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COMPLAINT HEADED TO B.C. OMBUDSPERSON



The Heath House, located on Highway 97 in Rutland, is a low-barrier housing project that has been the target of complaints from residents in the area who blame it for rising crime and drug use in their neighbourhood. (Paul Clarke - Capital News)

Connor Trembley
Capital News Staff

Members of the Rutland Residents Association intend to submit a complaint to the Office of the Ombudsperson about the negative impacts that low-barrier supportive housing is having on their neighbourhood.

The complaint, approved by the association on Nov. 18, is part of a larger concern shared by residents in the neighbourhood about the alleged ongoing drug use and crime they're seeing from people currently living in low-barrier housing, such as the Heath House.

During the meeting, association members said they had already sent a letter to at least one city official asking for help to fix the drug and

crime problem — but to no avail.

The letter asked the city to increase lighting on local streets, improve sightlines in Rutland by pruning hedges and install security cameras.

In September, the association also sent a letter to the minister of municipal affairs and housing, as well as the minister of mental health and addictions, to share their concerns about low-barrier housing in Rutland. The letter was also sent to local MLAs.

Rutland Residents Association president Peter Pagliochini said they are particularly concerned about the number of needles and other drug paraphernalia residents are finding in the Mills Road and Sylvania Street area, where Heath

House is located.

“That area needs to be cleaned up as best we can. That includes stepping up policing and creating ongoing surveillance,” said Pagliochini.

“When police come to the area, they (drug users) go away. And when the police go away they come back.” Mike Gawliuk, director of service delivery and program innovation with the Canadian Mental Health Association (CMHA), which operates several low-barrier housing properties in the city, said his organization is committed to ensuring low-barrier housing doesn't have a negative impact on the Rutland community.

“When it comes to supportive housing, it's necessary to work with

neighbourhoods to ensure that any outstanding issues are addressed. We are committed to being a responsible and accountable landlord,” said Gawliuk.

“Any concerns people have are things that we want to sit down and discuss face-to-face with them.”

While he acknowledged the association's concerns, he said low-barrier housing, such as the Heath House, is an essential way to help those who are less fortunate in the community.

“Benefits that we see from supportive housing have to do with individuals achieving improvements in their health, improvements to their connection to necessary services like counselling and a better connection to their family,” said Gawliuk.

Continued on Page A12

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News

OC board of governors shakeup

Paul Clarke
Black Press Media

The Okanagan College board of governors has a new chair and vice-chair.

Gloria Morgan was elected chair, following the resignation of Chris Derickson, who left the position after he was elected chief of the Westbank First Nation.

Juliette Cunningham, of Vernon, was elected as vice chair to replace Morgan.

"I'm looking forward to serving in this role," said Morgan, in a press release.

"With a new building and new

programs about to come on stream, and work beginning on our next strategic plan, Okanagan College is at an exciting juncture."

Morgan was chief of the Splitsin Indian Band from 2001 to 2005. She was also a former president of the Enderby and District Chamber of Commerce and was a member of the RCMP's E Division Aboriginal Advisory Committee.

She has also served on the board of the Provincial Community Co-ordination for Women's Safety and was the 2016 recipient of the Community Leader Awards

- Community Builder award for the North Okanagan.

Morgan has been on the Board of Governors since 2016.

Cunningham was a former Vernon city councillor, as well as vice-chair of both the Regional District of the North Okanagan board and Okanagan Basin Water Board.

Cunningham is also a business owner with an extensive history of working with non-profit boards such as the Women's Centre, Junction Literacy, People Place, Museum and the Early Years Council.

She was also named Vernon's

2016 Woman of the Year by Vernon Women in Business.

Derickson resigned from his position on Tuesday because his new task as chief for Westbank First Nation warrants more of his attention than he could otherwise offer.

"I've learned much in my years serving on the college board, including what a vital role the college plays in the cultural and economic fabric of this region. I look forward to building on the already strong relations between OC and the Westbank First Nation," said Derickson.



Raif Fleihan is owner of Lake Country's Airport Inn, which was ordered shut down for health and safety concerns this year. (File photo)

Lake Country hotel owner charged with assault

Michael Rodriguez
Capital News Staff

The owner of the controversial Airport Inn in Lake Country was arrested and charged with assault last week.

Raif Fleihan was charged with assault with a weapon, uttering threats and breach of recognizance in relation to events that occurred at his motel on Nov. 13.

RCMP did not divulge the nature of the charges or the incident that led to his arrest.

Fleihan was in court on Nov. 15 for his first appearance. His bail was set at \$500 and he is not currently in custody.

In 2017, Fleihan's Airport Inn was shut down for health and safety purposes after a deck collapse warranted safety measures to be taken.

Despite numerous fines by the city and a revoked business permit, Fleihan continued operating the hotel, at one point housing nearly a dozen people.

On Aug. 20 of this year, Lake Country council ordered the motel of 20 years to be shut down within 45 days, with all residents gone and the building boarded up with a fence around the perimeter.

In an effort to extend the date of closure, Fleihan's lawyer asked council to delay the remedial action to ensure tenants could find appropriate housing.

On Oct. 1, council decided to uphold remedial action, giving the tenants until Oct. 7 to begin leaving due to safety violations and the lack of an occupancy permit.

Then on Oct. 18, a suspicious fire burned one of the unoccupied wings of the building.

Police are still investigating the deliberately set blaze.

Fleihan currently has the property listed for sale but is staying in the building while a buyer is sought.

His next court appearance is scheduled for Dec. 10.

University seeks to bridge cultural divide

Daniel Taylor
Capital News Staff

Two UBC humanities professors are using the power of arts, history and philosophy to build bridges and address the world's most pressing issues in an era when divisions in society seem more prevalent than ever.

UBC is putting a spotlight on the human side of research through the creation of a public humanities hub for both the Vancouver and Kelowna campuses.

Associate professor Brigitte Le Normand, director of the Okanagan hub, said the initiative is designed to bring the university's brightest thinkers from the humanities together to explore emerging public policy questions.

"We're faced with a number of critical problems and we have a tendency to turn to scientists and engineers for the answer," said Le Normand.

"Technology certainly has a lot to contribute, but humanists can step in by asking how can we



Associate professor of history Brigitte Le Normand is the academic director of UBCO's public humanities hub. (Contributed)

even frame the problems in the first place and how does that shape the solutions we develop."

Le Normand, a history professor, said research from the Public Humanities Hub will be interdisciplinary, bridging connections in faculties across both campuses.

While it supports UBC's research culture, it will also publicize and organize humanities research and amplify the work of humanists on the Okanagan campus.

Adding critical thinking and reasonable voices to those solutions is part of the humanities mandate,

says Greg Garrard, a professor of environmental humanities at UBCO.

There is a need for different voices when it comes to research and problem solving, he said.

"We might turn to technology to solve our issues but it may be that technological solutions are not

the best for addressing the problem," said Garrard.

"Perhaps the problem is bigger than that and you need to find an opening for other kinds of conversation. This is a great example of where humanists can step in and change the terms of the discussion."

While there are specific pillars of interest, the hub will focus on medical ethics, the environment, digital humanities and public history.

Both Garrard and Le Normand cite several examples of everyday situations where humanities can play a significant role in scientific conversations and resolutions including medically assisted death, justice by social media and climate change.

Over the next year, the Okanagan public humanities hub will host a speaker series, inviting the public to learn from experts about a number of topics.

There are also plans for a conference in July where the researchers will highlight some of the work taking place at UBC.



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News

Special honour for West Kelowna cop

Connor Trembley
Capital News Staff

A West Kelowna RCMP commander was recognized for his out-

standing service during a ceremony held inside Rideau Hall in the nation's capital on Oct. 31. Staff Sgt. Duncan

Dixon was one of 40 recipients from over 24 police detachments who received the Order of Merit of the Po-

lice Forces by RCMP commissioner Brenda Lucko and Governor General of Canada Julie Payette at the ceremony. According to the Governor General's website, the award was established in 2000 to honour exceptional services or distinct merit displayed by people working in Canadian police services.

Dixon's career with the RCMP spans across 28 years, with 11 of those years spent working at the West Kelowna detachment as a non-commissioned officer.

As part of his duties, Dixon has also been in charge of delivering policing services for Peachland, Joe Rich and Big White during his time with the RCMP.

"I take pride in my commitment to serving Canada," said Dixon. "Each and every day I strive to make things



At the order of merit award for police forces ceremony held Oct. 31 at Rideau Hall were (from left) RCMP Commissioner Brenda Lucki, award recipient West Kelowna RCMP Staff Sgt. Duncan Dixon, and Governor General of Canada Julie Payette. (Mathieu Gaudreault photo)

better for the residents of each of the communities I serve and I thoroughly enjoy the camaraderie I share with my employees of whom I am humbled to serve alongside."

During a speech by

commissioner Brenda Lucki at the ceremony, she said all the award recipients should be proud of their career accomplishments made so far. "This award recognizes more than just a single action, it's an

accumulation of the

outstanding work you have done over the past several decades," said Lucki.

"You have dedicated your careers and many many personal hours to protecting the safety

and security of Canadians while improving the lives of those around you."

According to the City of West Kelowna, there are 26 RCMP officers stationed in the community.

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News

Positive feedback to Syilx language course

Twila Amato
Black Press Media

This is their first time teaching together and things are looking up.

Co-teachers Michele Johnson and Krista Lindley are bringing a program that teaches Syilx to the Westbank First Nation.

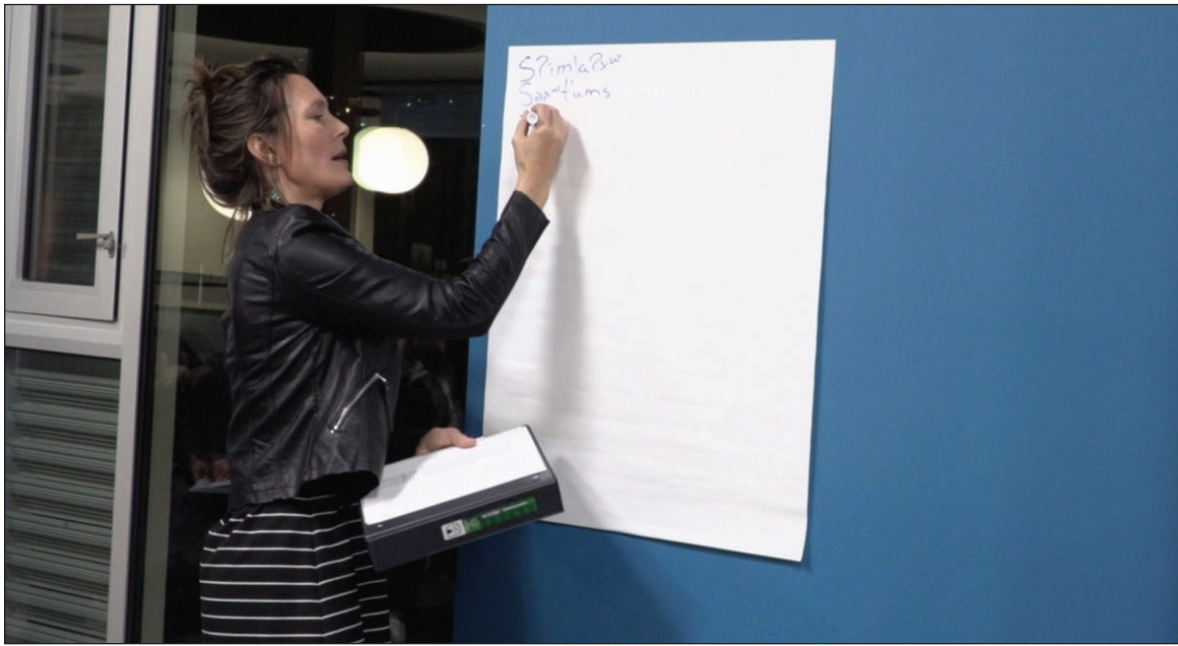
Johnson first started teaching the course in Penticton. Lindley was one of her former students.

