



**SOUTH OKANAGAN
IMMIGRANT AND
COMMUNITY SERVICES**



NEWCOMERS' WELCOME GUIDE

PREAMBLE

The Welcome Guide was developed on the traditional, ancestral and unceded territory of the Syilx/Okanagan people, and we are very grateful to the Syilx people for hosting us on their land and helping us understand the Indigenous culture and traditions, and share this information with newcomers.

This Welcome Guide is a product of collaboration. It was developed by immigrant volunteers, members of the Welcoming Community Workgroup of the South Okanagan-Similkameen Local Immigration Partnership (SOSLIP) and the team of the South Okanagan Immigrant and Community Services (SOICS).

We express a special gratitude to:

- sknir'men – Buttercup Anona Kampe, a member of the Penticton Indian Band and an educator, for sharing her knowledge and reviewing the content on the Indigenous Community,
- Mitra Fathian and Hector Carlos for collecting information,
- Andrew Kemp for editing and guidance, and
- Ben Laurie for creating beautiful illustrations for the Guide.

The goal of the Guide is two-fold:

- 1) To help newcomers to more effectively navigate local systems and access programs and services in a timely manner
- 2) To introduce the Indigenous Community to newcomers, so they begin learning about the people of the land even before they arrive. We hope that this resource will be useful for both - people who are in the process of immigration but have not decided yet which area of Canada to call home, and new arrivals.

Each section includes a brief description of the South Okanagan-Similkameen service area and some tips from fellow immigrants. We also included pre-arrival and post-arrival checklists and some interesting facts about the region.

ABOUT SOSLIP

SOSLIP is a partnership table that brings together representatives from business, education, non-profit and public sectors to support successful integration of newcomers in the region.

ABOUT SOICS

SOICS is a non-profit organization and a registered charity dedicated to building a welcoming and inclusive community by promoting cultural harmony and diversity based on the mutual respect and full participation of all people from all backgrounds.

Our organization is a one-stop shop that provides a range of free services to all immigrants, temporary foreign workers, post secondary international students, and refugees. SOICS assist in the integration of clients through education, advocacy, and projects. We have been managing community projects, building partnerships and achieving integration and multicultural outcomes in the South Okanagan Similkameen for over 42 years.



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THE INDIGENOUS COMMUNITY

INTRODUCTION TO THE INDIGENOUS COMMUNITY

The South Okanagan-Similkameen region is located on the ancestral and unceded territory of the Syilx/Okanagan people – indigenous people of the land. It is very important to acknowledge this before any meeting or gathering and to thank the Indigenous people for hosting you.

“The Syilx people have proper title and rights to the whole of the Okanagan territory and have collective rights and responsibility to protect and manage our land, our people, our culture, language, and spirituality.” (Penticton Indian Band Comprehensive Community Plan, 2009-2013)

The Syilx People of the Okanagan Nation are a trans-boundary tribe separated at the 49th parallel by the border between Canada and the United States. They share the same land, nsyilxcen language, culture, and customs. The Syilx People are a distinct and sovereign Nation that continues to assert their jurisdiction and responsibility over the stewarding of their land, resources and quality of life of their citizens. They respectfully honour the natural laws of the tmixw – that which gives us life (adapted from Okanagan Nation Alliance: <https://www.syilx.org>).



Image source: Okanagan Nation Alliance

“Aboriginal” is a term used for three groups: First Nations, Inuit and Metis. There are over 30 distinctly different First Nations in BC living in 198 First Nation Communities – reserves on Indian Bands. The Syilx could be referred to as the First Nation, Native of Indigenous community. There are four Indian Bands in South Okanagan: Penticton Indian Band (<http://pib.ca>), Osoyoos Indian Band (<http://oib.ca>), Lower Similkameen Indian Band (<https://www.lsib.net>), Upper Similkameen Indian Band (<https://fnbc.info/org/upper-similkameen-indian-band>), and Colville Confederated Tribes located on what is now Washington state (<https://www.colvilletribes.com>).

Throughout this Guide you will find more information about the Syilx people.

