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

pəck4tán, March is the moon of budding leaves



Spring will arrive on Westside over the next 3 weeks. Aside from their decorating uses, pine cones play an important role in nature. Like all plant parts, they have a very specific function in the plant world: pine cones close their scales to protect the seeds from cold temperatures, wind and even animals that might try to eat them. Some pine cones, like that of the Jack Pine, need a fast hot fire to open and release their seeds. This is called the Jack Pine ecosystem. Pine cones can "stay on tree" for more than 10 years before dropping to the ground. Wilson's Landing, February 22, 2022. Photo submission by reader.

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With the cold comes a beautiful blue sky. Looking up the lake from Fintry Delta. February 5, 2022. Photo courtesy of Sue Cseh-Galbraith.

"The secret to getting ahead is getting started."

– Mark Twain

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The Westside Post

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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

westsidepost.ca



I WESTSIDE





Hope for Ukraine and peace in Europe. The world is watching and our hearts are with our Ukranian friends and loved ones.

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.

I learned a new word recently: thet•ta re•dust. The unofficial Icelandic motto, a belief that things will be alright. With everything going on in the world and an overwhelming sadness for what's happening in Ukraine, it helps.

Every week I read about another paper closing their doors. We are definitely swimming upstream in creating a printed paper for all the communities on Westside, both on and off reserve – from the comments I regularly receive, I know it's a worthwhile project with features and content you can't get anywhere else.

It is both challenging and a pleasure to work on a new edition every month. Hard to believe we're into year six! The tremendous support from local business helps make this paper possible – welcome to the **Barber on Wheels**, the team at **Breakaway Vacations** who are also hiring (see page 9), realtor **Wade Russet** and also **Wildland Fire Protection** who can help you apply for grants to FireSmart your property.

The letters, email and comments from readers are much appreciated and also help me decide what to include. This month, by reader request, see the updates to the map on page 6 – now includes a few new paper pick up spots and also shows the perimeter of the White Rock Lake wildfire. Many thanks to **Dave Orlando at RDCO** who generously custom built this map and keeps it up-to-date.

The quality of this paper is due in part to outstanding proofreading – a careful eye for grammar, structure, clarity. As small as a single space but changes the shape of the paragraph. And, for catching all the spots where I get mords wixed – thank you very much for helping me with the paper and your years of good work that has made this paper so much better.



writer, pet lover, volunteer.

katherine payne

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.



What doing, Tina the Turkey? Above at left, hanging out with some other animal friends. Tina just showed up in the community one day last summer and has been the talk of the town ever since. The people of Nakusp, population of a thousand, have created a FaceBook page for the famous fowl to keep track of her movement. Nakusp Mayor Tom Zeleznik said Tina is actually keeping residents and school children safe and slowing traffic — by walking down the middle of the highway! Photo courtesy of the town of Nakusp.



RAVE I am happy to say that through The Westside Post someone responded to our job opportunity and we found a great candidate. Thank you so much for your wonderful little newspaper!

[Kathy, Killiney Beach]

RAVE Thanks, Katherine, for all you do for the Westside and for this community paper. It just wouldn't be the same without you or the paper. [Kari, Westshore Estates]

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

RANT >> So glad Spring is finally here so I can survive Westside Road. Just when I thought the government couldn't possibly hire any worse road contractors, I somehow survived Westside Road this winter. I'm sure many will agree that the service to clear Westside Road and main subdivision roads is terrible. I have a 4 wheel drive with top of the line winter tires and there were so many times I'd find myself creeping along around 30 km because either the road wasn't cleared yet and I couldn't wait another day — or there was so much slush I'd risk getting stuck. I saw several small compact cars get pulled into the ditch. Just one more incredibly bad service on Westside! Doesn't seem to matter what the service – from the transfer stations to garbage pick up that some are lucky enough to have, to all the 'boil water advisories' to road clearing and maintenance. Give me a break please! [Mark, Westside Road]



Old Farmer's Almanac

LONG RANGE WEATHER FORECAST **MARCH 2022**

Mar 1-5 Showers coast, snow showers inland; mild

Mar 6-20 Rainy periods coast, flurries inland; cool

Mar 21-31 Sunny, turning mild

March temperature 4°C (avg.) precipitation 110mm (10mm 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.

headline highlights from around the province & nation

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

Yet another senior military officer charged with sexual assault

Lieutenant and Commander Robert Waller has been charged with 5 counts of sexual assault. The Canadian Armed Forces is riddled with offenders, and has done a terrible job addressing these crimes and handling charges within its ranks and senior male officers. It's a disgrace and blight upon the country and takes away from the dedicated service of many.

