sure appreciate a hand or at least a shovel.

If you have a fire hydrant near your property, please take a few minutes when you're shoveling, to clear snow away from around the fire hydrant.

That not only helps firefighters find the hydrant in an emergency but will save time in hooking up hoses during any fire response.

Dog license discount

All dogs in the Central Okanagan older than three months are required to wear a valid license tag on their collar or harness.

It's one of the quickest ways to identify a dog that's been found with its owner family. Often, RDCO dog control can facilitate a reunion without a trip to the pound.

Renew your dog license for 2022 or purchase a new tag before February 28 and you'll save \$20. Starting March 1, regular annual fees apply – \$40 for a dog that's spayed or neutered or \$80 if it isn't.

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news & notes from around the district

the Regional District of Central Okanagan encompasses over 314,000 hectares of diverse topography straddling the shoreline of Okanagan Lake



When the robins arrive, you know Spring is close. This is by far the earliest that they've arrived to Westside. Fintry Delta. January 4, 2022. Photo courtesy of Sue Cseh-Galbraith.



WFN news highlights

Former WFN chief recognized for a lifetime of achievements

Louie helped finalize WFN self-governance in 2005. Since then, economic growth within the reserve has grown from 110 businesses to more than 500 with close to \$700M in revenue. A former lawyer, Louie spent 24 years as chief of Westbank First Nation, while helping to guide it through independence and self-governance.

“I am honoured, grateful and appreciative ... To serve, work with and support Indigenous people in economic and business ventures makes me so proud to be Indigenous. I salute all Indigenous peoples in business.”

Masks mandatory at WFN buildings

Reminder that a non-medical mask or face covering is required to be worn in all WFN operated spaces and facilities.



Get more details about these and other stories at: wfn.ca/news



Westside Regional Wastewater Treatment Plant located off Gellatly Road in West Kelowna. Photo courtesy of RDCO.

Grant to assist RDCO Regional Wastewater Treatment Plant

The Government of Canada and Federation of Canadian Municipalities have awarded a \$50K grant to the Regional District to assist with long-term planning for its Westside Regional Wastewater Treatment Plant.

This money will be used to complete a comprehensive Asset Management Plan for the facility, located off Gellatly Road in West Kelowna.

Regional District Board Chair Loyal Wooldridge says “this funding is fantastic news for the communities served by our regional facility. It’s crucial to proactively plan and understand the life-cycle replacement requirements for such a complex facility that serves Westside communities and to protect the environment.”

For more info: rdco.com/wastewater

news & notes from around the district

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RDCO 2022 budget: your feedback wanted

Since the Fall, Regional District staff have been busy drafting the annual budget and 5-year Financial Plan.

It's anticipated the Board will get a preliminary look at the proposed 2022 – 2026 Financial Plan at its meeting March 3 and another review will take place on March 17.

As information is available, you will find it online at: rdco.com/budget

Also find links to the latest budget documents and an opportunity to provide email feedback to the Board.

Due to the ongoing covid pandemic, in person opportunities to comment to the Board are limited by public health regulations.

We encourage you to email comments or questions by March 11 and this information will be provided at either the March 3 or March 17 budget meeting. Each meeting begins at 8:30 am.

All Board meetings may be viewed once they begin with a link to the livestream at: rdco.com/agenda

If you're unable to view the meetings as they happen, you can watch a recording of the budget discussions when best suits you.



Okanagan Band is looking for new hires – 2022 Water Project

Please visit this link to apply and for project information:

okib.ca/departments/public-works-housing/water-systems-improvement-project

OKIBs mental health and wellness team is available. Call if you want to talk.

In office, online and telephone counselling – confidential and based upon clients terms. We're here to listen. You can call us anytime at 250.540.7416.



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reader's choice winner

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dewi@infinite-loop.com

infinite-loop.com

RDCO Board meeting highlights: from January 13 and 24



All fluffed up – the original puffy winter coat! Robin who arrived early to the Fintry Delta. January 4, 2022. Photo courtesy of Sue Cseh-Galbraith.

next RDCO meetings

- Thursday, February 10 at 8:30 am
- Monday, February 28 at 7 pm

Meetings take place at the Regional District office at 1450 KLO Road, Kelowna (Woodhaven Boardroom)

Limited public attendance in keeping with health orders on public gatherings.

January 13

Regional Parks Visitor Services update

Presentation and report received from Parks Services outlining program and visitor highlights during 2021. Last year over 27,600 people took part in a Regional Park interpretive program or event; over 43,000 in 2019, before the pandemic. Last year 500 programs and events were held in 23 Regional Parks; over 170 individuals logged over 1,500 hours volunteering.

Regional parks tenure license

Approved renewing 30-year leases for Crown Land Licenses of Occupation for portions of Antlers Beach and Hardy Falls Regional Parks.

Agricultural Land Commission (ALC)

The Regional Board conditionally supports forwarding an application from a property owner at 3782 Old Vernon Road to the ALC. The applicant seeks approval for farm worker housing.

Audit Planning report

Approved the audit planning report submitted by BDO Canada LLP.

January 24

January - March spending

Approved the carryover of some budgeted 2021 projects to the first three months of 2022. These projects were either not started or are in the process of completion; a number of amendments were approved to include new projects in 2022 or allow for changes to existing.