Because this is the first time she's offering the course in West Kelowna, Johnson thought there would only be a handful of people signing up, saying the original plan was to teach Syilx in her living room.

But 25 people ended up registering, so they rushed to find a bigger space in time for this week's start.

Lindley found a room at Westbank First Nation's Youth Building.

As for the thought of a bigger class, both Johnson and Lindley called it intimidating.



Michele Johnson is one of the co-teachers for the Syilx language program in West Kelowna. (Twila Amato - Black Press Media)

"It's scary but good. It's exciting to realize that there are so many

people interested in learning (Syilx)," Lindley said.

"We had a core group of two or three people that we knew

(were interested)...I ordered some chairs, I ordered 12 textbooks and 25 people signed up. And I just can't fit 25 people in my home," Johnson added.

Johnson said the program is open to anyone who may be interested.

She said they're hoping more people from non-Indigenous communities come to learn Syilx.

"We're making it wide open. We have plenty of space now. We have a linguist coming, a few teachers from the Sensisysten Band School are coming that are non-Indigenous," Johnson said.

"We welcome the spouses, family members and friends (of current students). We welcome everyone.

"This is a totally inclusive wrap-around program based on kindness and inclusivity."

The first level of the program will be taught for four months.

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Opinion

Published by Black Press Ltd. at 34375 Gladys Avenue, Abbotsford, B.C.



Laugh, just laugh

At one time or another, we've probably all heard the old cliché that laughter is the best medicine.

Like many of its counterparts, the reason that phrase has hung around so long is that there is some truth to it. A lot of truth, when it comes to humour.

As far back as the 1300s, a professor of surgery was recommending humour as a post-operative therapy, according to one source. Surgery must have been in its infancy then but it appears the benefits of laughter were already known.

Enough with the history lesson, you're probably wondering where this is going. Well, given the stress level most of us are dealing with, whether it's from personal issues, external ones like work or social issues, or in the case of political junkies watching various scenarios unfolding around the world, we all need to laugh a lot more.

There are a lot of studies proving that good humour promotes healing and speeds physical recovery, but it's also well known to help on a mental level as well.

Among other things, laughter is really good at promoting the release of endorphins. That's our own internal feel-good chemicals, the ones runners enjoy when they're out there on the road.

That's part of what makes laughter such a good stress reliever. According to studies, laughter lowers blood pressure, epinephrine and glucose levels, all good things for counteracting stress.

There are other ways to reduce stress. Yogi's tout stress relief as one of the benefits of their ancient practice, for example. Laughter yoga is a much more modern technique that promotes mimic the act of laughing with the goal of creating positive emotions. It doesn't take very long for imitation laughter to become very real laughter, especially if you're doing it with friends.

That's another benefit of laughter. It's contagious, and it promotes the creation and strengthening of social bonds. It's like endorphin dominoes — when one person starts laughing, others will join in, even if they're not quite sure what everyone is laughing about.

So whatever you're getting stressed about — social issues like homelessness, climate change, the political situation in Canada, the impeachment hearings in the U.S., the upcoming election in Britain — laugh first. It makes it easier to deal with as you're getting on with doing something about it.

For all the benefits laughter can bring to dealing with life, it's best to make our experiences as positive and hilarious as possible.

—Black Press

OUR HISTORY IN PICTURES



A group of workers construct the railbed of the Kelowna Line of the CNR beside Kalamalka Lake circa 1922. (Oldphotos.ca photo)

No quick fix for homelessness

It's the local issue that just won't go away.

For several years now the City of Kelowna has grappled with a growing homelessness problem.

It's not alone. Tent cities have sprung up in other cities across the country.

In Kelowna, the plight of those living on the street appears to be getting worse with each passing month, with winter just around the corner.

The multi-faceted issue, which affects the entire community, has no easy answers, and as Mayor Colin Basran said earlier this week, no quick fixes, either.

Faced with questions about the speed of the work being undertaken through the city's Journey Home initiative, Basran repeatedly said while the problem is being addressed, it won't be solved in the short-term.

Part of the reason for that is because there is no where for those on the street to go.

Recently built social housing developments in the city are already full, shelter space is at capacity and for those roughing it out in tents on the sidewalk of Leon Avenue downtown, there appears to be no help in sight with no cold-weather shelter currently in the works this winter.

It's estimated as many as 100 people now camp out on Leon each night, only to be moved along first thing each morning by the police and city bylaw officers. At night they are back and cycle repeats itself.

It's no way to live. While Journey Home may be a slow process, it was never intended to provide a quick fix.

It was, and remains, a five-year plan to address the problem, a

plan that requires outside assistance to achieve its goals — such as more housing for those those on the street and, just as important, the wrap-around services and supports many of them need.

While the issue of the city's homeless has remained in the spotlight for several years, the issue drew even more attention earlier this week with the announcement two businesses in the downtown plan to pull up stakes and move out because of issues they claim are associated with the homelessness problem.

They are not the first to complain.

Mental health, drugs and crime are all issues on the street and they affect not only the homeless, but businesses and other residents as well.

The homeless need help, and so does the rest of the community.

But the "us and then" mentality that appears to be surfacing as frustration over the issue grows is not going to help solve it.

There are no easy answers here. If there were, this issue would not exist.

The city finds itself in the unenviable position of having to deal with a problem that has, in part, landed on its streets because it has been successful in making Kelowna a desirable place to live — even if that means living on the street.

But the city can't solve the problem alone, despite the calls from many, on both sides, to do just that.

As was stated during the preparation of the Journey Home initiative, success will take a community effort.

The problem is the community has not come together to deal with it.

Sure, some elements have, but others remain on the sidelines criticizing it and calling for unrealistic measures to get those on the street out of sight and out of mind.

And that is not helping. *Alistair Waters is a regional editor with Black Press in Kelowna.*

City Confidential
ALISTAIR WATERS



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Letters

City of West Kelowna spending concerns

To the editor:

Regarding the new West Kelowna firehall could cost millions. Apparently there will be a new firehall in West Kelowna, but I am

wondering if there will be a referendum as there was with the West Kelowna City Hall.

The cost of this new firehall could be from five to eight mil-

lion dollars.

We have also recently been informed that two residential lots have been purchased for about \$1.5 million and council is pushing

forward on the rezoning of those lots without most taxpayers being informed of any of this.

Lin Newton
West Kelowna

PM driving Canada apart at the seams

To the editor:

Prime Minister Justin Trudeau is using the politically correct vehicle to promote another culture that is completely intolerant of all who are opposed to his political ambitions.

His (divide-and-conquer) 'diversity-is-our-strength' tactics are an ugly testament to the fact that our beautiful country has never been more divided.

Like former prime minister Stephen Harper, Trudeau is pitting one province against another, and region against region, by insisting on meeting premiers one at the time, as opposed to all of them as a group, to solicit consensus and solutions on issues of common interests, gave them both considerable leverage to accomplish their own personal, political goals, to the detriment of the welfare of all Canadians.

Trudeau's all-out assault on Alberta's oil industry is incomprehensible.

He was elected to serve and protect.

For Albertans, this is a fight for their future, radically different from Quebec, SNC Lavalin, Bombardier, Canadian natives, and other special interest groups, who constantly are soliciting the federal government (Canadian taxpayers) for more billions in welfare.

Trudeau and the bleeding heart brigades are busy tearing our beautiful country apart at the seams.

He even offered the \$600 million in a coercive attempt to get the media on his team, a media that we at one time cherished as the champion defender of our civil liberties.

As a society, we are in a lot of trouble, as our federal political parties also have given their leaders the powers of dictators in an attempt to eradicate the democratic process in our Parliament.

Some of the good news is that Swedish teen climate change activist Greta Thorburn

and her billion-dollar off-shore corporate sponsors are gone.

They fought valiantly to give Trudeau another four years.

The goals and ambitions of her sponsors are well documented by now, and so are the insidious undertakings by those helping Conservative leader Andrew Scheer deep-six Max Bernier's campaign.

They will be remembered next election.

We can now focus on how we are going to use our intellectual assets to pursue the real climate culprits, not the Canadian oil patch that is keeping our homes warm and cozy, but the massive polluters like China and India that are literally choking on massive amounts of pollution they are pumping into the air we all share, and help them reduce the emissions that are a real detriment to our very existence.

Andy Thomsen
Kelowna

Atco trailers offer alternative to tent cities

To the editor:

I am writing in regards to the hot topic issue of the tent city on Leon Avenue.

Just as in any community, nobody wants a tent city in their backyard, but the homeless still need to be somewhere.

I personally have mixed opinions on the homeless population in this province.

Some of these people have mental health issues which are hard to control.

In some cases, I truly be-

lieve the institution or facility where they may have previously resided, closed because a previous provincial government thought they were doing "the right thing" at the time...oops, guess it didn't work did it?

I have no pity for the drug addicts as I believe we all make decisions in our own fate.

There are so many resources available for overcoming addiction, as I did with my alcohol problem

more than 18 years ago.

I feel for elderly persons with no pension or those middle aged, permanently injured from work and can't obtain employment to sustain themselves.

I have absolutely zero use for those that are perfectly fit and able bodied to join the ranks of the working class.

However, the fact remains they still need to be housed somewhere.

With the decline of work

in the oil fields, why not bring in rows and rows of the Atco trailers used as bunkhouses for the drilling companies that are probably sitting in mothballs in the thousands, and place them on city-owned land here in Kelowna, or other municipalities in the province for that matter.

These otherwise unused trailers would provide to the homeless a warm place to sleep, proper washhouse facilities with temporary septic

tanks, and a mess hall for eating.

As far as I know, you don't have to pay tax on a structure without a solid foundation.

I also agree with a previous letter that I read about running ranches where homeless people could work for room and board with a warm, dry place to sleep, and three square meals a day.

Jeff Hooson
Kelowna

Offering solution to get homeless off the streets

To the editor:

A possible compromise for some of the "homeless."

Would it be possible to create a safe area for both the folks needing protection from the elements and that is acceptable for citizens, police, bylaws, health services and city hall.

And all who can or want to help by simply using steel containers for short-term housing.

Add a couple of wise stipulations, such as an agreement for those to qualify for this housing help if they seriously look for work with the help of employment opportunities or assisting the many volunteer organizations who need help.

By having a governed place for local homeless (not those drifting) who would not abuse this opportunity may be a good stepping stone

to those in transition.

It takes at least 90 days to restart independence for health service, food and clothing availability and money generated by working along with government support, etc.

If you could reach out to both those who "have been there" and those who really want to brake the chains and addictive lifestyles the now find themselves in, we may have a viable option that seriously may work on several levels.

Many of these folks are quite capable of finding a solution, with the guidance of established systems now in place may help control a way back for them if we can work together.