UN report says extreme wildfires to increase, calls for shift to prevention

Extreme wildfires are increasing in frequency and intensity around the globe and urges all countries to make significant investments in planning and prevention. Canada is at high risk due to outdated strategies and underfunded emergency services.

Top 3 communities with the most growth, according to census data Langford with 32%, with Squamish and Lake Country both at 22%.

Census shows BCs population hit 5M after over 7% growth

BC had the second highest population growth among the provinces, second only to PEI.

New ministers appointed for land stewardship, municipal affairs

Premier John Horgan appointed Josie Osborne as Minister of Land, Water, and Resource Stewardship and Minister Responsible for Fisheries; Nathan Cullen as Minister of Municipal Affairs; and also named MLA Doug Routley as Parliamentary Secretary for Forests to support the important work of Minister Katrine Conroy to modernize forestry.

Canada's first Chinese Canadian Museum established in BC

The historic Wing Sang Building, the oldest building in Vancouver Chinatown, will be the permanent site of the Chinese Canadian Museum.

Ottawa plans to open door to 432,000 immigrants in 2022

Majority of permanent residence spots will be designated for those coming to the country to fill job vacancies.

NFTs raise more than \$100K for SPCA

Kelowna company sells thousands of pieces of dog-themed virtual art and donates to local rescue society, RuffLife Rescues, who in turn donates to the BC SPCA. "We are overwhelmed at this incredible donation."

Royal BC Museum reckons with past misdeeds and its handling of Indigenous history

The museum will be closing certain galleries on the 3rd floor including the First Peoples Gallery, in an effort to decolonize the institution.

Joyous return to nightclubs and dance studios

BC lifts some public health restrictions as of February 18 as we learn to live with covid, or the "fifth wave".

BC Parks additions strengthen protection of wildlife habitat, ecosystems

Increased protection for diverse wildlife habitat, wetlands and bolstering the natural legacy of existing parks are all parts of strategic land additions to strengthen BCs system of parks and protected areas.

Climate related disaster funding

The 2022 Budget provides more than \$2.1 billion to help people recover from the devastating floods and wildfires of last year and to better protect communities against future climate disasters.

Elevated risk of Spring flooding

According to the River Forecast Centre, snowpacks in most of BC are sitting at or above average for this time of the year. See details on page 8.



The Fintry falls. For more on the geology of Westside, see the story on page 14. Photo courtesy of Sammie Hoffman.



where to find The Westside Post updated map with wildfire perimeter

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
- both Westside waste transfer stations
- Trader's Cove Drive 1000 Westside Road
- Lake Okanagan Resort La Casa
- Coyote Creek 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

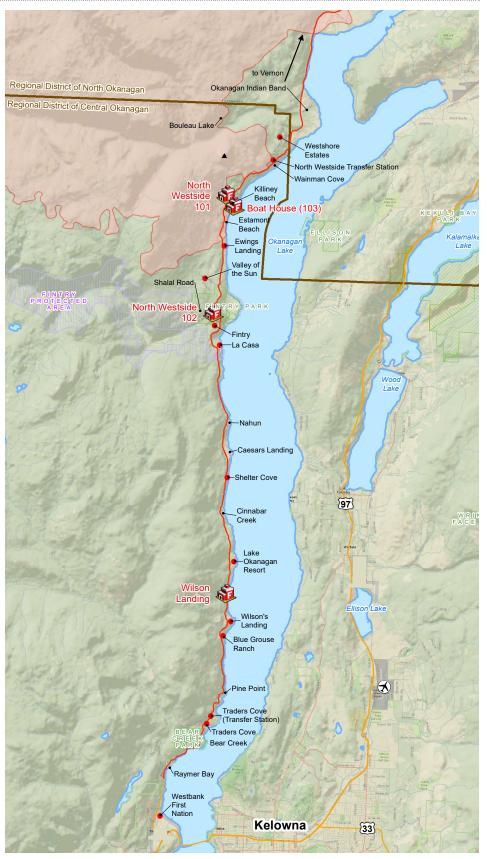
WESTBANK • WFN • Sncəwips Heritage Museum • Westside Learning Lab Library

ONLINE westsidepost.ca
Facebook\westside post

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

 BIG THANKS to Dave Orlando at RDCO – for updating our map

By reader request, added the perimeter of the White Rock Lake wildfire.



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

Initial White Rock Lake wildfire hazard assessments

Information and presentations on two initial environmental and hazardous condition assessments done in the wake of the White Rock Lake wildfire are available for residents.