Fire Service Agreements renewed

Approved the 5-year renewal of fire service agreements between the RDCO and City of Kelowna. Agreements run through December 2027.

Crime Stoppers celebrates

Presentation received showing ongoing successes of the non-profit Central Okanagan Crime Stoppers program. In April, the organization marks 35 years of providing crime fighting and crime solving programs in the Central Okanagan. Since 1987: received over 30,000 anonymous tips which have assisted with the arrest of nearly 3,000 criminals and approved almost \$325K in rewards.

Highlights from the Regional Board meetings are included here as space allows and are available from the Regional District, usually within a day. Get more details and/or audio of any of these meetings from the RDCO at rdco.com/board or on Wayne Carson's website: waynecarson.ca

Last year 500 programs and events were held in 23 Regional Parks; over 170 individuals logged over 1,500 hours volunteering.



Questions about RDCO Services? Contact Us!



The Regional District of Central Okanagan is open
Monday – Friday from 8am – 4pm (excluding holidays)

We're always open at www.rdco.com / Like us www.facebook.com/regionaldistrict

Email info@rdco.com or call us 250-763-4918

news & notes from around the district

the Regional District of Central Okanagan encompasses over 314,000 hectares of diverse topography straddling the shoreline of Okanagan Lake

Westside Community Associations

NWCA

North Westside Communities Association

Serving the residents of the North Westside since 1975 – Westshore Estates to Caesar's Landing.

Contact: Darryl Hordo
president@nwcaonline.ca

Hall Rentals: 250.545.9309

For more info: nwcaonline.ca

EMERGENCY 250.870.6858

WLCS

Wilson's Landing and Communities Society

Serving our communities from cove to cove – Traders Cove to Shelter Cove.

For more info, to volunteer or to join our community society, contact Karen Bennison, 250.769.3673
There's strength in numbers.

Get involved with your community association today and make a difference for tomorrow.



Request for Governance & Services Study Committee members

The Regional District of Central Okanagan (RDCO) is seeking people interested in serving on the Central Okanagan West and North Westside Governance and Services Study Committee.

The committee will endeavor to engage residents in an analysis of the current regional district governance and service delivery in the Central Okanagan West Electoral Area with a particular emphasis on the communities within the North Westside Fire Protection area. The committee's work will build on the 2017 North Westside Services and Community Issues Review and will advise and assist the Regional Board and community members to understand their governance concerns, interests and options under the regional district governance framework.

To include diverse perspectives of the greater community, residents in the Electoral Area and Westbank First Nation, may apply to become a member of the committee.

Those interested in applying to become a member of the committee are invited to submit an online application (rdco.com/nwstudy) including a brief outlining their relevant background and experience by email to info@rdco.com or in person to RDCO Corporate Services, 1450 KLO Road, Kelowna.

Study committee members will be selected based on their experience and interest expressed in the application, upon the recommendation of the Electoral Area Director and approved by the RDCO Board.

Applications will be accepted until 12 p.m. (noon) Tuesday, February 15.

Information on the committee and the Terms of Reference are available at rdco.com/nwstudy.

Thank You Westside for voting us your #1



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wayne's world: working for you

Regional Director for Central Okanagan West discusses ideas and issues from around the electoral area



Wayne Carson, Regional Director,
Central Okanagan West
waynecarson.ca | 250.801.4859

A request for committee members to participate in the *North Westside Governance & Services Study* is underway. To apply to become a member see pages 7 and 11 for details, contacts and where to find more information. I will be updating my website regularly and the NWCA will post updates through their email newsletters. If you would like more information or have questions, you are welcome to call or email me anytime.

The NWCA has proposed a Town Hall meeting for Wed., February 23 and have invited me to respond to questions regarding the upcoming *Governance Study* and subsequent committee intended to guide us through the study and ensure the community as a whole is kept up to speed with any proposed changes to their local government and/or service delivery.

Due to COVID restrictions at this time it will probably be a pandemic hybrid Town Hall meeting with personal access to the hall if possible and Zoom video conferencing available. See page 15 for details.

I have been assured that funding from the Electoral Area West's Community Works Fund (Gas Tax) can be used to add permanently installed emergency generators to the public water systems in Killiney Beach and Westshore Estates. This would supply the lift stations and the waterfront intake pumping stations with continuous power during power outages and provide continued protection for our homes and property during wildfire induced outages.

Generators may also reduce or eliminate the numerous WQA and Boil Water notifications we have had over the last fifty years as a result of end of line/ single feed power outages, trees on lines, car accidents and even issues in Lake Country where our power originates.

For these reasons I have asked the Board to direct staff to explore this option ASAP so that if staff recommends this course of action I can go for Board approval of the funding and get the generators installed and operational prior to this year's wildfire season.

In addition to the generators, I have requested the Community Services Department at RDCO to explore a Structural Sprinkler Protection bylaw for the North Westside. This would see Rainbird type sprinklers permanently installed as a dry system ready to go when needed on a rotational basis. This sprinkler system is used by BCWFS and their Structural Protection experts to protect the many interface at risk structures they successfully deal with annually.

With a reliable and continuous water supply, pre-installed sprinklers and a master water plan for operations we could throw up one hell of a defense in the more densified communities.