These different-sized steal containers can be movable, safer, warmer, cleaner, controlled by qualified individuals.

Make them fire and air safe with ongoing fire department monitoring as part of the deal.

Find a workable site that would work under city/provincial control is just a thought to give everyone a chance to get back their serenity and pride.

Might be a solution question to ask of those who care. It may work in any city or municipality.

Used containers are quite reasonable, and yes there will be inevitable obstacles/control issues.

Just a thought as part of a solution that has probably been questioned or thought of by others as an option if balanced by needs vs. wants and, of course, finances.

Joel Rickard
Kelowna

TOYS "R" US

Page 1, please note, the correct NOW price for the Laugh & Learn Crawl Around Car – Pink (sku 102056) is NOW 29.97.

Toys "R" Us Flyer
November 21st-27th 2019

We apologize for any inconvenience this may have caused.


Adult Children of Alcoholics (ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of men and women who grew up in dysfunctional homes.

We meet to share our experience of growing up in an environment where abuse, neglect and trauma infected us. This affects us today and influences how we deal with all aspects of our lives.

ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and conduct an honest inventory of ourselves and our family—so we may (i) identify and heal core trauma, (ii) experience freedom from shame and abandonment, and (iii) become our own loving parents. You are welcome to come and join us as we journey toward wholeness.

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News

West Kelowna firehall opponents launch petition

Connor Trembley
Capital News Staff

A resident in West Kelowna has started an online petition against a proposal to build a new firehall in the Lakeview Heights neighbourhood.

In late October, the City of West Kelowna announced the current firehall on Olalla Road would be decommissioned and relocated because it had exceeded its life expectancy, unable to accommodate the future firefighting needs of the community.

The online petition — which

has almost 100 signatures—states the city did not consult the public about the proposed location of the firehall, on a land parcel combined from lots at 2509 and 2515 Harmon Rd.

The petition also states the city did not complete a traffic study, stating it will create more noise in the mainly residential neighbourhood.

“This was done without any prior notice or approval of the residents of our community,” said Vincenzo Zumpano, the resident who started the pe-

tion.

“For residents of our community to get approval for any new residential builds or additions requires the city and neighbourhood’s approval.”

“In this case, the city is operating under its own agenda without any regard for the people of this community.”

Zumpano said the new firehall location will also make it more unsafe for drivers in the area.

“The firehall is being built on (Harmon Road), a street that is the main access for

hundreds of residents of Lakeview Heights off of the Boucherie Road/Stuart Road intersection. Is an already small and tight intersection,” said Zumpano.

Despite the opposition, Mayor Gord Milsom said in October that the new location would help the department meet the future needs of the growing West Kelowna and Westbank First Nation communities.

Jason Brolund, the fire chief for West Kelowna Fire Rescue, said there were multiple

reasons why the city chose that location for the proposed firehall.

“Property size, proximity to transportation, and availability of land were main reasons why that location was chosen. Our goal to keep the firehall centrally located in community,” said Brolund.

“We’re committed to working with local residents in the design of the project and to be good neighbours as the facility begins to operate.”

Anna Szovek, another Lakeview Resident, said she

didn’t want the new firehall because it will create more noise.

“We have lived in this community for 20 years and have enjoyed our quiet, friendly neighbourhood,” said Szovek.

“City of West Kelowna, please don’t devalue our homes by putting an unwanted fire hall on our residential street.”

While detailed design of the new fire station will begin in 2020, a timeline for its construction hasn’t been determined yet by the city.

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Former Dragoons leader pleads guilty

Michael Rodriguez
Capital News Staff

A former Kelowna-based B.C. Dragoons military member pleaded guilty to one of three charges he’s facing for possession of child pornography on Monday.

Sean David Parker, a Kelowna-based regimental sergeant-major of the Dragoons, was set to face a three-day trial

beginning Monday, but instead pleaded guilty to just one count for possession of child pornography.

According to Daniel McLaughlin, communications counsel with the B.C. Prosecution Service, the other two charges for accessing and importing child pornography are anticipated to be stayed at the conclusion of sentencing.

The offence is alleged to have occurred

between Dec. 18, 2017, and Aug. 6, 2018. Parker was charged in November 2018.

Parker worked as the emergency services manager at Kelowna International Airport until November 2018.

Parker is facing the possibility of up to 10 years in jail. His next appearance is scheduled for Jan. 23, 2020, for a pre-sentence report.

Transportation planning enhanced by interactive tool

Michael Rodriguez
Capital News Staff

The City of Kelowna will offer the public a chance to put themselves in the shoes of city planners.

The city is gather-

ing public input for the Transportation Master Plan by giving Kelowna residents the opportunity to do their own allocation of the transportation budget through an on-

line tool.

“With 50,000 more people anticipated to call Kelowna home by 2040, how we prioritize and allocate budget for transportation today will not neces-

sarily meet the needs of our growing population,” said a news release from the city.

Residents can participate in the interactive, online transportation budgeting exercise from Nov. 18 to Dec. 6 at kelowna.ca/transportation2040.

Participants will be entered to win a \$750 gift card to a Kelowna bicycle shop of your choice.

Two in-person meetings are also being held to gather public input on the plan.

Monday, November 25
11:30 a.m. to 1:30 p.m.

UBC Okanagan (EME building)

Saturday, November 30

9 a.m. to 1 p.m.
Parkinson Recreation Centre (Winter Farmers and Crafters Market)

Yard Waste Collection

New! Curbside collection ends December 31

CART LID MUST BE CLOSED!

ACCEPTED ITEMS:

- ✓ Leaves
- ✓ Grass Clippings
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The City of Kelowna is seeking public input on the future of transportation in the city. (File photo)

News

Autism service dog to assist Kelowna youth

Daniel Taylor
Capital News Staff

An autism service dog team will officially graduate from B.C. and Alberta Guide Dogs in Kelowna this week.

A young boy named Kyan will graduate with his new autism support dog, Mikey, after two weeks of working one-on-one with autism support instructor Michelle Murray.

B.C. and Alberta Guide Dogs breeds, raises and trains autism support dogs that are provided to children ages 3-10 with moderate to profound autism.

These certified support dogs are



Kyan and his service dog Mikey have been training together for two weeks. (Contributed)

provided, along with training and after-care support, at no cost to families for eight years. For Kyan's family, the dog, typically for an autism support

dog means safety and security but is also valuable support for his interacting with other children.

"Some kids with ASD are lonely and have difficulty making friends," said Kyan's father Rick.

"Mikey is so lovable and Kyan is warming up to him quite quickly.

"We see him and Kyan being best buds and also being a great primer for other kids to meet and interact with Kyan."

Mikey will be the family's second autism support dog from B.C. and Alberta Guide Dogs.

Kyan's brother Dylan was placed

with an autism support dog, Logan, back in 2008 as the organization's second graduate in B.C.

"Our kids were tirelessly supported and protected by Logan who was the nucleus

of our pod everywhere we went," Rick continued.

"Mikey has huge paws to fill and in just a short week we are reminded of the magic of these special dogs and amazing

program."

Kyan and his father Rick were on hand at the Orchard Shopping Centre on Thursday to share the impact of receiving an autism support dog.

Trust Your Intuition

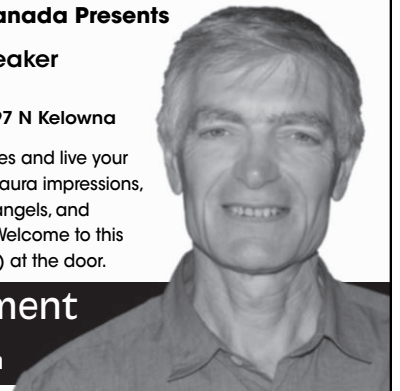
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News

Housing project 'bold step forward'

Mackenzie Britton
Capital News Staff

UBC Okanagan will soon offer substantial environmentally friendly student housing.

A plan to bring a \$18.7 million zero emission housing project has started on campus and for Dave Waldron, it represents a window into the future.

The new affordable

housing project for students, called Skeena, is being built to an energy-efficient Passive House standard that will run without using fossil fuels.

"This really is a bold step forward," said Waldron, UBC Okanagan's former director of campus planning and development.

"Part of the beauty of the Passive House

concept is its simplicity.

"Essentially, what you're doing is making a super-efficient shell compared to conventional buildings."

Waldron was part of the team that helped bring the Skeena project to life with the help of the \$18.7-million loan from the B.C. government.

When the building officially opens in

September 2020, it will house 220 students on six floors, five of which will be built with a wood frame on a concrete base.

"The best way to conserve energy is to simply not need it in the first place, whether it's for heating or cooling.

"With Passive House buildings, you invest in your structure as opposed to a bunch of fancy mechanical and electrical bells and whistles, which makes it really long lasting because there aren't as many moving parts."

The Passive House standard is a successfully tested building standard for energy efficient, comfortable and affordable house construction.

Once up and running, Skeena will be equivalent to a net-zero energy-ready building.



The UBC Okanagan campus in Kelowna. (Contributed)

"This means it will be so efficient, it could meet all its energy needs with renewable energy generation on site, such as solar or geothermal," Waldron said.

"UBC is always trying to push the enve-

lope, but not break the bank while doing it.

"I think that's really important because if you just build the most advanced environmental building with no thought to cost, it's not going to be that useful for the

majority of builders."

For Waldron, carbon-neutral programs provides an important incentive to drive further climate action to get to the university's goal of zero carbon.

"Eventually, that's where we need to get

to. It's the ultimate goal — carbon neutral, you want to get there. Exactly what that looks like hasn't been finalized yet, but UBC has taken a lot of positive steps that will help achieve that down the road."

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News

\$20,000 funding boost for school trades programs

Paul Clarke
Black Press Media

Local school districts throughout the Okanagan have received thousands of dollars from the provincial government to help young people learn important trade skills.

The Central Okanagan School District received \$40,000, the North Okanagan-Shuswap School District received \$30,000 while the Okanagan Similkameen and the Okanagan Skaha school districts received \$20,000 each.

The money is part of \$1.37 million given to 51 school districts and independent schools across the province for trades programs for the 2019-20 school year.

It is also part of a larger pool of money (\$12.4 million) earmarked for seven new programs to help thousands of youth, women and under-represented groups to get the training and support they need for apprenticeships and employment in the skilled trades.

Okanagan College also received \$1.5 million for its Women in Trades Training Program.

“Our government is committed to moving the dial for women, young people and under-represented groups who want to reap the economic benefits of a good paying, family-supporting career in the trades,” wrote Melanie Mark, minister of advanced education, skills and training.

“We value the tradespeople who work hard every day to keep our

lights on, our homes warm and our cars running.

“These new programs will open pathways to opportunity for young people who wish to pursue their dream careers in the trades, while also ensuring employers have access to an industry-ready labour force to continue building the best B.C.”

According to the 2018 Labour Market Outlook, it projected nearly 71,000 trades job would open in the province over the next 10 years and skilled workers, including millwrights, heavy-duty mechanics and carpenters would be in high demand.

Seniors Games prove profitable

Michael Rodriguez
Capital News Staff

The City of Kelowna will have an extra \$30,000 in its pocket in 2020 to spend as a legacy to the 2019 55+ BC Games.

While presenting a report to city council on Monday, chairman David Graham said the Kelowna Games were the most successful in its history, resulting in a \$60,000 surplus to be shared between the city and the BC Games Society.