The Regional Board was presented with the two assessments. One was done by the Provincial government, looking at the greater areas burned within the RDCO, Okanagan Indian Band and Regional District of North Okanagan.

The second assessment of environmental and hazardous conditions was completed by the RDCO and focused on a number of properties within the Killiney Beach and Estamont areas that sustained significant damage and structural loss.

While each assessment is independent, they are connected as they highlight impacted areas that are now at low, medium and high risk for potential flooding or slides, based on the severity of the wildfire, hydrology and geotechnical hazards in these areas.

Assessments outline recommendations for short-term actions by residents, the RDCO and the Provincial Government including:

- public education & risk awareness
- preparation for increased runoff on private land & public roads
- protection of public assets & infrastructure

To view assessments and more info, visit: rdco.com/recovery





New chief named for North Westside Fire Rescue

A new chief is leading the North Westside Fire Rescue department. **Ron Ewert** has been appointed to the position by the Regional District of Central Okanagan and began his duties on February 22.

He brings impressive credentials to the paid-on-call department which serves communities along Westside Road from Caesar's Landing to Westshore Estates.

Ewert comes to the position from the Vancouver Fire and Rescue Service where he has been a firefighter since 1994. He served as an acting battalion chief and was the captain in charge of disaster and emergency planning.

He also brings experience and knowledge of interface firefighting, as he was a task force leader with BC Wildfire during the 2021 White Rock Lake wildfire and participated in firefighting efforts in the 2018 Quesnel and 2003 Okanagan Mountain Park wildfires.

"On behalf of the communities served we also want to **thank Nic Cantryn** for his commitment and dedication to the North Westside department serving as acting chief since last all," says RDCO Engineering Services Director David Komaike.

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

Be prepared for the high risk of flooding and debris flows

The communities west of Okanagan Lake that were scorched by the White Rock Lake fire last summer are at high risk of flooding and debris flows during the coming Spring melt.

A geotechnical report prepared for the Province and received by the Central Okanagan Regional District Board last month also impacts the neighbouring jurisdictions of the Okanagan Indian Band and Regional District of North Okanagan. The 143-page report prepared by Clarke Geoscience Ltd. focuses on the six watersheds and creeks that flow down and through the burn zone into Okanagan Lake.

The results of the study found all six watersheds were impacted to some degree and there are 20 downslope fan areas with "high to very high" risk of impact during the spring freshet.

"There is a similar high hazard level associated with sediment-laden flooding and small scale debris flows for small, gullied face units in the Newport Creek area, south of Naswhito Creek, and for the Killiney Beach area," the report says. The high burn severity of the fire in many areas means soils are at high chance of becoming hydrophobic — water repellent — and unable to absorb rainfall or snowmelt.

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: 250.870.6858 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.

WFN news highlights

See page 16 for feature to celebrate Indigenous Languages Day and language revitalization.



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





OKIB Phone Numbers

Contact OKIB departments at these numbers

- Mental Health & Wellness Team 250-540-7416
- OKIB Medical Clinic for appointments 250-503-0877
- OKIB Nurse 250-241-7595
- Band Administration 250-542-4328
- Education, Language & Culture 236-599-4025
- Health & Wellness 250-542-5094
- Human Resources Development 250-542-4328
- Lands 250-542-3444
- Public Works & Housing 250-542-3444
- Territorial Stewardship Division 250-542-7132

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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



Rescued owl released back into the wild

A favourite neighbourhood owl, nicknamed *Whodini*, was rescued from netting and released back into the wild. The release was the final chapter of a rescue that started in mid-January when Enderby resident, Denise Owens, noticed the owl tangled in the netting and called for help. *Whodini*, whose foot was cut by the netting, spent several weeks in the care of OWL in Delta.

"It is awesome to see him fly away. It was pretty sad finding him up there in the netting and realizing he was still alive, Owens said. I'm really happy that *Whodini* is back where he belongs."





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RDCO Board meeting highlights – see new dates for Budget discussions



next RDCO meetings

- Thursday, March 3 8:30 am: preliminary Budget presentation
- Thursday, March 17 8:30 am: Budget presentation
- Monday, March 28 7 pm: Budget adoption

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



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February 10

Wildfire Recovery Plan update

The Board received an update on efforts by the RDCO Resiliency and Recovery Centre to assist residents impacted by last summer's White Rock Lake wildfire. Geo-technical information and a presentation was also provided about two post-wildfire hazardous conditions assessments which are available at: rdco.com/recovery

The Board supports submitting funding applications to continue efforts to assist and support residents and property owners through the recovery and rebuilding process, especially those that sustained significant damage in the Killiney Beach and Estamont communities.