SOUTH OKANAGAN-SIMILKAMEEN

SOUTH OKANAGAN-SIMILKAMEEN

“We are beautiful because our land is beautiful” - Okanagan Song

The South Okanagan-Similkameen region is located in the southern part of British Columbia, very close to the border with the United States (roughly one-hour drive from Penticton). It is an exceptionally beautiful area with the unique ecology. Your new home is surrounded by hills, lakes, orchards and wineries. It's a place where people come to spend their vacation, but you can proudly call it home.

There are several towns and villages in the region: Penticton, Summerland, Naramata, Oliver, Osoyoos, Keremeos and Princeton. They are closely connected socially and economically. The biggest town is Penticton (2019 population: 37,035), which is situated between two lakes – Okanagan and Skaha and hosts a number of big businesses and urban activities without losing the charm of a small town. Each town and village has a lot to offer depending on what you are looking for. Oliver, Keremeos and Naramata are more rural with a number of farms, and spectacular orchards and vineyards. Osoyoos is a pretty town that has some of the warmest weather in Canada and is the closest town in the region to the US border. Summerland is very charming and has all the amenities, schools and markets. Princeton is beautiful and is quickly developing – it is the only town in the area that has its own mobile app.

The region is a paradise for people that love recreational activities – hiking, biking, rock climbing, fishing, skiing/snowboarding – you can do it all! There are always festivals and family activities in the area, as well as a number of housing options and activities for people of all ages. We are sure you will love living, working and playing in South Okanagan!

Did You Know?

Skaha Bluffs Provincial Park is home to more than 1,200 established climbing routes

PRE-ARRIVAL CHECKLIST

PRE-ARRIVAL CHECKLIST

- Read BC Newcomer Guide:
<https://www.welcomebc.ca/Start-Your-Life-in-B-C/Newcomers-Guides/Newcomers-Guide-Provincial>
- Find newcomer services (immigrant serving organization) in your area and make an appointment (www.cic.gc.ca/english/newcomers/services/index.asp)
- Find out if your profession is regulated in Canada, what the registration process is (credential recognition, applications, tests, etc.), and begin the process before you arrive:
https://www.cicic.ca/927/identify_the_organization_responsible_for_recognition.canada
- Secure temporary accommodation
- Identify transportation options
- Research employment options and register for pre-arrival services:
<http://nextstopcanada.ca>
- Create a plan for the first few weeks in Canada
- Pack your children's immunization cards

FIRST FEW DAYS CHECKLIST

FIRST FEW DAYS CHECKLIST

- Visit your local newcomer services (For the South Okanagan Similkameen visit www.soics.ca)
- Sign-up for language classes and employment services, as needed
- Secure a more permanent accommodation (identify preferred locations based on your needs – proximity to schools, shopping, etc.)
- Find school/childcare for your children and apply for child benefits as needed (check with your newcomer service provider)
- Apply for a driver's license
- Look for employment/entrepreneurship opportunities
- Find your social network



NEWCOMER SERVICES



NEWCOMER SERVICES

In this section we list basic orientation points and provide some resources that would help you understand how various systems work (e.g. health, education, etc.). You may start this process by connecting with your local settlement organization (www.soics.ca). Their services are free for most newcomers and they can help you with your settlement process – from getting your documents in order, to getting free English language classes, finding housing, school for your children, and much more.

Basic Orientation Points

Daily Communication

Canada is a multicultural country with a mosaic structure where everyone is contributing in creating cultural richness. However, knowing a few things that most people value could be helpful in trying to fit into a new environment. So, here are a few observations shared by other newcomers:

- Most people are friendly and polite – they smile, make an eye contact and say hello to strangers (big cities – in buildings, elevators, etc.; small towns- everywhere, including on the streets).
- It is common to exchange “small talk” with strangers - short conversations about weather or sports.
- Since many people have allergies to scents, most workplaces ask you not to wear perfume or scented oils. However, you definitely need to wear deodorant. You will also find that many people are sensitive to food smells, so please make sure not to wear the clothes you cooked in to work, school or any other public space.
- Many people are eager to help, so it is okay to stop strangers and ask questions.
- Personal space is important to many, so please try and keep at least an arm’s length distance between you and another person.
- It takes time to establish relationships – so don’t be discouraged if your neighbours or colleagues don’t invite you to their homes for dinners, be pro-active – share some food and culture.