Graham said a recommendation will be made to council sometime in the new year on how its half of the funds should be invested within the sports sector.

More than 4,200 athletes competed in the four-day event in September, with the assistance of over 1,500 volunteers.

“Some of the sports were very well attended,” said Graham.

“Ice hockey had nearly



The 2019 55+ BC Games kicked off in Kelowna on Wednesday, Sept. 11, 2019. (Ashley Wadhvani - Black Press Media)

500 athletes. Dragonboat racing also had about 500. So did pickleball.”

Graham also lauded the cities restaurants and ho-

tels for being full throughout most of the event, but an audit to determine the economic impact of the games is yet to be com-

pleted.

Next up, the Games move on to Richmond, followed by Greater Victoria and then Abbotsford.

“None of those Games are expected to be as successful as they were here in Kelowna,” admitted Graham.

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News

SPCA holiday bake sale fundraiser returns

Connor Trembley
Capital News Staff

If you're a cookie or cake enthusiast, you might want to stop by the BC SPCA Kelowna branch on Saturday, Dec. 7, between 10 a.m. and 2 p.m.

The branch has announced that their annual Holiday Bake Sale will be taking place to help raise donations for stray and neglected animals.

SPCA Kelowna branch manager Sean Hogan said the bake sale is a win-win for those with a sweet tooth and for those who love animals.

"It's such a sweet event," said Hogan.

"We've been doing this fundraiser yearly because it's so popular for the folks who don't have time to bake but want to buy donated baked goods and help the animals out at the same time."

As part of the event, attendees will also be able to pick up a pet-friendly gift



The cats and dogs at the SPCA looking for a new home will be assisted by proceeds raised from the Kelowna branch bake sale set for Saturday, Dec. 7, 10 a.m. to 2 p.m. (File photo)

basket for that special animal in their life.

Last year's event was an

outstanding success. In total, \$3,400 was raised to help support the branch.

Child rapist loses appeal of sentencing

Michael Rodriguez
Capital News Staff

A man convicted of raping a child and producing child porn lost his sentencing appeal in Kelowna court.

According to a Nov. 19 judgment from the B.C. Court of Appeals, the man pleaded guilty to sexual interference of a child under 16 and making child pornography in February 2015. In December 2016, he was sentenced to seven years in prison, serving consecutive sentences of five years for sexual interference and two for making child pornography.

The man is only identified as S.C.W. in the documents, due to a publication ban that protects any information that could

potentially identify the victims.

The man was 43 years old at the time of the 2012 arrest in which he was caught by police in the act of sexually violating a 12-year-old.

On S.C.W.'s laptop and camera, police found 129 images and eight videos of the child that met the definition of child pornography.

"The videos must be experienced to fully understand the crushing depravity of the acts," said Justice Mark Takahashi the 2016 sentencing.

"They were witness to the psychological dismemberment and decapitation of the sexual being of a pre-adolescent child.

"Breathless in their brutality, there are no words to describe the despair one felt for the child or the loathing for (the appellant), except a deep and abiding sadness."

At the time of arrest, the abuse had been taking place for more than a year and S.C.W. had been in a position of trust with the child for more than five years.

S.C.W. sought the appeal on grounds that he believed the sentencing judge erred in principle in rejecting a psychological risk assessment that concluded he posed a low risk of re-offending and considering his victim's young age as an aggravating factor.

In the judgment, the Court of Appeals

found that the judge was under no obligation to accept or give weight to the assessment.

The court also found that the victim's age was relevant to assessing the vulnerability of the victim and the age difference between the victim and S.C.W. was relevant to assessing his culpability.

"The egregiousness of the sexual offence against a child increases as the age of the child decreases," said Justice Richard Goepel in his dismissal of the appeal. "Taking into account the age of the victim is an appropriate consideration of the specific facts of the individual offence."

S.C.W. has remained in custody since his sentencing in 2016.

Residents association filing complaint

From Page A1

"Supportive housing is an opportunity for individuals to get a roof overhead, let them end homelessness and allows them to take next steps in their life to move forward."

In an effort to mitigate some of the issues, Rutland resident Christopher Bocskai said he has undertaken a project that investigates how other communities in the province deal with local drug and crime issues associated with low-barrier housing.

"We're looking at what issues some of these facilities have been experiencing, including those in Nanaimo, Maple Ridge, Grand Forks and Victoria," said Bocskai.

"By talking with different Facebook groups in these communities about the

issues going on from these facilities — including fire alarms consistently going off in the buildings from people cooking crack in their rooms, to drug dealers moving to areas around these facilities and bringing in more crime — we're looking at what Rutland can do to hopefully mitigate these impacts."

The Office of the Ombudsperson is an independent statutory office of the provincial legislature that impartially investigates individual complaints about unfair administrative actions taken by local and provincial authorities.

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News

Fireside Festival drops 2020 lineup

Daniel Taylor
Capital News Staff

Kelowna's Fireside Music Festival has revealed its 2020 lineup, chock full of local and Canadian music acts.

The music festival began seven years ago as a way to bring together local artists who were never able to see each other play due to their conflicting schedules.

The first festival of sorts was held in a Lakeside home where the artists played all day and night by a roaring fireplace (hence the festival's name) on a Sunday in January.

Since then, the festival has grown, now hosted at popular venues such as the BNA Brewing Company, attracting bigger names which has attracted larger audiences.

This year's three-day festival will be held from Jan. 24 to 26, 2020, hosting acoustics in the day time, hip hop artists and DJs at night and concluding with the main event on the Sunday which features solo and group acts across genres.

"The people are amazing, the music is amazing, there's artists, there's entertainment, there are vendors, there are all sorts of cool stuff to do," said event coordinator Aaron Desilva.

"All the venues have great vibes. It's a really great way to start the year off by experiencing local music."

Desilva said this year's festival will feature more hip hop artists than ever before, showcasing the genre's local artists on a standalone night in the Mission to open the festival.

"I am a huge hip-hop fan myself and I know there's a really cool emerging scene in Kelowna," said Desilva.

"I want to make sure that the scene is present at the festival and



Fireside Festival will be held over three days in Kelowna from Jan. 24 to 26. (Contributed)

it definitely needs its own night because it doesn't really overlap with the rest of the festival."

Desilva noted the experimental rocker, Andrew Judah his band, is a must to check out at the festival.

"He's a local guy

and it's his first year at Fireside and I know he's going to bring the most insane show. He and his band are so talented and so engaging," said Desilva.

Another notable name to play this year's festival will be Sunday's headlin-

er, Snotty Nose Rez Kids, a Canadian First Nations hip hop duo from Kitimaat Village in B.C.

"They played Kelowna a few years ago and their performance blew my mind," said Desilva.

To purchase tick-

ets and view the full lineup for the Fireside Festival, visit the Fireside Festival website.



Cirque Du Soleil's Axel will come to Prospera Place in June 2020. (Contributed)

Cirque Du Soleil coming to Kelowna

Daniel Taylor
Capital News Staff

Cirque du Soleil will skate into Kelowna next summer with a new on-ice spectacle.

Cirque du Soleil has announced its new on-ice show that will spin you into the vibrant world of Axel – a breathtaking acrobatics show, live music and stunning graphics.

According to a news release, Axel is a young graphic artist, and musician, who dives into his hand-drawn universe as he falls

in love with the captivating Lei.

Together they jet off on a fast-moving quest to retrieve the stolen light from the super-villain Vi.

In the epic fantasy, graphic art and music intertwine to create the supercharged world of Axel.

Cirque Du Soleil will perform at Prospera Place in Kelowna from June 18 through June 21, 2020.

Tickets for the general public on sale now at www.cirquedusoleil.com/axel.

WHAT'S GOING ON

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News

HOPE Outreach spreads early holiday cheer

**Twila Amato
Black Press Media**

Last Monday's pizza night was special — it was HOPE Outreach's Christmas in November night.

It's a chance for the group to give and do a bit more than they usually do.

"Essentially, it's our opportunity to spoil the girls with more things than we can throughout the year...there's fun and games, sometimes we get to bring in beauticians, which is really exciting," HOPE Outreach executive director Kathleen MacKinnon said.

"They get to get some fancy shoes, maybe stock up on clothes."

She said because they only have two volunteers going out every night, they can't always carry all the clothes, toiletries or personal hygiene products that many women need.

Monday night's gift bags were wrapped in festive paper.

There was also a pile of jackets, sweaters, and other warm items for the colder season.

MacKinnon pizza nights typically have food and games but for special editions like Christmas in November, they try to bring in beauticians to make the women feel special.

She said it's about providing the homeless or those who may be fleeing from domestic violence with a light-hearted safe space.

She added that what she wants to see is more people helping others.

"I think the misconception is thinking (those who suffer) are not our people. But really, everyone is our people. There's lots going on — this isn't a one-person solve issue."

"I think everyone should take the time to educate themselves on ways in which we can show compassionate love and kindness to folks."

"I just want to drive home that everyone in our community is part of our community and that should be elevated to the max."

HOPE Outreach is always open to donations, whether it be time, money or clothing and toiletry items.



Some of the HOPE Outreach volunteers discuss how they can better assist those in need of the charity's support. (Twila Amato - Black Press Media)



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Book drive to benefit Uganda children

**Connor Trembley
Capital News Staff**

Okanagan College trades and apprenticeship students are helping provide education material to vulnerable children globally — one book at a time.

The department has announced that they've partnered with Niteo Africa Society — an education organization that provides quality education for Ugandan children — to create a book drive and send a shipping container full of books to a literacy centre in Uganda.

To help fill the container, people can drop off their books outside of the OC trades atrium at the OC Kelowna campus until Nov. 29.

The department has asked that donated books be written in English, are either new or gently used and do not contain excessive violence for the children reading them.

The department said it will not be accepting encyclopedias or magazines for this book drive.

To help raise awareness for the initiative, OC's trade and apprenticeship students are also converting a shipping container into a literacy centre and placing it in front of the Evangelical Church in Kelowna.

The facility will act as an education centre and a permanent book collection station for Okanagan residents.

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Seniors

Set aside sibling rivalries to care for parents

Today's adult children and their parents are going through a new kind of family transition.

With the increasing longevity of parents into their 80s and 90s, often while experiencing chronic illnesses, their adult children may be involved in caring for them for up to a decade or more.

Siblings, and in some cases step-siblings, may not have a roadmap for caregiving that will help them deal with the many practical and financial issues that go with it.

Dynamics and family patterns are sure to emerge as siblings face the need to come together more intimately when the declining health of one or both parents is surfacing.

It helps to check in with yourself with a sense of inquiry to see if you are feeling yourself being pulled into an old pattern of behaviour that you played out in the family mobile and question what reactions that may be triggering.

Whatever the old roles were, it serves you to re-examine them now. Don't look to one sibling to be the peacemaker or to mom or dad, who often cannot fulfill this role anymore.

It helps if everyone takes responsibility for being mature. The platform of family caregiving is the perfect motivator.

Creating a way to keep the lines of communication open takes some work and strong intention.

Keep in mind that parents can often tell their kids different things about how they are doing.

Trying to keep everyone on the same page takes each person recognizing that it is time to let go of old ways and be committed to honest, direct communication

Engaging in Aging

MARJORIE HORNE



and understanding of how the vulnerability of aging and loss can affect a parent's behaviour.

This commitment can only start with each sibling's desire to do it differently and then get on the train and participate fully with this clear intention.