Letter of support for OKIB

The Board will provide a letter of support to Okanagan Indian Band to add four properties within the RDCO Beau Park area to its reserve lands.

ONA & Water Board

The Board supports a proposed voting change by the Okanagan Basin Water Board (OBWB) to remove a restriction that limits voting by the Okanagan Nation Alliance (ONA) to non-financial decisions.

Electoral Area Directors conferences

The Board approved the attendance and expenses of both Central Okanagan

Electoral Area Directors for 6 local government conferences.

Revised Board meeting schedule

The Board has approved revising its 2022 regular meeting schedule. See updated schedule at left.

February 17

New Board Procedures bylaw

Adopted: new procedures bylaw. Update from previous 2010 bylaw and reflects changes regarding electronic meetings and participation, simplified language and aligns with Provincial legislation.

Advocacy workshop series

The Board is participating in scheduled workshops to assist in developing an effective, coordinated framework for advancing its Strategic Priorities when advocating for funding, support with senior governments. The Board believes it is important to identify advocacy efforts on regional and electoral area issues – particularly important for post-wildfire resiliency, recovery work and regional transportation corridor.

Highlights 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



Contact the RDCO

The Regional District of Central Okanagan is open Monday – Friday from 8 a.m. – 4 p.m. excluding holidays We're always open at rdco.com

Sign up at rdco.com/subscribe for customized news and information

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



new feature - focused on community: message from RDCO Chairperson

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

As the new Regional Board Chair, it's an honour to introduce myself and serve our region. Local emergent issues matter. The important work of the White Rock Lake wildfire recovery is underway and with a new Governance and Services study about to start, we have a lot of work to do together in your community during 2022.

Through the course of this year, I will provide updates to *The Westside Post* to raise awareness about the work of your Regional Board and the RDCO in your communities.

North Westside Governance and Services Study

We've listened and heard the desire of residents to further study governance and services in the Central Okanagan West communities and have supported this direction to the Ministry of Municipal Affairs.

Applications have been received for volunteers to serve on the Governance and Services Review Committee.

On behalf of the Board, I express gratitude to those who have shown interest to work with the independent consultant over the coming months.

It's anticipated the committee will review governance and service issues and concerns and suggest options within the regional district form of government. All Central Okanagan West residents, and particularly those in North Westside communities are invited to follow the committee's progress at: rdco.com/nwstudy

2022 Financial Plan

The RDCO provides over 80 service programs that are tailored to each participating electoral area, municipality, district or First Nation within the RDCO. Where and how the RDCO invests in services, is a high priority. I encourage you to keep up-to-date on the important initiatives that move the region forward, together. Please see details on page 10 for the time and date to review the 2022 – 2026 Financial Plan. Meetings are fully accessible to view live, online at: rdco.com/agenda

If you're unable to join the live stream, you'll find a link to the meeting recording.

Find budget documents and, until March 11, submit comments, feedback and questions about the Financial Plan priorities by mail or a web form at: rdco.com/budgets

Final adoption of the new Financial Plan will be considered by the Board at its evening meeting Monday, March 28.

I encourage you to join us as we move through this important process.



Loyal Wooldridge, RDCO Chairperson chair@rdco.com

Get in touch! Our entire Board is here to serve you – feel free to reach out to me or my colleagues anytime.

To find out more about the Regional Board or how to contact us if you have questions or comments, visit: rdco.com/board

You can also reach out to me anytime by email. I look forward to working together and moving our region forward.

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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

Thank you to all that applied to the new Governance Committee – members will be selected and approved soon.

With February being a short month, I find myself talking about a Board motion that will be decided after press time, so by the time you read this it is my hope that the motion will pass with strong support from the Board. **Motion**: "That the Regional Board direct staff to bring forward a report which identifies options for the provision of backup power to Electoral Area West public water systems."

The request for support of the Regional Board is to seek further information on the provision of backup power generation that would allow for automatic transition to generator power for the Killiney Beach and Westshore Estates public water/fire suppression systems in the event of a power failure. Valley of the Sun is already equipped.

Further infornation from staff on the operational and budgetary implications is necessary to better inform the Board and the Electoral Area West ratepayers of the options and timeline for further consideration.

I anticipate that this motion will bring the Board the information they need to decide on emergency generators for these water systems once and for all. I believe this will reduce the WQA and Boil Water Notices that have resulted in the past from extended power outages on these two systems. The other benefit is a continuous supply of water for structural protection sprinklers (SPU)

which, managed with a master water plan, so that the areas to be protected are damp and a humidity bubble is created around the structures. This is a tried and proven method used by structural protection crews within the wildfire community.