The boat was intended to supply the water component to structural protection in areas that did not have a reliable and continuous water supply to run the sprinklers. With prior knowledge and time or distance from a slowly advancing fire these sprinklers are extremely effective in protecting structures. As well, sprinklers are an extremely useful tool in a more defensive tactic such as used against a fast fire start close to structures.

If you have any questions or concerns beyond the information mentioned above, I can be reached at:
wayne.carson@rdco.com

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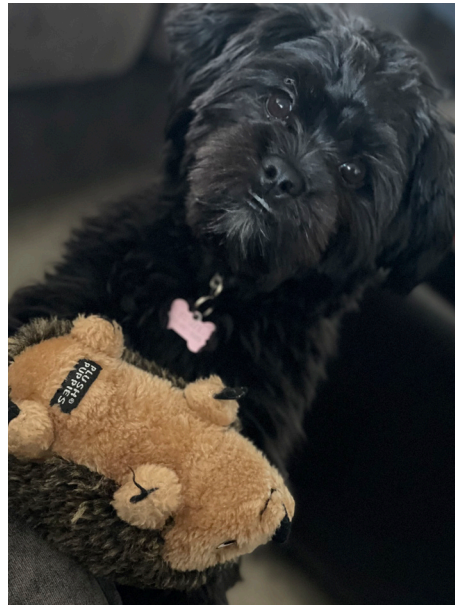
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Cell: 250-306-4885
Email: kris@mandk.ca

westside pet pics – Favourite Feature in annual Reader's Choice Awards – enjoy!

Happy “tails”



Shiba Inus **Becca, Belle, Trooper** and the baby is **Takashi** (meaning precious). I ordered one of the puzzles from the JigSaw Puzzle Guy after seeing the ad in this paper. Look how cute! An excellent gift for family.



Sumix, at 7 months old, is 7 lbs. and loves her hedgehog!



We'll miss you Betty White
and remember you always for all you did for animals – thank you.
Betty White died just shy of her 100th birthday and was a lifelong advocate for animals and children.



Ready to go! **Cali**, a beautiful 6-year-old calico. You may recognize her from the Public Service Announcements for the SPCA.



Marigold and **Clover** had never been inside a home and wouldn't let anyone touch them. They have now been in our care for three months and have come such a long way.

Thanks to all our pets for making our lives better and helping us get through these difficult times.



Time to pick out your pet's best photo! SPCA annual Calendar Contest starts early this year on February 11. Find us online, easy process to submit your pet's best.



Miss Betty, 7, is our Delivery Assistant and Complaints Manager, seen here with her "listening ear" on!

To see your pet featured here, send in your favourite photo by the 24th: westsidepost@icloud.com

your local history: camping circa 1913

by reader request, this history series by local writer Shannon Jorgenson features profiles of people and places along and around historic Westside Road.



While some of these dwellings were the year-round homes of characters long ago, others were built by the Laird of Fintry to serve as 'way' cabins. Circa 1913. Photos courtesy of the Fintry Archives. The Friends of Fintry is a non-profit society dedicated to preserving the history and legacy of the Fintry Estate. More info or to become a member: info@fintry.ca



High in the mountains above Fintry, you may still find remnants of old cabins. While some of these dwellings were the year-round homes of characters long ago, others were built by the Laird of Fintry to serve as 'way' cabins.

In his youth in Scotland, James Cameron Dun-Waters developed a love of the outdoors and he continued to follow this passion at Fintry.

Throughout the year, he often headed into the mountains with pack horses and gear, often accompanied by a guide, his friends and his dogs.

The hills and mountains above the delta were then, as now, home to bighorn sheep, deer, black bears and many species of birds. The area holds many cliffs, meadows and high mountain lakes, and offers spectacular views of Okanagan Lake and the valley.

Terrace Mountain is the peak of this region and is one of the highest mountains in the Okanagan.

Shorts Creek, which eventually turns into the falls at Fintry, starts high on top of Terrace Mountain.

Today, the Fintry Delta is one of BC's favorite campgrounds. The hills above are a 'must do' for hikers, with trails beginning at the base of the Fintry triple waterfalls.

The Fintry Delta is one of BC's favorite campgrounds and was voted Best Westside Campground in the annual Reader's Choice Awards.

reader's choice winner

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ANTHONY MORGAN  

WHAT'S ON – community groups & other cool stuff like the library

announcements • community groups • events • library news • word of the month

groups & events

Alcoholics Anonymous

Are you looking for community support? Join an open meeting of Alcoholics Anonymous. Anyone who thinks they may have a problem with their drinking is welcome. Tuesday nights, 7:30 – 8:30 pm, Killiney Beach Community Hall, 516 Udell Road. More info: contact Joe at 403.630.7458

Fintry Manor House & Barn

Closed for the season. Visit us online for virtual tours, to join or volunteer: fintry.ca or info@fintry.ca

Kelowna Art Gallery

Join the Kelowna Art Gallery in person for Family Sundays.. Create a unique piece of artwork to take home with you whilst having fun exploring materials and techniques. Price: \$5 per person. More info or pre-register: kelownaartgallery.com/family-sundays

Kelowna Gospel Mission Thrift Store

We are open for shopping or bring in your donations. Proceeds go towards food, shelter and support for our local homeless population. Quality clothing, home furnishings, affordable price. Also antiques, collectibles, grad/wedding apparel and specialty medical items. 125 Roxby Road, Kelowna, 778.753.2210