It takes letting go of your defenses and being willing to listen, listen and then listen some more.

What is the outcome? As siblings, you understand each other better and you also come to understand yourself and your vulnerabilities in a new way.

And in between all of it, there is great pride in being able to help your parent and feel a sense of satisfaction that you are doing something very important and valuable.

When having a family meeting to engage in a dialogue about your caregiving of a parent, there are a few basic ground rules.

If you can't all meet in person, a skype conference call is a good option. Start with an agreement, start your discussion with the common ground you share.

Sometimes just agreeing that the discussion will be hard is a good place to start.

Ask a sibling to help you understand his or her side. People want to

be heard — if they don't feel heard, frustration rises.

Ask the other person to share their point of view. Asking for input shows that you care and have interest in learning more about how the other person feels.

Resist the urge to plan a comeback or a rebuttal. Your brain cannot listen well and prepare to speak at the same time.

Keep a check on your "inner voice" and focus on the person in front of you. Help the other person understand your side, too.

Describe how you feel, your thoughts, your ideas, and the reasons behind your thought process. Communicate clearly and simply; don't speak in circles

or in code.

Move the conversation forward: Find some common ground again. Make a suggestion and then ask for feedback from your sibling (s).

Keep in touch: more attention is needed after a tough conversation. Check back in and see how your sibling (s) feel about the outcome.

And remember, life is impermanent. Sharing in caregiving is a door that opens you to your own soul. Don't miss the opportunity.

Marjorie Horne is the owner of Caresmart Seniors Consulting and the host of The Engaging in Aging Radio Show on AM1150 every Sunday at 9 a.m.

Contact her @ 250-863-9577 or email marjorie@caresmart.ca.

Lingering Elbow Injury? Shockwave Therapy Cleared Scar Tissue on Okanagan Sun Athlete (and may do the same for you!)

Nick W., Quarterback with the Okanagan Sun, had this to say about his experience with Shockwave Therapy at Glenmore Chiropractic: *I have been having on-going elbow pain that's been affecting me with*

Football and just everyday life such as work. I had tried quite a few different treatments over a long period of time but nothing compares to the results I received from Shock Wave. Compared to how I was feeling at the start of my football season I would say I had about a 90% success rate after my treatments. I would definitely recommend Shock Wave therapy not just to an athlete but anyone! The staff at Glenmore Chiropractic were amazing as well! They made it really easy to book appointments and answered any question I had. Definitely a place I would go back to. - Nick W., Quarterback with the Okanagan Sun. After 8 years of treating with Shockwave Therapy I can say that 85% of my patients who have found relief with Shockwave Therapy sought other therapies first without success. So why is Shockwave Therapy working when other treatments are not? The answer revolves around what has happened to the tissue inside your injury; the reason why your injury persists. Whether your injury occurred from a trauma or from repetitive activity, both causes create microtears in the muscle. The body has only one answer for this, and that is to create scar tissue. Scar tissue is weak, inflexible, prone to re-injury and attaches to other healthy tissues creating an unwanted bridge called an adhesion. Once this happens, any use of the muscle causes friction, heat and tension in the muscle, which limits the amount of oxygen entering the injury and creates even more scar tissue. Your body enters a cycle of inflammation, pain and scar tissue formation that it cannot get out of. Therapies most of us try are aimed at reducing inflammation, decreasing swelling, and temporarily reducing pain. If the injury was fresh from a trauma, this may be appropriate. If, however, it is not a brand new injury, or if it is due to repetitive activity or seems to have come out of nowhere, it likely now has scar tissue embedded. Also remember that while ice or braces provide temporary relief, these conditions

become chronic around 2-3 months at which time that scar tissue occurs. This scar tissue or adhesions involve muscle fibers "gluing" to one another until the muscle may ultimately become dysfunctional to the point



DR. RYAN HARRIS

One of Canada's Most Experienced Shockwave Therapists

Glenmore Chiropractic

that even simple tasks irritate the muscle.

This brings us back to why Shockwave Therapy works when other treatments do not. Shockwave Therapy breaks up scar tissue and adhesions.

This in turn restores the function of the muscle and promotes new blood vessel growth, stimulating faster healing. Additionally, it stimulates

collagen production, increases oxygen to the injured tissue, and creates firmer, stronger muscle fiber.

If you have been suffering from golfer's elbow, tennis elbow, carpal tunnel syndrome or another painful arm injury, you know how debilitating these conditions can be. Sometimes the chronic pain is accompanied by a shaking hand or a reduction in grip strength, making simple tasks such as holding a cup of coffee very difficult. Numbness or tingling may also be present. Sometimes the pain and limited mobility extends up to the shoulder and down to the wrist, making it challenging to know where the source of the injury is. Whether the exact cause and source of your injury is known or unknown, and whether or not you have already tried other therapies with limited success, I encourage you to come in for a free consultation. I can help identify the exact site of the injury and determine if Shockwave Therapy is likely to help. If you have chronic pain and/or limited mobility, do not give up hope. Remember, most of my patients who have found success with Shockwave Therapy had tried other therapies first without improvement.

Dr. Harris is very experienced in ESWT (Shockwave Therapy), having performed over 15,000 Shockwave treatments. Results are often experienced within a couple of visits and the treatment is covered by many insurance companies. Call 250-763-3580 to book a free consultation or view Dr. Harris' You Tube video "Shockwave Therapy Kelowna" or go to www.glenmorechiro.com and click "Testimonials".

* Results may vary from patient to patient



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Despite life-threatening illness, columnist says he's a lucky man

My personal pity party began as most normally do. I had allowed a few minor irritants to slide into a spoiled, frivolous frenzy.

My steak was too tough.

Certainly when one spends more than their hourly wage for a meal there is expectation their food will be eatable.

Just a few days before I had deliriously devoured a beautiful, choice prime cut piece of steak at the Cactus Club with little problem and multiple moans of satisfaction. (In fact, Tez told me to lower my volume as I sounded like I was having an orgasm, not dinner.)

Certainly I had reason to be thrilled at

Hodge
Podge
**CHARLIE
HODGE**



the Cactus chow down since it was the first steak consumed in four years. A rare life threatening bone disease had resulted in two major jaw and four other oral surgeries.

I now have a titanium plate for a jaw, supported by bone from my leg, four teeth in the upper mouth for structural purposes, and less than 25 percent feeling in my tongue and face. Since then I dreamed of someday eating steak again when my gums toughened up enough to try.

Recently, I took a chance at Cactus Club and it worked. So I pushed my luck yesterday at an unnamed local pub and went for a steak sandwich. Not a chance.

Naturally I bitched and complained about how unfair life was until Tez reminded me how thankful I should be that I'm able to eat anything.

She recalled how I went 22 days without a sip of water due to the tracheotomy and various feeding tubes.

My myopic meltdown or major temper tantrums was put on hold — until last night.

One of my Vital Air heroes who supply oxygen tanks, tubes,

and other equipment showed up with replacement tanks. (Important for a guy in stage four of four emphysema).

I complained about how the 50 air tubes often kink up and not work well. He rummaged through his truck and found a plastic swivel which he thought might help.

He left, I put it on, no change. I still get enough air however it could be better. I fumed a little bit. Then I allowed the frustration to overcome me and once again slipped into bitch and complain mode.

I decided perhaps it was time to head to the garage stuffed full boxes of junk and a beer fridge. Main focus

being the beer fridge. I grabbed my portable air tank and trundled out to the chaos.

Earlier that day dear buddy James the Painter created some shelving spaces - allowing me to organize much of the material stuffed in boxes.

The first box I spotted was the wakeup call I needed.

It was the same box I'd been looking at 11 months ago when attempting to sort through stuff however wound up in the hospital.

By pure luck I had a lung specialist appointment on that fateful day and cut my work in the shed short in order to see the specialist.

He put me in emergency and on life support that night. For three days I stick handled in and out of the dead zone because of CO2 poisoning.

Staring at that box again reminded me how lucky I am to be breathing at all. How quickly we forget how lucky we are to have what we have.

Without my specialist, my wife, and helpful caring friends I would not be alive. Mental meltdowns about silly little things like 'better, more convenient tubes' and eating steak really don't matter.

I will take a kinked up tube anytime over the alternative of being dead.

As I looked around the shed I suddenly saw the potential for hours and hours of each box turning into a treasure trove, a time trip, a reason of joy.

All because I have a portable air device and the health to be able to even sort through it all.

That makes me a lucky and thankful man.



Kelowna businessperson Renee Merrifield has been included in the 2019 list of Canada's Most Powerful Women, an honour she has been given twice before. (Contributed)

Troika CEO reaches top 100 women power rankings

Michael Rodriguez
Capital News Staff

For the third year in a row, a Kelowna businessperson has been named one of the countries top 100 women.

Renee Merrifield, the founder and CEO of Troika Developments Inc., has again found herself on the Women's Executive Network (WXN) 2019 Canada's Most Powerful Women list, marking the first time that a leader from the Okanagan has achieved the honour three times.

When asked about how she felt about being named again, Merrifield said she felt "humbled." "The first time was surreal, winning took me by surprise," she said.

"Now, I am so proud to bring increased attention to our Okanagan Valley; to know that I am making a difference in our community, province and country; and to believe that I have not only ideas as an entrepreneur, but also strength and tenacity."

The Top 100 Awards span the private, public and not-for-profit sectors, with the initial candidates selected by WXN's Diversity Council.

"We are celebrating 110 of Canada's highest achieving women in fields ranging from arts and entertainment to sports and science," said Sherri Stevens, CEO of WXN.

"All 110 winners exemplify power not through their standing or abilities, but rather through how they inspire, champion and empower others — which is why it's very important to recognize and celebrate their great achievements."

Past award winners includes Canada's most iconic women trailblazers: Margaret Atwood, best-selling author; Dr. Roberta Bondar, astronaut; Arlene Dickinson, chief executive officer of Venture Communications; Christine Magee, president of Sleep Country Canada; Michaëlle Jean, former governor-general of Canada; Heather Reisman, founder and CEO of Indigo Books and Music; and Kathleen Taylor, chair of the board at Royal Bank of Canada.

To mark this year's awards, WXN is hosting an awards gala on Nov. 21 at the Metro Toronto Convention Centre. More than 1,400 senior professionals will attend.



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Sports

Volleyball Owls set sights on B.C. titles

Mackenzie Britton
Capital News Staff

The high school volleyball season is almost over and the B.C. championships will soon welcome a brood of Okanagan talent.

Leading the pack of Okanagan-bound high school teams to the 2019 provincials are the Kelowna Secondary Owls with both the boys' and girls' squads picking up No. 2 rankings ahead of the championships in Langley starting Nov. 27.

The Owls boys' team was crowned valley champions last weekend at KSS after cruising through local rivals and going undefeated in the finals.

Owls coach Mike Sadaro said the team performed well in all areas through the valley championships.

"Great serving. Power hitters put on a great show," Sadaro said.

"The Owls are prepared and ready for the provincials."



The Kelowna Owls boys' volleyball squad goes into the B.C. championships as the No. 2 ranked team in the province after winning the Okanagan Valley championships last weekend. (Danica Embree photo)

The Owls will enter the provincials as the No. 2 ranked team in the AAA division.

They lead a four-team representation of local high schools who will represent the Okana-

gan at the championships.

Okanagan Mission has launched up the rankings

in the past three weeks as the Huskies are set to enter the provincials as the No. 7 ranked team.