Once a continuous and reliable water supply is established, I will put forward a motion for an SPU bylaw to see them permanently installed as a dry system on your rooftop. Funding for permanent installation of SPUs is easier than temporary or mobile units and when fire is rolling into the community or a close in start occurs, time is critical – if the SPUs are ready to go they could be useful even in the fast starts.

The deadline for Governance Committee applications has passed. Thank you to all that applied. Committee members will be selected and approved soon and it is my hope that we can get the first meeting underway in March.

In response to resident requests, the NWCA held a town hall meeting on Wednesday, February 23 and invited me to respond to community questions ranging from White Rock Lake Fire issues, water systems, BC Hydro, BCWS and Governance. If you have any questions or concerns: wayne.carson@rdco.com





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

Happy "tails"



Peter, with his beautiful whiskers, was one of several who were rescued and cared for at the BCSPCA, and sponsored by a donation from *The Westside Post*.



Thank you for participating in the annual Calendar Contest! Your submissions help with fundraising and vet bills for hurt and abandoned pets. Your generous donations will help more than 118,000 animals across BC each year by providing rescue, shelter, medical care and so much more. The Westside Post was pleased to donate.









An Afghan refugee is reunited with her beloved cats at the Vancouver airport, with thanks to a mercy mission for pets facilitated by the BCSPCA. Welcome!

Miss Betty with her friend Llzzy, above, a 12 year old black lab that might be a *pig-in-a-dog-suit*. Thank you for the letters and emails asking after Lizzie, asking how she's doing in her new home – really good! They are cute friends and looking smart in their neckties. She loves to fetch the tennis ball and tries to fit in Miss Betty's bed, see top photo. It's a pleasure to welcome Lizzie to our home for her retirement.

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



DID YOU KNOW you can donate your empties to the SPCA and make a huge difference for the animals? **No need to sort, drop-off 8 – 4, Tuesday – Saturday** or leave at donation hut near the gates.

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



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: geology, the valley's earliest history

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



Fintry falls and stairs. Photo courtesy of Sue Cseh-Galbraith. *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

The distinct beauty of the Okanagan arises in part from its geologic features. Shaped and carved over millions of years, the valley's terrain incorporates ancient volcanoes, fault lines, glacial sediment and one of the oldest rock formations in British Columbia. As you explore, you can see signs of the forces that shaped the valley.

A hundred million years ago, the Okanagan was oceanfront property on one side and home to the western shore of the enormous, shallow Western Interior Seaway on the other. Seventy million years ago, the earth's tectonic plates began to shift rapidly,

draining the inland sea, raising the Rocky Mountains to the east and the Thompson Plateau and Coast Mountains to the west. The plate movements eventually generated volcanoes. The remnants now ring the valley as low hills – Knox Mountain, Black Knight Mountain and the largest and most recently active, Mount Boucherie.

The Thompson Plateau, above Westside Road, is one area where lava seeped and spread rather than erupted, to form today's flat

The distinct beauty of the Okanagan arises in part from its geologic features, shaped and carved over millions of years.

and erosion-resistant plateau. Today, hikers can see basalt lava formations and obsidian shards at Bear (Lambly) Creek, an early lava outflow area.

Dormant fault lines still rift the land. Okanagan Lake zigzags along the Okanagan Fault, a major fault line 200 km long and believed to be 20 km deep. Other dormant examples are the Mission Creek Fault and the Rose Valley Fault. The ancient bedrock that once guarded the edge of the continent lies along the east side of the lake. The Monashee Gneiss formation is over 2 billion years old – the oldest metamorphic rock structure in BC. Okanagan Mountain Park is one location where this bedrock remains visible, identified by its layered stripes.

More recently, glaciers carved the valley into its present shape. From one to two million years ago and again 15,000 years ago, glaciers shaped the valley's benches and lakes. They also left behind glacial sediment and minerals, contributing to the turquoise colour of Kalamalka Lake near Vernon and the rich soil that produces today's grapes and fine wines.

As you climb a dormant volcano, view the ancient bedrock of Okanagan Mountain Park, or enjoy a glass of Okanagan wine, we hope you'll reflect on the events that formed this unique valley long before humans arrived.