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6	4	1	9	7	5	3	8	2
3	9	2	6	1	8	4	7	5
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2	8	7	1	4	6	5	9	3
9	6	4	7	5	3	8	2	1
1	5	3	2	8	9	6	4	7

puzzle solutions for this month

Moms n' Muffins

On hiatus. For more info or to volunteer: Ona: 250.260.6642

Senior Citizens Association of Killiney Beach

We are pleased to restart the weekly **Wednesday Potluck Lunches** as of January 12, at the Killiney Beach Community Hall at noon, with covid protocols in place. *Everyone is welcome and we welcome new faces!* Contact: Wayne 250.545.2460

Seniors Outreach and Resource Centre

is seeking volunteers. There are several great opportunities to volunteer with older adults. If you are interested senior@telus.net or call 250.861.6180 to connect. More info: seniorsoutreach.ca *We look forward to hearing from you!*

The Vernon Walking Club

The Vernon Walking Club meets every Monday and Thursday morning from 9:30 am to 10:30. For more info, visit us online at: vernonvillage.ca

Westside Community Church

Sunday Services at 10 am. *Don't be a stranger, everyone welcome.* We respect all public health requirements. For more info, call the office: 250.558.1516

Westside Senior Citizens Service Association Activity Centre

On hiatus. To get involved with your community or find new recreation activities, get in touch with us. *Everyone welcome!* Office: 250.768.4004.

Westside Wolfpack Soccer

On hiatus until Spring. More info or to volunteer: Coach Mike 250.309.3692

GET ON THE LIST

To have your community group or event included, send an email by the 24th to:

westsidepost@icloud.com

Community Town Hall meeting – February 23

NWCA Governance Committee is hosting a virtual and in person (dependent on COVID restrictions) Town Hall meeting. Regional Director, Wayne Carson, will be our guest to provide updates on:

- upcoming Governance Study
- Water Systems & Generators
- Structural Sprinkler By-Law
- White Rock Lake Fire Recovery

There will be a Q&A opportunity so please email any questions you wish to have addressed to:

governance@nwcaonline.ca

details

Wednesday, February 23 at 7 pm, Killiney Beach Community Hall, behind the Fire Hall, lots of parking

Virtual option: send us an email and we'll send you the Zoom link.

TRANSFER STATIONS HOURS

North Westside

Monday, Wednesday, Sunday
8 am – noon

Saturday 8 am – 4 pm

Traders Cove

Wednesday 6:30 – 10:30 am

Saturday & Sunday
9 am – 1 pm

WHAT'S ON – community groups & other cool stuff like the library

announcements • community groups • events • library news • word of the month

BC Family Day

BC is celebrating Family Day the weekend of Friday, February 18 – Monday, February 21, 2022

Family Day was introduced in BC in 2013 to recognize the great contributions that families make to our lives, our communities and our province. Supporting families to be strong, happy and healthy is essential to building a healthy BC.

Call or visit a family member and remind them how much they mean to you and that you love them. Hopefully we'll have more time together as public health guidelines allow.



THANK YOU WESTSIDE for voting us your #1

27th St. Beauty Diva's

4376 27th Street Vernon, B.C.
250.549.3326

~ Instagram ~
shoppers_27thstreetvernon



Pink Shirt Day

February 23

Be Respectful
n̓na?ilsn̓t
Be Kind
x̓stcaw̓t



North Westside Fellowship Church

Sunday Service 10 am
Killiney Beach Community
Hall – 516 Udell Road

PASTOR JERRY SPOOR
250.558.1516 landline
250.306.8817 cel

don't be a stranger – everyone welcome

HAMMERHEAD construction

Jason: PH. 250.260.0044 Ab: Ph. 250.309.3193

Your renovation specialist

WHAT'S ON – community groups & other cool stuff like the library

announcements • community groups • events • library news • word of the month

Westside Community Library

The library is open. We invite you to visit the library beside the Killiney Beach Hall, just off Westside Road.

Address: 516 Udell Road. Public health protocols in place. We have books for adults, young adults, youth & children, plus audiobooks and DVDs.

weekly hours: Mon. 6 – 8 pm; Wed. 11 am – 1 pm; Sat. 1 – 3 pm with kids crafts, activities and story time.

Everyone is welcome at the library. We are wheelchair accessible. Find us on FaceBook\NWLibrary or for more info: Andrea library@nwcaonline.ca

GET ON THE LIST

To have your community group or event included, send an email by the 24th to: westsidepost@icloud.com

*“There is no friend
as loyal as a book.”*

Ernest Hemingway

word/phrase of the month

s̓xm̓kaws̓ s̓xəl̓x̓s̓alt̓

commonly understood as
Valentine's Day ❤️

more literal translation
the day for all the lovers
of the world

everyday usage example
: x̓ast̓ i? s̓xm̓kaws̓ s̓xəl̓x̓s̓alt̓
is̓xm̓kawa
Happy Valentine's Day my lover








260 - 525 Hwy 97 S (Okanagan Lake Shopping Centre)
Call 778 755 2787 or visit sncwips.com

NEW WESTSIDE BUSINESS LAUNCHED!