The Mt. Boucherie Bears stay ranked at No. 10 and Penticton Secondary secured the 20th and final ranking position.

KSS is led by nine Grade 12 players who's combined experience has been a big part in the Owls successful season.

The Owls' Jayden Lalonde, Tyson Embree, Braden White and Ethan Braam are four KSS seniors who've played together since Grade 10, looking to conclude their tenure with the Owls this winter as provincial champions.

In the boys' provincial AA rankings, two Okanagan teams will battle for the provincial podium.

George Elliot Secondary in Lake Country and W.L. Seaton Secondary in Vernon cracked the province's top 16 teams.

The Coyotes will enter the championships as the No. 4 ranked squad, the Seaton Sonics at No. 15.

Meanwhile, girls' volleyball teams throughout the Okanagan will be well represented during the B.C. championships.

Kelowna Christian and Vernon Christian crack the top rankings in the A division, George Elliot and Kalamalka Secondary will represent in the AA division, OK Mission and W.L. Seaton will compete in AAA, and KSS and Mt. Boucherie will battle in AAAA.

While most of the provincials will be played at the Langley Events Centre, the AA women championships will be played in Vernon at Kalamalka Secondary starting Nov. 28.

The remaining Okanagan teams vying for B.C. championships start their quests Nov. 27.

Warriors bring 'happy hour' to home games

Mackenzie Britton
Capital News Staff

With a less than ideal start to the season, West Kelowna Warriors fans may not be exactly "happy" with the team's four wins.

But in the wake of energetic new owners and a new president taking over the team, the Warriors will look to turn the page on the season tonight (Nov. 22) when they play their first home game since Oct. 25 and introduce a new special game feature at the rink — happy hour.

Happy hour at Royal LePage Place will see half-price drinks available an hour before puck drop, starting for the first time at 6 p.m.

"We want to reward fans for coming early as the players will be hyped by more bodies in the building as they hit the ice," said the Warriors new president Chris Laurie.

"Beyond that, our concession food is excellent and we welcome fans to come early



The West Kelowna Warriors' Max Bulawka has 15 points this season so far. (Garrett James Photography)

for dinner and a drink at an affordable price."

Laurie, along side new owner John Murphy, were introduced to the Warriors' faithful last week, revealing their plans to turn the franchise around after an infamous stretch of drama unfolding behind the scenes and ultimately impacting the fan turnout in West Kelowna.

Despite the Warriors sitting last in the current BC Hockey

League standings with a 4-16-3-2 record, Laurie and Murphy stated at their introduction there were no current plans to make any coaching changes.

"He has our support," said Murphy of head coach Brandon West and his staff.

"He's thinking every day how to make the team better, how to coach the team better. Brandon's a professional coach and that's what we want."

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News

Fast-charge station grid expands in Kelowna

Michael Rodriguez
Capital News Staff

Kelowna's electric vehicle owners now have a new places to charge up with the addition of two new direct current fast-charge (DCFC) stations at Rutland's Centennial Park on Shepherd Road and the Kelowna Museum parking lot on Ellis Street.

The recently installed stations accompany the two charging stations opened in June at the Kelowna International Airport.

"Electric vehicles represent a significant opportunity to reduce greenhouse gas emissions and air pollution from transportation," said Kelowna Mayor Colin Basran.

"These stations make fast charging readily available for drivers at the three points of entry into our community and close to City centres in Rutland and Downtown."

According to Electric Mobility Canada, 10 per cent of all new vehicles purchased in B.C. being electric.

The city said the expansion of the DCFC network in



Mayor Colin Basran (right) at the new direct current fast charge station on Shepherd Road with Michael Leyland (left) of FortisBC. (Contributed)

Kelowna supports growth and emissions reduction goals.

The DCFC stations can charge a compact electric ve-

hicle in about 30 minutes, as compared to a Level-2 station that requires about three to four hours.

For the service, users will be charged a rate of \$9 per 30-minute charge.

The fee has been approved

by the BC Utilities Commission and aligns with rates FortisBC charges at other stations throughout the

province. "Partnering with communities and all levels of government to build EV charging infrastructure is one of the ways we're working to reduce our customers' emissions by 30 per cent by 2030," said Michael Leyland, manager innovative initiatives, FortisBC.

"The City of Kelowna has been an active partner in helping us place stations where they're needed most and we're grateful for their support."

The new stations are part of the 12 that FortisBC announced earlier this year, bringing their planned network to 17 stations across 14 Southern Interior communities by the end of 2019.

The city contributed land and partial funding for the new stations and FortisBC also received financial support from Natural Resources Canada and the B.C. Ministry of Energy, Mines and Petroleum Resources.

For more information on electric vehicles and charging locations, visit fortisbc.com/electricvehicle.

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CAPITAL news

Cougar spotted near Rose Valley

Michael Rodriguez
Capital News Staff

A cougar sighting was reported in West Kelowna's Rose Valley neighbourhood on Wednesday morning.

A concerned resident posted to the Rose Valley Community Facebook group saying she spotted the cougar near the Church of Jesus Christ of Latter-day

Saints on McDougall Road, a short walk from Mar Jok Elementary School.

According to one comment on the post made by somebody who works at Mar Jok, the incident was reported to the school.

The sighting was also reported to Rose Valley Elementary School.

Earlier this month, a cougar was spotted just down the road near Rose Valley Elementary School.

According to Wild-

Safe BC, if you do encounter a cougar try and remain calm, make yourself look as large as possible and back away slowly, keeping the animal in view.

If a cougar shows aggression or begins following you, keep eye contact, yell and make loud noises.

The B.C. Conservation Officer Service asks that any wildlife encounters be reported the Report All Poachers and Polluters (RAPP) line at 1-877-952-7277.

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News

Collect seeds now for garden beauty next year

Being a gardener I always find fall a slightly nostalgic time; as everything is winding down and I know that snow is on the way.

One of the joys at this time of year is seed collection.

I love collecting seeds, knowing that they have the capacity to produce life and beauty in the upcoming season and beyond.

At the Okanagan Xeriscape Demonstration Garden, we have been busy preparing the garden for winter.

We so appreciate the year of hard work and learning our volunteers have completed.

They are invaluable in their support of the UnH2O garden.

Last weekend, OXA volunteers collected seeds from many of the garden plants so that we can offer them to the public at next year's Seedy Sunday.

We don't have a date set yet but Seedy Sunday is historically the first week of March at Parkinson Recreation Centre.

One of the plants we harvested seeds from was Alpine Skullcap (*Scutellaria alpina*), a recent introduction to the garden and well worth its spot.

I'm thankful to xeriscape specialist Gwen Steele who first introduced me to this tough little plant. It is a pollinator magnet and blooms for months on end with little additional irrigation.

It features bluesy purple snapdragon-like flowers, perfect for a dry or rock garden.

Another seed we will be able to offer next year is from Golden Aster (*Heterotheca villosa*), an Okanagan native which was still in flower in the garden last week.

Sigrie Kendrick

GARDENING WITH NATURE



It has a yellow bloom and is a great mid-border plant for dry conditions.

When collecting your own seeds remember that many of our garden favourites have been hybridized and therefore babies will not be a direct

genetic reflection of the parent plant.

When you decide that you are ready to begin propagating your seeds in the spring it would be beneficial to research whether or not they will have a better germination rate if either scarified (scratching the surface of the seed) or stratified (subjected to a period of cold or heat).

It is absolutely vital to maintain a sterile environment for seed germination to avoid the common fungal problem of 'damping off' in which seedlings fail to thrive and eventually perish.

Whatever seeds you harvest, store, and plant for the future, I wish you the best of luck with your seed-starting adventures.

Why not consider an OXA membership as a gift to those family and friends interested in conservation?

Perhaps join the Okanagan Xeriscape Association members at one of our spring classes to educate yourself about cli-

mate-adaptive landscapes tailored for our Okanagan Basin?

For details or to join, go to the website: www.okanaganxeri-

scape.org

Sigrie Kendrick is executive director of the Okanagan Xeriscape Association and a certified Master Gardener.



Though winter is coming on, gardeners can prepare for the next growing season by working on their seed collection. (Stock photo)

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GREEN, Maloa Jenny

May 25, 1929 – November 18, 2019



Mom was born on May 25, 1929 in Vanguard, Saskatchewan to Harry and Mary Bachman. We will always cherish the memories of our dear Maloa. She was a wonderful wife, mother, aunt, neighbor and friend. She drove a school bus in Rapid View, Saskatchewan and was a school custodian there for many years. She was punctual, meticulous, trusting, dependable and caring. She had a good full life and absolutely loved playing Bingo! Let her rest in God's loving arms! Maloa is lovingly remembered by sons Wayne (Janie), Kelowna BC, Floyd (Adaline), Kelowna BC and Monty (Michelle), Saskatoon, SK, brother Ken (Clara), Elwood (Sandra), grandchildren: Renae (Brad), Shayne (Lisa), Dustin (Liz), Nicole (Barnabas), Kimberly (Darwin), Ethan, great grandchildren: Kailin, Hannah, Riley, Teagan, Jena, Paul, Isaiah, Kialus, Samuel, Damon, Alexi, Cree Summer, Mikayla, and numerous nieces and nephews. Predeceased by parents Harry & Mary Bachman, husband George Green, son Ricky, sisters Evelyn, Marion, Myrna. A Celebration of Life will be held for family and friends later back home in Saskatchewan. Arrangements entrusted to Everden Rust Funeral Services; condolences may be left at www.everdenrust.com

Dean Smith

Sept 26, 1963 - Nov 23, 2009



*You never said I'm leaving
You never said good bye
You were gone before we knew it
and only God knew why
A million times we needed you
A million times we cried
If love alone could have saved you
You would have never died
In life we loved you dearly
In death I love you still
In our hearts you hold a place
That no one could ever fill
It broke our heart to lose you
But you didn't go alone
For part of us went with you
The day god took you home .
Love always your family*

Edna Margaret Shaw (Woodman)

February 9, 1929 - November 14, 2019



Slipped away quietly on November 14 at the age of 90 with her daughter Gail by her side. Husband Glen passed away in 2013. She is survived by Gail and her husband Scott Pickard, the son she never had, her two "darling" grandchildren Blake and Claire, her sister Leota Duncan of Penticton, and many nieces and nephews.

Born near Saskatoon, Edna grew up in the BC Interior. After moving to Vancouver she worked a variety of jobs and helped put Glen through university before becoming a full-time homemaker when Gail was born. Edna and Glen moved to Kelowna in 1968 for his job at American Can and later Crown Zellerbach where they lived until moving back to North Vancouver in 2013.

Mom was always in motion - working in the garden, making bread or soup, cleaning the pool, mowing the lawn, volunteering for the hospital auxiliary and - in her later years - was a fixture on the Kelowna ladies golf scene.

No service by request. Private interment at a later date. Donations may be made to any hospital foundation or other charity of choice.