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

Moms n' Muffins

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

Senior Citizens Association of Killinev 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 - you don't need to be a senior to come and enjoy lunch! Watch your mailbox for a flyer inviting everyone to come, join us and find out what we're all about. 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

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 Assoc. Activity Centre

On hiatus. To get

involved with your community or find new recreation activities, get in touch with us. Everyone welcome! We look forward to hearing from you. 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

TRANSFER STATIONS **HOURS**

North Westside

Monday, Wednesday, Sunday 8 am – noon Saturday 8 am – 4 pm **Traders Cove**

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Saturday & Sunday 9 am - 1 pm

reader's choice winner





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don't be a stranger – everyone welcome



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Your renovation specialist

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

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



Bear is a tribute to Kelowna's settlement on the shores of Okanagan Lake. The theme of the artwork is a grizzly bear, "Kelowna" being an English translation of the Okanagan / Syilx word for "grizzly bear". National Indigenous Languages Day is on March 31. Photo courtesy of Sue Cseh-Galbraith.



our readers LOVE to support local business

book a spot today business card only \$35 westsidepost@icloud.com

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

puzzle solutions for this month



Language revitalization

Nsyilxcen, an Interior Salish language, is the traditional language of the Syilx/ Okanagan people. Only 3.7% percent of the Okanagan Nation population are fluent nsyilxcen speakers.

Minister's statement on National Indigenous Languages Day:

Colonial policies designed to sever Indigenous peoples' connections to language and culture had devastating results. Today, fewer than 6,000 people speak one of 34 Indigenous languages in BC.

word/phrase of the month

huma? kwu knxit?

commonly understood as Excuse me, can you please help me?

more literal translation Hey, help me

everyday usage example kn nsalkn, huma? kwu knxit

cultural style guide

Indigenous is preferred over Aboriginal

For instance, Westbank First Nation (WFN) is a Self Governing Nation not a "band" (typically used to describe nonself-governing Nations), nor a "tribe" (typically used to describe Indigenous communities in the US). When referring to WFN members, the term Indigenous is preferred over Aboriginal. The shift to Indigenous has been recognized by the Federal Government.

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

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



Animal Auxiliary saved hundreds of Westside animals during the White Rock Lake Wildfire

- remember their thrift store as you do your Spring cleaning -

It's Spring cleaning time! This year, make the most of your Spring cleaning by donating your unwanted goods to *The Animal Auxiliary*. With Spring cleaning donations, not only will you be helping pets, families and individuals get quality products and clothing for less or free, but you'll also be supporting those in your community with hardship due to disasters. To help you declutter

and to decide what items you can bring in, call anytime. We pick up larger loads – truck loads and estate items. Please think of us when donating.

The Animal Auxiliary Thrift Store: 250.438.0062 anytime, or find us on FaceBook. Thrift Store Donation Center: Tues. – Sat., 10 am – 2pm. 107, 2411 Hwy. 6, Vernon, behind Diner 6.



"There is no friend as loyal as a book."

Ernest Hemingway

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



BC camping reservations open March 21

The Discover Camping reservation service opens March 21, giving BC residents an opportunity to book a campsite 2 months in advance. People who live in the province will have priority access to campsite reservations throughout the summer. Everything there is to know about reservations and facilities, including up-to-date information on the status of favourite provincial parks, is available at: bcparks.ca

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



We welcome Spring 2022 with what remains a very strong market. Here is the snapshot of the current activity in the North and Central Okanagan

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 the end of January 2022 (the most recent available):

Inventory: down 37% in Central Okanagan and 35% for the North **Days on market:** down 44% for Central Okanagan and 25% for the North

Sales Volume for this year – Central Okanagan \$371,816,226 up 22%

this time last year \$85,028,431

units listed this year: 617 – down 12%

last year: 725

units sold this year: 444 – down 1%

last year: 449

Sales Volume for this year – North Okanagan \$103,742,600 up 6%

this time last year \$103,187,58

units listed this year: 184 – down 13%

last year: 212

units sold this year: 150 – down 10%

last year: 167

We are still in a strong seller's market. The sales volume for Central Okanagan reflects the lack of inventory and drives prices up.

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.





healthwise: don't get a false sense of security as public health restrictions ease

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

As we anticipate easing public health restrictions, it's easy to be lulled into a false sense of security.

I've heard from patients called back to workplaces where N95s are not mandated – when many gather in confined spaces and break rooms with the meeting of faces without masks.

When it looks like business as usual — and we're allowed to gather, work out, dance, sing, drink and dine together, you might assume your risk is low. It isn't. Full vaccination and boosters definitely reduce your risk for hospitalization and death but you can still acquire a "mild" covid infection and pass it on.