Greetings! I'm Lorna Carleton, a Killiney Beach resident. I've started a new venture, offering "Craft Boxes" featuring local artisans' creations, along with books I'm proud to have authored.

My books are dragons-and-magic themed, and so are the boxes! Here's a list of the boxes now available:

-  **Dragons & Crystals**
-  **Date Night with a Dragon**
-  **Bath Time with a Dragon**
-  **Snack Time with a Dragon**
-  **Dragons and More Dragons**

Love dragons and all things magical? Love exploring the creations of your Okanagan neighbours? Email me, and name the box you'd like.

lorna@lornajcarleton.com

Have a creation you'd like to see in a future box? Email me, same address, and let's talk!



Okanagan real estate market very strong – latest numbers from local experts

market updates and trends from realtors who live and work on the Westside

“Buy land, they’re not making it anymore.”

Ernest Hemingway

Maurice Greenwood
REALTOR®
Real Estate Agent & Property Manager

Cell: 250-308-5224
Email: MG@MProProperties.com
www.MProProperties.com

CENTURY 21
Executives Realty Ltd

Thank you to everyone who voted for me in the annual Reader’s Choice Awards. It means so much to me! Here is a snapshot of the current activity in the North and Central Okanagan: 2022 is off to a strong start.

Please keep in mind these numbers encompass all types of properties, from lots to waterfront and everything in between. Latest stats include both Central and North Okanagan, as at end of December 31, 2021 (the most recent available):

Inventory: down 38% in Central Okanagan and 32% for the North
Days on market: down 33% for Central Okanagan and 40% for the North

Sales Volume for this year – Central Okanagan \$329,218,708 down 18%

this time last year	\$400,584,866
units listed	this year: 383 – down 18%
	last year: 468
units sold	this year: 403 – down 22%
	last year: 518

Sales Volume for this year – North Okanagan \$109,252,602 up 6%

this time last year	\$103,187,58
units listed	this year: 119 – up < 1%
	last year: 118
units sold	this year: 158 – down 17%
	last year: 191

We are still in a strong seller’s market. The sales volume for Central Okanagan reflects the lack of inventory and drives prices up. Presales for new builds are selling out quickly while buyers are having a tough time in the current market conditions. Sellers: great opportunity. Buyers: be sure you have an agent to get in front of those listings ASAP. Thank you again, Westside, I am happy to serve the community I live in and appreciate your support and business.

Latest stats provided courtesy of the SaltFowler Team. Joanne Borowsky is a Westside resident, realtor and feature contributor to The Westside Post. She can be reached at 236.599.0512.

“MARK” IT SOLD!

MARK LOCKWOOD

marklockwood@royalpage.ca
www.lockwoodrealestate.ca

reader’s choice award winner

RE/MAX
VERNON SALT FOWLER

JOANNE BOROWSKY
Call/Text: 236-599-0512

Salt Fowler
Just Add Salt!®

healthwise: regaining control of your life during the pandemic

Reader's Choice Award – Favourite Feature: Healthwise column by Davidicus Wong MD

At the end of a year of successive waves of covid and extreme weather conditions, many of us were cautiously hopeful for a brighter 2022.

You may even have considered New Year's resolutions to improve your diet, get fit or start those projects you've been putting off amidst these pandemic doldrums.

Recent studies have showed that up to two thirds of New Year's resolutions are abandoned by February.

Many more haven't even bothered to make any formal life-improvement plans. The radical changes we've had to make with work and school, shopping and socialization have left many feeling frustrated, angry, helpless and even hopeless – in short, stuck in pandemic burnout.

To escape the downward spirals of resignation or rage in the face of accelerating unpredictable change, we need to regain what in psychology we call the locus of control. This is a personal sense of agency – the conviction that we can positively control some important aspects of our lives.

Although we have been forced to give up many of the comfortable and sustaining routines of our daily lives, we can each regain our personal identity as agents of positive change.

One of the keys to coping with change is what psychologist, Carol Dweck calls the growth mindset. The limits of our abilities are not fixed. We are adaptable and capable of learning and personal growth even as adults.

We can do better than just survive this pandemic. We can thrive.

We can even do better than just be resilient. We can learn to be anti-fragile – growing stronger with each challenge.

If you're ready to make some positive changes in your life, you should of course start with your deepest values and needs. But the key to successful personal change that will last well beyond February is not to launch right into a radically different and difficult routine.

Start with a very small achievable behaviour that is just one step in the direction of your greater goals. For example, if your big goal is to walk 10,000 steps a day, simply put on your runners in the morning. If your big goal is to eat healthier, start by eating one fresh fruit with breakfast.



Dr. Davidicus Wong is a family physician. His Healthwise column appears regularly

in this paper. For more on achieving your positive potential in health, read his blog: davidicuswong.wordpress.com

That one easy routine will become a habit in as little as 7 to 10 days. You'll have the positive energy and confidence to take the next step.

These small but progressive changes will progress month by month. By the end of 2022, you will be amazed by what you have achieved. As James Clear says in his bestseller, *Atomic Habits*, every positive action is a vote for the person you want to become.

In this rapidly changing world, you will remain an agent of positive change in your own life.

Every positive action is a vote for the person you want to become.