*Memory is a lovely lane,
Where hearts are ever true,
A lane I so often travel down,
Because it leads to you*

Memorial Gifts

KGHF FOUNDATION

2268 Pandosy Street,
Kelowna, BC, V1Y 1T2
250-862-4438 • www.kghfoundation.com

Box 20193,
RPO Towne Centre,
Kelowna, BC
778-478-7774 **kelowna women's SHELTER**
kelownawomensshelter.ca

COHA
CENTRAL OKANAGAN
HOSPICE ASSOCIATION
200 - 1890 Cooper Rd.
Kelowna, BC V1Y 8B7
www.hospicecoha.org
250.763.5511
*"Creating a community
where no one has to die or grieve alone"*

Your Classifieds

...in your community, online and in print

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IN PRINT 1.866.865.4460

eEDITIONS Black Press Media

Friendly Frank says...
Sell any single item dirt cheap!
It's time to sell, call today!

SEASONS GREETINGS!
1 x 1 inch ad showcases your seasonal theme.
Christmas is the talk of the town!
"TIS THE SEASON"

Are You The Best at What You Do?
Spotlight your business with our business builder
Service Providers
Call today to reserve your spot, space is limited!

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INDEX IN BRIEF

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ON THE WEB:

BCClassifieds.com



Career Opportunities

Career Opportunities

Are you into exercise, motivated and wanting some extra income?

Capital News is looking for a person or persons with a reliable vehicle to deliver newspapers door to door in the Kelowna and Westside areas. Various sized routes on Wednesday and Friday.

Your papers would be dropped at your home early in the morning for you to deliver, which leaves the rest of the day free.

Work as much or as little as you want.

To apply for this position, please call Capital News Circulation at **250-763-7575**

CAPITAL news



Christmas Corner

Kelowna Dream Vision Crafts Arts & Crafts Sale
576 Central Avenue
Saturday, November 23rd
10:00 a.m. - 4:00 p.m.
All unique, one of a kind items. Crafted from wood. It's Christmas gift buying time, come and find something no one else has to offer.
Cash Sales Only.

Last Chance 27th Annual Christmas Craft Sale

Sunday, Dec. 1st 10:00 a.m. - 3:00 p.m.
Winfield Memorial Hall
Over 50 crafter's, with unique handmade items. Come and enjoy the homemade goodies at the concession. Please bring a donation for the FOOD BANK
Kathy 250-863-0649

Sunrise Village Christmas Craft & Bake Sale

Sunrise Village Rec Centre
1255 Raymer Ave
Saturday, Nov. 30th
11:00 a.m. - 3:00 p.m.
Variety of Crafts & Baking. Free Event. Everyone Welcome!
236-420-0377

Information

\$\$\$\$\$! Cash Paid for GOLD & SILVER coins, bars, bullion, ingots, coin collections, jewelry, nuggets, plaster gold, gold dust, gold dental work, old sterling silver, sets, scrap+. Anything gold, silver, platinum etc.
Todd The Coin Guy.
(1) 250-864-3521

Employment

Help Wanted

Benchman-Sawfiler
Required for Okanagan Sawmill. We offer competitive wages and a comprehensive benefit packages.
Please email resume to HRHiringDepartmentA@gmail.com

Services

Mind Body Spirit
BEMER Vascular Therapy
Now at my massage clinic. Well priced, results oriented massage.
Linda 250-862-3929

THAI Massage. Totally relax & energize your body & mind. 250-801-7188

WE ARE BUILT TO HEAL
Donate today at bcchf.ca
BC Children's Hospital

Remembering Our Loved Ones!



Your Career Starts Here



Career Opportunities Career Opportunities Career Opportunities

Help Wanted Help Wanted Help Wanted

YOUR NEW CAREER WITH BLACK PRESS STARTS HERE

Black Press Media is the leading North American local news champion with operations across British Columbia, Alberta, Yukon, Washington State, California, Alaska and Hawaii. Over 2,000 talented employees work with us delivering unique community news and information across a full suite of digital and traditional media channels. We value diverse viewpoints, new ways of thinking and a collaborative approach to delivering results.

MULTI-MEDIA SALES CONSULTANT (KELOWNA, PENTICTON)
Black Press Media has exciting opportunities for Community Multi-Media Sales Consultants that will be focused on providing digital and print solutions for our local clients. This individual will be a high energy, enthusiastic go-getter to take our leading print and digital advertising solutions to market. You will put your multitasking skills to good use as you balance day-to-day advertising requirements for existing customers with growing business through discipline and dedication to acquiring new customers.

SOCIAL MEDIA SQUAD (SALMON ARM)
A position for the Social Media Squad in Salmon Arm is available within Black Press Media, Canada's largest private independent newspaper company, with more than 150 community, daily and urban newspapers and websites in B.C., Alberta and the U.S. The job is permanent and part-time, based in the Shuswap area, working with Black Press Media publications in that region and reporting to the B.C. Digital Editor. A vehicle, valid B.C. driver's licence and smartphone are required.

MULTI-MEDIA JOURNALIST (PENTICTON)
The Pentiction Western News is looking to hire a highly talented, motivated Multi-Media Journalist who will work to increase news output, while growing the extremely competitive digital platforms, including social media and websites. The position involves handling many different jobs that go with producing a news story, including production, reporting, video operation, and video editing. To qualify, you must have graduated from university or community college in a relevant course or equivalent industry, knowledgeable in regard to news judgment, ethics, and coverage strategies.

APPLY today WITH YOUR RESUME AND COVER LETTER TO CAREERS@BLACKPRESS.CA, BE SURE TO REFERENCE THE JOB AND LOCATION YOU'RE APPLYING FOR. PLEASE NOTE ONLY SHORTLISTED APPLICANTS WILL BE CONTACTED.

Black Press Media
For more information on these vacancies and other regions throughout BC visit: www.blackpress.ca/careers

Black Press Media

KELOWNA CAPITAL NEWS IS HIRING

Job title: Circulation Coordinator for the Kelowna Capital News
Hours: Monday to Friday 8:30 am to 5:00 pm
Location: Kelowna, 2495 Enterprise Way

The Kelowna Capital News is seeking a versatile, hard-working, and dependable person to join our team. The Circulation Coordinator position is responsible for the day to day operational task related to the distribution and delivery of the Kelowna Capital News newspaper. The coordinator works closely with our carrier, delivery drivers and home owners to ensure efficient, accurate and timely delivery of our paper. Successful candidate must possess strong computer skills with working experience in Microsoft Word, Excel, Outlook, and Google Maps, as well as possess good knowledge of the streets of Kelowna and Area.

Our office has just been renovated. You will be working in a new and modern office with an open workspace. You will be working in a high energy workplace and will be part of a team. It is work but we try and keep it light and fun too.

Work experience and skills:

- Excellent customer service & communication skills
- Strong computer skill; with knowledge of Word, Excel, & Google Maps
- Ability to multi-task
- Knowledge of the streets in Kelowna and West Kelowna
- Strong time management skills
- Strong problem-solving skills
- Have the ability to multi-task and work independently

Please email your resume to Alivia Scriver at Alivia.scriver@kelownacapnews.com, or call 250-763-7575, or drop off your resume to 2495 Enterprise Way, Kelowna

Fresh From the Fields

"Local Produce at Your Doorstep"

To place an ad...call the Kelowna Capital News
250-763-7114

Gala Apples, Apple & Pear Juice
HAZELDELL ORCHARDS
1980 Byrns Road Kelowna
250-862-4997
Mon-Fri 9-5:30; Sat 9-4; Closed Sundays

Fruit & Vegetables

DON 'O RAY FARM MARKET
3443 Benvoulin Rd
Open till Dec 22nd this year!
Open Daily 9am-6pm
7 days a week.
On Special
Big Bag of Apples \$6
Brussels sprouts, apple juice, and sweet peppers!
Boxes of potatoes, onions, apples, and pears!
All kinds of Apples, Bartlett pears, squash, Brussels sprouts, broccoli, cabbage, cauliflower, beets, rutabagas, parsnips, carrots, potatoes, garlic, cukes, kale, spinach, butter chicken sauce, apple juice, soups, jams, jellies, pies, and much more!
250-860-2557
250-575-7806

This space reserved for
 YOU

K & J Pacific Peaches
U choose, we cut Christmas Trees!
All kinds of apples and Anjou pears
Open
9 a.m. to 5 p.m. Wed & Thurs
1145 Morrison Rd S.
Must take McCurdy Rd to Morrison Rd
250-765-8184

Food Products

For Sale
Spring lamb, pasture raised. Butchered, cut, wrapped, frozen. Govt inspected.
\$6. lbs. Will deliver to Kelowna end of November.
250-587-6416

Apt/Condos for Sale

Big White Condo in the Inn at Big White, sunnyside of the building, \$100,000.
250-769-5246

Apt/Condo for Rent

Kelowna
1421 Sutherland Ave 2 bedroom's with 1 bath available, shared laundry Adult building, Utilities not included. N/S, N/P. \$1000 - \$1400/month
For all inquiries please call no text:
250-801-6404

Misc. for Sale

CERAMIC Urns for your loved ones or pets. Hand painted. Phone Colleen (250)766-4405

Lakeshore

Okanagan Affordable Luxury Living

Homes for Rent

2 - 4 small bedroom house, East Hill, N/S N/P Available January 1st \$1600.
778-214-4494

Jet 16 speed floor standing drill press model, GL-14 FP includes table vice \$550. 6 ft fiber optic Christmas tree, 3 different light settings, 4 yrs old, original price \$500. letting go for \$150.
778-478-0580

Spectacular breathtaking panoramic Lake Views from the moment you enter this gorgeous custom home; the stellar views from this home's rooms will simply take your breath away; easy living and entertainment in mind; 4 bed, 3 bath; super spacious and bright; wine tasting room; media room; large family room; architecturally designed oversized decks with comfort cool mist system make your BBQs and get together's memorable; world class fitness facilities complete this awesome package, extensive list of custom high quality features at time of build that's sure to impress; direct access to beach & water absolutely no disappointments here!
MLS#10182096
Please call **Mark Jontz & Associates**
Royal LePage Kelowna
1.250.861.6002

Transportation

Scrap Car Removal

#1 SCRAP Vehicle / Farm Equipment Removal. Will meet or beat. \$\$\$ for cars. 778-581-CARS(2277)

Misc. Wanted

Christine is Buying Vintage Jewellery, Gold, Silver, Coins, Sterling, China, Estates, etc.
1-778-281-0030
I make House calls.

Trucks & Vans

Kelowna 1993 International Flatdeck Truck
Engine DT466, 6 speed transmission.
\$13,500
Call: 250-215-4665 or 250-862-7670

\$\$\$ Coin Collector

Buying Royal Canadian Mint coins, coin collections, old coins, paper money, pre 1968 silver coins, bullion, bars, world money collections.+ ANY-THING GOLD & SILVER
Todd The Coin Guy (1) 250-864-3521

Adult

Adult Entertainment

BEAUTIFUL busty she-male in town, 36D 26 36 9. Call 403-615-0354. ts-sunshine.ca

\$\$ COIN COLLECTOR

BUYING Coins, Collections, Olympic Gold & Silver Coins Canadian, US, World Coins, RCM Mint Sets, Loose Coins any size Collection!
Chad, The Coin Expert Anytime! **250-863-3082**

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Report Impaired Drivers!
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GET BACK ON TRACK!
Bad credit? Bills? Unemployed? Need Money? We Lend! If you own your own home - you qualify. Pioneer Acceptance Corp. Member BBB. 1-877-987-1420 www.pioneerwest.com

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FAMILY MOVERS
Moving? Anything, anywhere. Local and long distance trips. Packing service available, weekly trips to Vancouver, Alberta, full and partial loads. Cheapest rates in the valley. Free Estimates **250-493-2687**

LEDCOR
LOOKING TO PURCHASE:
Post and Rail Raw Logs Pine - Spruce - Fir
Please Contact: Corey Kurumi
Mobile 250-319-0400

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✓✓100% Guaranteed. Greg's Painting, Comm/Res., Int/Ext. Free Est. Seniors Disc., European Experience, 250-212-9961
Conveniently **PLACE YOUR AD ONLINE**
IN YOUR PAJAMAS
Call 1-866-865-4460

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BUYING OR SELLING?