You would think that in our third year of the pandemic, we would know enough about staying safe. The old rules of indoor masks, physical distancing, handwashing and vaccination are still helpful – but incomplete. They are based on the original belief that covid is mainly spread through respiratory droplets. We now know that the airborne spread of covid poses a significant infection risk – but it isn't common public knowledge. Unless you know about this, you won't know what you're walking into during the coming weeks. At least when you enter a washroom, you can smell the airborne molecules proving a coworker just had a number two. You can see smoke

in the air and with enough sunlight, dust before it settles. But virusladen airborne particles are invisible, odourless and a risk to you.

You need more knowledge to make informed choices. Although Omicron is causing fewer hospitalizations and deaths compared to previous variants, it is not a benign infection. A so-called "mild" covid infection that does not result in hospitalization is by no means mild and is far worse than your worst cold or a knock-out flu.

In this round of the pandemic, more of my patients are reporting extreme fatigue requiring excessive sleep, extremely dry and sore throats, head congestion, ear pain, severe continuous headaches, brain fog (similar to the symptoms of a concussion) and shortness of breath akin to feeling out of shape with mild exercise. I've seen a variety of rashes suggestive of prickly heat, chilblains and hives.

These miserable symptoms are reflections of the whole-body inflammation caused by Omicron infections. We have yet to see the extent and prevalence of long covid following this wave. We are still seeing some fully vaccinated individuals hospitalized and dying. The elderly, immune compromised and those with chronic health conditions remain at risk. Unlike any other time in the pandemic, there is



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

no way of knowing the true prevalence of covid in your community. With testing no longer available to most, there is no way to determine your personal risk.

Airborne (or aerosol) spread differs from simple respiratory droplet spread. Airborne particles are smaller than droplets and lighter than air. They remain suspended and float in the air for longer periods of time than simple droplets that drop to the ground.

Physical distancing of 2 m (about 6') reduces the risk for droplet but not airborne spread. Plexiglass barriers block droplet spread but may also block the good airflow needed to reduce aerosol spread between individuals in an enclosed space. Good air filtration and airflow in all indoor spaces are essential to reduce Omicron spread as restrictions ease. Because of the persistent risk of airborne spread with the unchecked high prevalence of Omicron, choose your exposure carefully, consider an N95 mask and limit your time indoors with questionable airflow.





Alice's puzzle pages

WALK AROUND THE BLOCK

Universal Sunday Crossword – release date: FEBRUARY 6, 2022

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ACROSS

- Bulb bloom 1
- 6 Mediterranean island
- Food, informally 11
- Beaver's construction
- Apple tablet software
- 20 It's a real eye-opener
- 21 Narrow road
- Prohibition, e.g.
- Long rides? (See the last 3 letters of this clue's answer
- Certain makeup pencil (... + the first 2 of this one)
- "Let's hear it!"
- Add 2.8
- Airline with a kangaroo
- Non-earthlings (Abbr.) 31
- Under-cover location?
- Coffee vessel

- San Francisco gayborhood (last 4 letters ...)
- Biden's secretary of defense (... + first 2)
- Squirrel away
- "I'm treating!"
- Cooking liquids
- Big fuss
- "Do ___ others ..."
- Country with a Taualuga
- 54 Chicken noodle, e.g.
- Gave the thumbs-up
- "My fault!" (last 2 letters
- Agency measuring the U.S. population (... + first
- L.A. winter hours
- "High" time?
- Orange juice option

- About an hour before two
- 67 Get dry, like lips
- 68 '90s exercise trend
- 70 Speaker's platform
- Redeem, like chips
- 74
- Opening for sweat
- 75 Dessert wine
- 76 Practical joke
- Houdini, e.g. (last 2 letters
- 82 Go it alone (... + first 4)
- Use a swizzle stick
- 85 Artistic inspiration
- 86 Spades and hearts, e.g.
- Mini-golf stroke 88
- Response to "Speak!"
- 90 Enter
- 92 Not wild
- 93 Euripides tragedy
- A life's purpose (last 3 letters ...)

- 98 Online shopping button (... + first 2)
- 101 Texter's chuckle
- 102 Archer's asset
- 103 Lip balm brand
- 104 Indirectly refer (to)
- 107 Turn into a musical, say
- 109 Seattle NFL player
- 113 Part of a frame that you pass through (last 3 letters ...)
- 115 Material spotted on a runway? (... + first 2)
- 118 Tummy muscles
- 119 Racetrack shape
- 120 Lock of hair
- 121 Conversed in ASL
- 122 Ran into
- 123 Group of quail
- 124 Desert refuge
- 125 Takes a hit