Camille Steele
REALTOR®

250.869.5948
camille.lacasa@gmail.com

ROYAL LEPAGE
KELOWNA
INDEPENDENTLY OWNED AND OPERATED

#11-2475 Dobbin Road
West Kelowna, BC V4T 2E9
Phone: 250.768.2161
Toll Free: 1.800.747.6954



Friends of Fintry is looking for an experienced

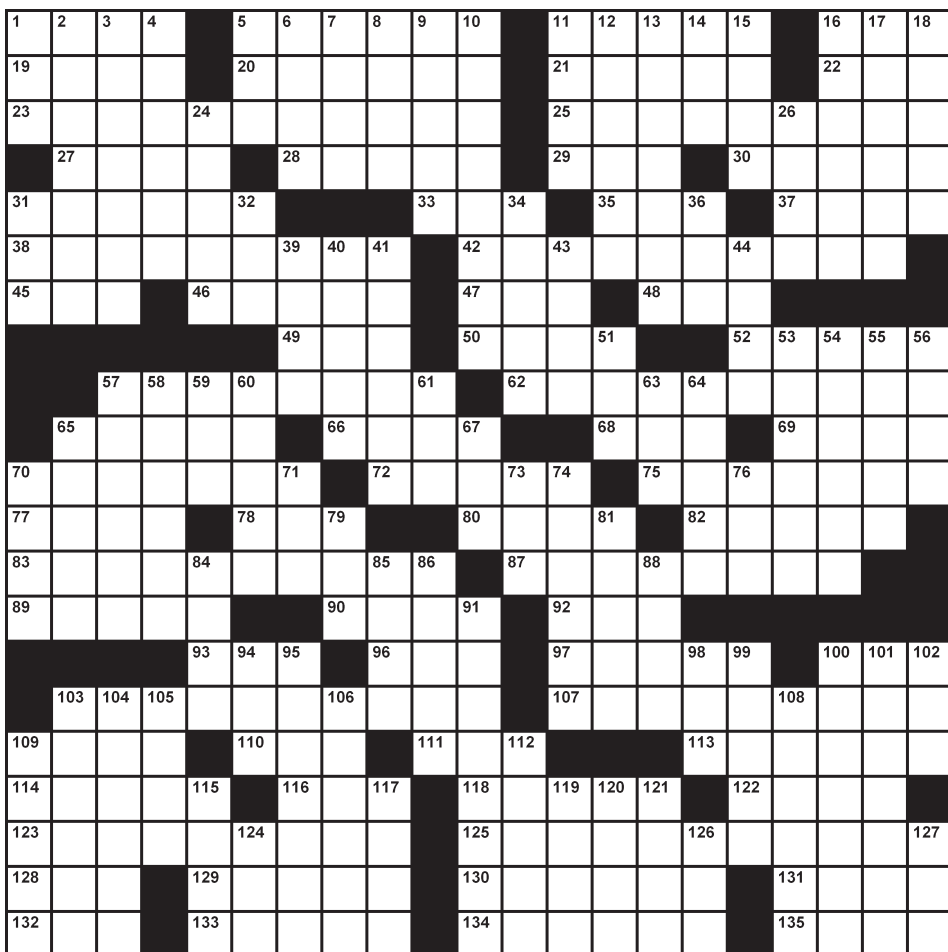
Bookkeeper/Accountant
Experience working for a non-profit organization would be an asset.
Approx. 10 hrs/month.

Please call Kathy at 250.309.7868 for more info or email your resume to:
kathdin@shaw.ca

Alice's puzzle pages

BRIDGE THE GAP

Universal Sunday Crossword – release date: JANUARY 2, 2022



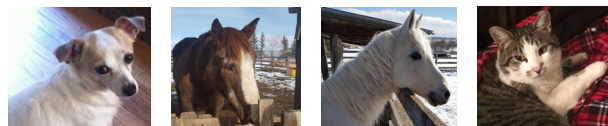
- 110 Conflict in many epics
- 111 “That’s really something!”
- 113 Run like a mouse
- 114 “Halt,” nautically
- 116 Teacher’s org.
- 118 Braid
- 122 Chillax
- 123 Steve Wozniak portrayer (Last three letters + ...)
- 125 Successful racehorse (... first three)
- 128 Weeding tool
- 129 Vote in
- 130 Ready for recording
- 131 Treat successfully
- 132 &
- 133 Positive answers
- 134 Fueled (up)
- 135 Online outlet for crafters

DOWN

- 1 PC pioneer
- 2 2016 Drake hit with the lyric “You take my love for granted”
- 3 Certain hosp. caregiver
- 4 Soldiers’ dining halls
- 5 Had some food
- 6 Stable building?
- 7 Phrase of approximation
- 8 Surrounded by
- 9 Terrible reviews
- 10 “Batman” publisher
- 11 ___-and-go
- 12 Mark who played Luke Skywalker
- 13 Alfresco
- 14 Vinegar’s partner
- 15 Tibia-femur connector
- 16 Textile
- 17 Major “Seinfeld” character who wasn’t in the pilot
- 18 Challenged
- 24 Bangkok natives
- 26 Actress Garr
- 31 OAK alternative
- 32 Affectionate treatment, briefly
- 34 Market compartment
- 36 Shoreline feature
- 39 Like intense chocolate
- 40 Golf clubs with thin heads
- 41 Age
- 43 Natural soother
- 44 Nigh
- 51 Portable organizer (Abbr.)