Call 1-866-865-4460

1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone

Stop Bullies in their Tracks!

TOP Service Providers

To advertise here please call **1-866-865-4460**

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**BATHROOM RENOVATIONS
PLUMBING REPAIRS**

GEMINI BATHS

GEMINI BATHS **250-862-6991**
www.kelownabathrooms.ca

COUNTERTOPS

Pre Christmas Sale
**REFACE
DON'T
REPLACE**

**SAVE 10%
WHEN YOU MENTION THIS AD**

Corian & Granite Designs environmentally friendly
www.okanagancountertopsystems.com
250-470-2235

**FLOOR REFINISHING
INSTALLATIONS**

**Loonie
Toonie**

FLOORING & CABINETS
Laminate • LVT Planks
Engineered Floors • Tiles • Reface
VIY Ready & Custom Built
Bathroom & Kitchen Reno's
Quality Materials & Installs

Factory Direct
250-317-9262

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Free Estimates
For all your moving
needs in & out of town.

250-801-5969
Seniors Discount

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**Nu-Valu
Plumbing**

Liability Insurance + WCB coverage
• 25 years Experience • Repairs & Renovations
• Drain Cleaning • Free Estimates
• No Job Too Small • Reasonable Rates

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WOODWORK**

**EAST
KELOWNA
WOODCRAFT**

Custom Built - Media Centres
Cabinets | Wine Racks/Cellars
Repairs | Modifications

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Journeyman Cabinetmaker
250.861.4215
ekwoodcraft@gmail.com

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SERVICES INC.**

Free Estimates, Licensed, Experienced
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Renovations • Installations • Repairs
Going Green? You may qualify for rebates!

You're Powerless Without Us!
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- Yard Clean Up
- Tree Removal
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• Seniors Discount

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& Moving**

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- House/Apartment Clean Out
- Yard/Tree/Fence Disposal
- Mattress/Appliance Disposal
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**20% Off
Disposal or
Moving**

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Got Bored**

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- Doors • Windows • Siding
- Expert Painting & Drywall
- Multi Trade Skills
- References on Request

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experienced Electrician.
From new builds & renovations to
adding pot lights, LED lights, hot
tub hook-ups, new receptacles
and switches.

NO JOB TOO SMALL.
30 years experience
in the electrical industry.
Call John at **250-864-8200**

Conveniently call the
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to place your ad...

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AT
WORK**

Call **1-866-865-4460**

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Wiles Painting
Residential & Commercial

Ralph Wile
ralph.wile@yahoo.ca

Over
30 years
experience
(250)859-4341
Free Estimates
For All Of Your Painting Needs!!

This space
reserved
for
YOU

Rentals

Apt/Condo for Rent

**Luxury Living
in Kelowna!**

Luxury 1, 2 & 2+den apartments
Six appliances including in-suite laundry, A/C
Games room, gym & outdoor pool

THE CONSERVATORY
773 Glenmore Road
778-738-1525 • realstar.ca

Rentals

Apt/Condo for Rent

LAKE COUNTRY LOFTS

Live large &
pay less in Lake Country

LARGE, 2 bdrm & 2bdrm + loft suites
Six appliances including in-suite laundry
A/C, gym, walk to the Lake Shore
10 minutes from Kelowna
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**garage sale
GUIDE**

Garage Sales

Conveniently call the
classified department
to place your ad...

**Kelowna
Yard Sale**
3769 Springbrook Rd.
Saturday, Nov. 23rd
8:00 a.m. - 12:00 noon
Household and
Christmas decorations.
Call **1-866-865-4460**

**IN
YOUR
PAJAMAS**
Call **1-866-865-4460**

INVITE THE WHOLE NEIGHBOURHOOD
to your garage sale with a classified ad

Call 1-866-865-4460

**In Need Of
Selling Your RIDE?**

*Vehicle Package
Specials**

\$15.00

1 x 1 Boxed Ad - With photo
/ 3 Neighbouring papers
/ 2 weeks

* private sales only

Your Classifieds
...in your community, online and in print

ONLINE In classified/blackpress.ca
IN PRINT 1-866-865-4460
EDITIONS Black Press Media



CAPITAL news



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Check it out and enter to win a \$200 gas card!



GIANT SAVINGS!

FREE WARRANTY*

FREE SNOW TIRES*


HUGE DEALS!!

2010 KIA SOUL

 PW, PL, Air & More #95049B
NOW \$8,888
 WAS \$11,995 \$0 DOWN \$106 B/W¹

2013 HYUNDAI ELANTRA GT

 Pana Roof, PW, PL, Air & More #92010A
NOW \$12,888
 WAS \$15,995 \$0 DOWN \$108 B/W¹⁴

2015 CHEVY CRUZ

 PW, PL, Air & More #P1320A
NOW \$12,888
 WAS \$15,995 \$0 DOWN \$104 B/W²

2016 NISSAN SENTRA S

 Auto, PW, PL, Air & More #97114C
NOW \$13,988
 WAS \$15,995 \$0 DOWN \$109 B/W¹⁸

2015 COOPER MINI

 PL, PW, Air, Leather & More #97038A
NOW \$19,888
 WAS \$22,995 \$0 DOWN \$130 B/W¹⁹

2016 JEEP PATRIOT

 4X4, Leather Roof, PL, PW & More! #92103B
NOW \$20,888
 WAS \$22,995 \$0 DOWN \$144 B/W³

2012 DODGE RAM CREW CAB 4X4

 Hemi, PW, PL, Air & More #P1629A
NOW \$21,888
 WAS \$23,995 \$0 DOWN \$174 B/W¹⁶

2016 GMC TERRAIN SLE

 PW, PL, Air & More #84006A
NOW \$22,988
 WAS \$25,995 \$0 DOWN \$157 B/W¹⁷

2018 DODGE GRAND CARAVAN

 PW, PL, Air & More #PP1524
NOW \$26,988
 WAS \$29,995 \$0 DOWN \$184 B/W¹⁵

2019 KIA SORENTO

 Heated Steering Wheel/Seats, Back Up Camera, Bluetooth & Much More! #PP1459
NOW \$27,888
 WAS \$32,995 \$0 DOWN \$186 B/W⁶

2019 HYUNDAI TUCSON AWD

 PW, PL, Air & More #PP1639
NOW \$28,888
 WAS \$32,995 \$0 DOWN \$193 B/W⁵

2017 DODGE CHARGER

 PW, PL, Air, Loaded #PP1017
NOW \$28,888
 WAS \$35,995 \$0 DOWN \$186 B/W²⁰

2017 DODGE RAM 1500 4X4

 PW, PL, Air HEMI & More, Only 13,000k #PP1638A
NOW \$28,988
 WAS \$32,995 \$0 DOWN \$197 B/W⁹

2017 FORD FLEX LTD. AWD

 Leather Roof, Nav & More #PP0806
NOW \$31,988
 WAS \$35,995 \$0 DOWN \$214 B/W²¹

2018 FORD F-150 4X4

 PW, PL, Back Up Cam & More #PP1590
NOW \$35,888
 WAS \$40,995 \$0 DOWN \$240 B/W¹⁰

2015 DODGE RAM 1500 ECO DIESEL

 Canopy, Leather, Nav., Loaded #PP1605
NOW \$36,988
 WAS \$40,995 \$0 DOWN \$271 B/W⁸

2018 FORD F-350 XLT

 4X4, Crew Cab, PW, PL, A/C & More! #PP1612
NOW \$56,888
 WAS \$59,995 \$0 DOWN \$380 B/W¹²

2017 F-350 DUALY

 Crew Cab, 4X4, PW, PL, Air & More #PP1305
NOW \$58,888
 WAS \$60,995 \$0 DOWN \$400 B/W¹³

1) 54 mos 6.99% APRTP \$10,620 O.A.C. 2) 84 mos 6.69% APRTP \$15,118 O.A.C. 3) 96 mos 5.49% APRTP \$33,047 O.A.C. 4) 96 mos 6.19% APRTP \$22,464 O.A.C. 5) 96 mos 5.49% APRTP \$32,432 O.A.C. 6) 96 mos 5.49% APRTP \$31,312 O.A.C. 8) 84 mos 4.99% APRTP \$41,495 O.A.C. 9) 96 mos 5.49% APRTP \$33,159 O.A.C. 10) 96 mos 5.49% APRTP \$40,272 O.A.C. 12) 96 mos 5.49% APRTP \$63,792 O.A.C. 13) 96 mos 5.49% APRTP \$67,152 O.A.C. 14) 48 mos 5.99% APRTP \$15,118 O.A.C. 15) 96 mos 5.49% APRTP \$30,919 O.A.C. 16) 78 mos 5.59% APRTP \$24,583 O.A.C. 17) 96 mos 5.99% APRTP \$25,824 O.A.C. 18) 84 mos 6.69% APRTP \$15,735 O.A.C. 19) 60 mos 3.99% APRTP \$23,995 O.A.C. 20) 96 mos 5.49% APRTP \$31,312 O.A.C. 21) 96 mos 5.49% APRTP \$35,904 O.A.C.

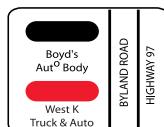
OVER 450 VEHICLES ONLINE TO CHOOSE FROM!

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ARRIVE READY TO DRIVE! 99% GUARANTEED APPROVAL! GET THE FINANCING YOU NEED, GET THE CAR YOU WANT!
 ALL CREDIT ACCEPTED - GOOD, BAD, NEW, NONE, BANKRUPTCY, COLLECTIONS - WE ACCEPT IT ALL!

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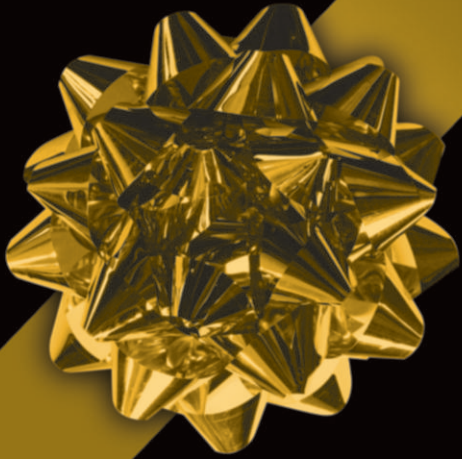
Prices Plus Taxes and \$549 documentation fee.

Prices expire closing Saturday, November 23, 2019.

Monday-Saturday 9am-6pm (Sunday by Appointment)

* On Purchase over \$10,000. See dealer for details.

DL#40262



style | selection | service... @ online prices

LIGHTING UP



**BLACK
FRIDAY**
NOV 22-30

20% OFF
regular price

other items...
PRICED TO CLEAR

Some restrictions apply | See in store for details





MUSE & MERCHANT
HOME COLLECTION

THIS WEEKEND
Sparkle & Spruce

ENJOY 15% OFF

EVERYTHING

VALID ON NEW ORDERS ONLY

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