DOWN

- "___ the season ..."
- 2 As many as
- 3 On a ___ (just for fun)
- Bad day for Caesar
- Person living the high life?
- 6 Brewing ingredient
- Boxer dubbed "The Greatest"
- Bedside light
- Hot water, metaphorically
- 10 Dutch beer
- Narrow valley
- Beam of sunlight 12
- Not the same 13
- Its capital is Minsk
- 15 Fender flaw
- 16 The "A" of BART
- 17 Curiosity rover's destination
- Many kilt wearers
- 24 Podcast interviewer
- Quaint stopovers
- 29 Words before a kiss
- Sound heard through a stethoscope
- 35 Fine-tunes
- 36 Constantly irritate
- Holey shoe
- 38 Like sundial numerals
- Artist Yoko 39
- 41 "Still awake?"
- Salsa and guacamole, e.g.
- LGBTQ+ activist George 43
- 44 Bean products?
- "Ya think?!" 45
- ___ and cheese

Happy Birthday to you, Happy Birthday to you, Happy Birthday dear ALICE, Happy Birthday to you!

from your friends at The Westside Post









- Tennis champ Stephens 52.
- 53 Per item
- 54 Give the cold shoulder to
- Capital near a fjord
- 56 Mine extractions
- Not "with it" 58
- 60 Duel-purpose equipment?
- 61
- 62 Bring together
- 67 Burn a little
- Little kids 68
- 69 Singer India.
- "Go ahead!" 70
- French film award hidden in "chances are" 71
- 72 "Ad ____" (2019 film)
- "The Matrix Resurrections" genre 73
- Reduce by cutting 74
- 75 Snooped
- Dutch cheese
- Take in or let out
- 78 Subtly suggested
- In the center of 80
- Org. that inspects air bags? 81
- Blueprint detail, for short 83
- 87 Thurman who played Poison Ivy
- "Bravo!" 90
- 91 Away, in a way
- Egg-based paint 92
- 93 Slam-dancing spot
- Fail to articulate
- 96 Small amount
- Classic theater name
- Does as a group?
- 100 Bumpy amphibians
- 104 Skater Rippon
- 105 Brain section
- 106 In need of directions
- 107 With proficiency
- 108 "Little piggies"
- 109 Talk back to
- 110 Jason's ship
- 111 Flirty eye gesture
- 112 Joint with a cap
- 114 Dallas NBAer
- 116 Letter before omega
- 117 Football scores (Abbr.)

	4			7	3		2	
	8			9				
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DIFFICULTY RATING: ★ ★

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DIFFICULTY RATING: ★★☆☆

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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!

		4		1	2		3	
					3			
2				9		1		7
		9		4			5	
	6			8			7	
	68			9 4 8 6 2		4		
8		3		2				6
			6					
	4		9	7		2		

Alice's Puzzle Pages Reader's Choice Winner

Favourite Feature

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DIFFICULTY RATING: ★★★★☆

business + services

your local business + service guide



Westside mornings from Killiney Beach. From the series, On the verge of Spring. Late March from Upper Killiney Beach. Photos courtesy of Sammie Hoffman.



puzzle solution for this month

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UNTOSAMOASOUP		0	K	Е	D
MEACULPACENSUS	Вί	U R	Е	Α	U
P S T N O O N P U L P	0 1	N E	Π	s	Н
CHAPTAEBOD	A I	I S			
CASHINPOREPO	R T	Т	G	Α	G
ESCAPEARTISTERI	DE	E S	0	L	0
STIRMUSESUIT	S	Р	U	Т	Т
ARFGOINTAME	IV	M E	D	Е	Α
RAISONDETRE ADD	T C	ОС	Α	R	Т
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ALLUDE ADAPT SE	Αŀ	НΑ	W	K	
DOORJAMBLEOPAR	D P	P R	Τ	N	Т
ABSOVALTRESS	SI	I G	N	Е	D
MET BEVY OASIS	T	ТО	K	Е	s



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Watson Brothers ExcavatingShayne Watson call/text 250.550.5902

creative + writing services

Infinite Loop Audio Production dewi@infiniteloop.ca

Westside Writing Studio katherinepayne@icloud.com

employment services

Work BC / Community Futures Vernon 250.545.2215 ext. 230

fire prevention services

Wildland Fire PreventionDerek Fitzgerald 250.215.5325

grocery

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

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@royallepage.ca

Wade Russett ReMax Kelowna 778.214.0882 <u>wade.russett@outlook.com</u>

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

theatre + wedding space

Breakaway Vacations La Casa Cottages 1.877.778.6466

wine + wine supply

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

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 | <u>culture@kelowna.ca</u> 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



BCSPCA Animal Cruelty & Wildlife Hotline 1.855.622.7722

Vernon 250.549.7297Kelowna 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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