ACROSS

- 1 Agenda part
- 5 On a ship, say
- 11 Trembled
- 16 FBI agent
- 19 Tedious talker
- 20 Plane’s landing area
- 21 Simple putt
- 22 ___ carte
- 23 Pixar film set in a scream-powered city (Note the last three letters in this clue’s answer + ...)
- 25 Egg dish station (... the first three in this one)
- 27 Pour forth
- 28 Greet nonverbally
- 29 Bowling target
- 30 Chilling, but not relaxing
- 31 Not happy with
- 33 Texting format (Abbr.)
- 35 Place to experiment
- 37 Watermelon’s exterior
- 38 Paleontological job (Last three letters + ...)
- 42 Sorbet relative (... first four)
- 45 Verse of praise
- 46 Cause to jump, maybe
- 47 Dieter’s figure, for short?
- 48 Bread type
- 49 Wood concern
- 50 Swine’s supper
- 52 In regard to
- 57 2010 Taylor Swift album (Last four letters + ...)
- 62 One may be above a musical staff (... first five)
- 65 Preadolescent
- 66 Like a snail
- 68 TV channel hidden in “camcorder”
- 69 Early Andean
- 70 Pickled cucumber
- 72 One of a Disney septet
- 75 Bone mineral
- 77 Goes wrong
- 78 “Mamma ___!”
- 80 Northwestern housing?
- 82 Oscar winner Witherspoon
- 83 Background actor (Last three letters + ...)
- 87 Filling pizza style (... first two)
- 89 Promise
- 90 Certain parents
- 92 University URL ending
- 93 Marriage vow
- 96 Play-___
- 97 Pub measures
- 100 “60 Minutes” network
- 103 Detectable segment of DNA (Last four letters + ...)
- 107 Apportion (... first six)
- 109 Japanese buckwheat noodle



- 53 Pizza portions
- 54 Wind up or wind down
- 55 At the expected time
- 56 500 sheets
- 57 Turn sharply
- 58 Iran, once
- 59 Cartoon screech
- 60 Japanese cartoon genre
- 61 "Amazing!"
- 63 SUV maker
- 64 Paperless greeting
- 65 Apt thing to toss in the laundry?
- 67 Roll of bills
- 70 Precious stones
- 71 Veto
- 73 Fishing pole
- 74 Unpaid promotion, e.g.?
- 76 Hawaiian neckwear
- 79 \$\$\$ dispenser
- 81 Newspapers and such
- 84 "Black Panther" villain Killmonger
- 85 Took a train, say
- 86 Surrounded by
- 88 Football kick
- 91 Herding canine
- 94 Morning moisture
- 95 Florida fruits
- 98 "___ the season ..."
- 99 2014 Winter Olympics city
- 100 Morsel made from a kernel
- 101 "Impossible" ones are meatless
- 102 Hog home
- 103 Get over a rejection
- 104 Subsidized
- 105 Foolhardy
- 106 Birthplace of the Olympics
- 108 Subtle distinction
- 109 Malia Obama's sister
- 112 Justice Kagan
- 115 Apt name for a third child
- 117 Pests in a colony
- 119 Peace treaty topic
- 120 Sacred Egyptian bird
- 121 Youngster
- 124 "Hooray," in Jalisco
- 126 Marry
- 127 Spanish king

		9	2	7	6	1		
5				9			8	
	2				5			6
6	8			1		5		4
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2			7					1
	7			5				9
		5	9	6	2	4		

DIFFICULTY RATING: ★★☆☆☆

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	2		8	7					
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DIFFICULTY RATING: ★★★☆☆

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	1				7	2			8
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DIFFICULTY RATING: ★★★★★☆

about Sudoku

Sudoku is the Japanese word combining "number" and "single". Its origin stems from an 18th century game by a Swiss mathematician. His game was named *Latin Squares*. This is truly an international game.

Sudoku Daily is a puzzle that uses numbers instead of words. It's a grid of 81 squares, divided into nine blocks of nine squares each. Some of the squares contain a digit. The goal is to fill in the empty squares so that the digits 1 through 9 appear just once in every row, column and individual block.

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusive.

The aficionados of modern-day Sudoku are keen to point out that it is not a mathematical problem. Logic is what's required.

Good Luck!



Alice's Puzzle Pages
Reader's Choice
Winner
 Favourite Feature

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business + services

your local business + service guide



The view from Killiney Community Beach. Photo courtesy of Sammie Hoffman.

grocery

Save-on-Foods Vernon Village Green
store 250.542.8825 pharm 250.5584.854

employment services

Work BC / Community Futures Vernon
250.545.2215 ext. 230

hardware + home improvement

Home Building Centre – 27st Vernon
250.545.5384

landscaping | tree + lawn

Full Throttle Tree Services
Anthony Morgan 250.644.1444

photo printing & puzzles

The Jig Saw Puzzle Guy 250.260.1970
thejigsawpuzzleguy.com

real estate agents + services

Joanne Borowsky ReMax Vernon
236.599.0512 joanne@saltfowler.com

Maurice Greenwood Century 21
250.308.5224 MG@MProProperties.com

Phil & Nicole Harris PropertyGuys
778.932.5947 npharris@propertyguys.com

Mark Lockwood 250.241.7599
marklockwood@royalpage.ca

Camille Steele Royal LePage Kelowna
250.869.5948 camille.lacasa@gmail.com

wine + wine supply

One Stop Brew Mart 250.549.2739
brewmart@shaw.ca | brewmart.ca

contractors + trades

Don Buchan Construction
778.212.3841

Hammerhead Construction
Jason Satterthwaite 250.260.0044

M&K Ready Mix 250.545.7238
Kris Ross kris@mandk.ca

TNJ Plumbing & Heating
Tim & Jordan Hall | 250.306.3200

Watson Brothers Excavating
Shayne Watson call/text 250.550.5902

creative + writing services

Infinite Loop Audio Production
dewi@infiniteaudio.ca

Lorna Carleton Craft Boxes
lorna@lornajcarleton.com

Westside Writing Studio
katherinepayne@icloud.com



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puzzle solution for this month

I	T	E	M	A	B	O	A	R	D	S	H	O	O	K	F	E	D		
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A	V	A	S	T	N	E	A	P	L	A	I	T	H	A	N	G			
S	E	T	H	R	O	G	E	N	D	E	R	B	Y	W	I	N	N	E	R
H	O	E	E	L	E	C	T	O	N	M	I	K	E	C	U	R	E		
A	N	D	Y	E	S	E	S	G	A	S	S	E	D	E	T	S	Y		

useful numbers

community + emergency numbers

useful numbers

BC Hydro – Power Outages

1.888.769.3766 or check online by postal code

Burn Permits 250.469.6223

Conservation & Wildlife emergency

or downed wildlife 1.877.952.7277 (RAPP line)

Dog Licences

250.469.6344 | rdco.com/dogs

Outdoor Burning Hotline 1.855.262.2876

Poison Control Centre 1.800.567.8911

Roads & Maintenance – Acciona

– paving, snow clearing, road kill
1.866.222.4204

Regional District of Central Okanagan

(RDCO) 250.763.4918

after hours emergency 250.868.5299

[this would be something like
a broken water main/hydrant]

Regional Director

Wayne Carson 250.801.4859

Burning Information Line

1.855.262.2876

Waste/Waste Reduction + to report

illegal dumping 1.250.469.6250

Dog Control 250.469.6284

EMERGENCY: 250.979.0925

info-dogcontrol@rdco.com

• have address, date, time, breed

Chief Bylaw Enforcement Officer

Curtis Svenson 250.469.6214

protective.services@rdco.com

community numbers

City of Kelowna

Community Development & Culture
250.469.8650 | culture@kelowna.ca
kelowna.ca/culture

Fire halls

North Westside 250.545.1195
Wilson's Landing 250.469.6161

Friends of Fintry

Kathy Drew kathdin@shaw.ca

Killiney Beach Community Library

Andrea Kveton library@nwcaonline.ca

Killiney Beach Hall Rental 250.545.9309

Senior Citizens Association of Killiney Beach

Wayne Nixon 250.545.2460

North Westside Communities Association (NWCA)

Darryl Hordo president@nwcaonline.ca

North Westside Fellowship Church

Pastor Jerry Spoor 250.558.1516

North Westside Firefighters Society

Shawn Barnes 604.454.8248

OKIB Office 250.542.4328

okibadmin@okanagan.org

Westbank First Nation (WFN)

250.769.4999 main | mail@wfn.ca

250.768.0227 community services

Westside social accounts

@CoyoteXing

@People of the North Westside

@Westside Women

@Westside Rd Community Road Reports

@NWCALibrary

@Northwestsidecommunityassociation

Wilson's Landing & Communities Society (WLCS) 250.769.3673

hospitals + RCMP

Vernon Jubilee Hospital 250.545.2211

Kelowna General Hospital 250.862.4000

RCMP emergency 9-1-1

non-emergency Vernon 250.545.7171

non-emergency Kelowna 250.762.3300

Indigenous Policing Liaison

RCMP Constable Kyle Camalush

*250.546.3028 but email is best way:

kyle.camalush@rcmp-grc.gc.ca

support your
local humane society & BC SPCA



BCSPCA

Animal Cruelty & Wildlife Hotline
1.855.622.7722

- Vernon 250.549.7297
- Kelowna 250.861.7722

If you're concerned about an animal in distress, including wildlife, please call immediately.

take a pic of this announcement or consider putting number in your phone

This space is generously sponsored by an anonymous Westside Post reader, thank you!



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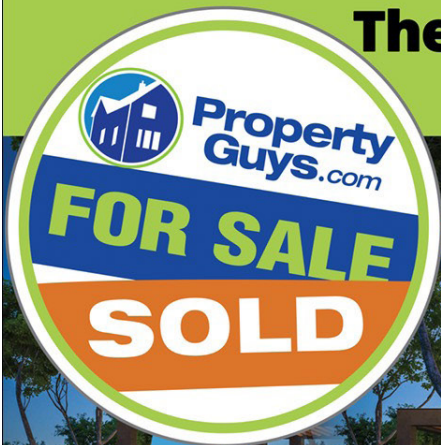
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Go to enterprizechallenge.ca to register for your chance to win today!

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