Did You Know?

Penticton is one of two cities in the world nested between two lakes (the other one is a Swiss town called Arth)

TV, Internet & Mobile Networks

These services are expensive in Canada, be prepared to pay around \$50 monthly for your mobile phone connection (home internet and TV cable will be additional \$100 or more). There are a variety of plans with and without contracts that you can find (some companies require you to sign a two-three year contract in exchange for a good plan), so do some research before agreeing to any contract.

Alcohol, Tobacco & Cannabis

It is prohibited to smoke and drink in public places, other than in specially designated areas (e.g. drinking at bars/restaurants/breweries, smoking in designated areas outside of some buildings that have ashtrays). Cannabis is legal in Canada but it is prohibited to use it in public spaces. Smoking tobacco and cannabis is not allowed in bars, including patios. It is illegal to drive under the influence of alcohol, cannabis or other recreational drugs.

Utilities and Garbage Removal

Your rental agreement must specify if you need to pay for certain types of utilities. If you do, you would need to open an account with the service provider (municipal or private). If you are not sure who the provider is, check with your property owner.

You will notice that in South Okanagan most garbage bins have locks on them – this is to make sure that your garbage does not attract wildlife. Properly secure your garbage, and keep it indoors until pick-up.

It is very important to recycle your garbage (separate items that could be re-used from the waste that will go into a landfill). Here is the link to a video: <https://youtu.be/Y2v5GhQo1L0> and the recycling guide: <https://www.penticton.ca/assets/Departments/Public~Works/2018/Recycle%20guide%20pgs%204-5.pdf>

Pedestrian Rules

This might seem funny to you but depending on where we come from we may have different ways of walking on the streets and using pedestrian signs and signals. Here are some observations about those rules in Canada:

- walk on the right side of the pedestrian walk/pavement;
- when walking in a group, be considerate to other pedestrians – line-up on the right side of the walk to let others pass you;
- use pedestrian walks/crosswalks to cross the street;

- do not cross the street anywhere outside the pedestrian walk/crosswalk (this is called “jaywalking”), you may be fined for this;
- in many instances you would need to press the button to activate the pedestrian signals and cross the street (the yellow buttons are located on the streetlight posts);
- when getting on a bus/escalator/elevator – do not push others to get in, instead line-up/stand behind a person in front of you;
- when entering/existing buildings hold doors for others;
- and always say “sorry” if you accidentally touch/push anyone.

“Arrival Advisor” Mobile App

This mobile application will provide you with a lot of useful information about various services in British Columbia, including information on employment, health care, money & banking, housing, education, legal & immigration services. You can download it for free from Google Play or App Store. It is currently available in English, French, and Arabic, and soon will be offered in Chinese (Simplified and Traditional), Korean, Punjabi, and Tagalog.

“My voice, my language goes right across this country like the breeze”. Elder Joey Pierre - <https://www.syilx.org/about-us/syilx-nation/nsyilxen-language>

Settlement Services

South Okanagan Immigrant and Community Services (SOICS), 340 Ellis St., Penticton; 250-492-6299; www.soics.ca

SOICS provides free services to immigrant in the whole South Okanagan-Similkameen region. The services include English language classes, employment services, mentoring, volunteer opportunities, certificate courses, multicultural events and more.

Supports for Temporary Foreign Workers in Similkameen

Lower Similkameen Community Services Society: 250-499-2352, <http://ttpwebhost.com/lscss>

Language Training for Immigrants and Refugees

South Okanagan Immigrant and Community Services (SOICS), 340 Ellis St., Penticton; 250-492-6299; www.soics.ca

- Language Instruction for Newcomers to Canada (LINC) (child-minding available)
- LINC Home Study
- Occupation-specific language training (e.g. business English)
- Speech Craft- public speaking and presentation skills program by Toastmasters

Language Training for Temporary Foreign Workers & Foreign-born Canadian Citizens

Lower Similkameen Community Services Society: 250-499-2352, <http://tftpwebhost.com/lscss>

“nsyilxcen is the language spoken by and distinguishes the Syilx/Okanagan from other indigenous peoples. It is part of the Salish language family which is distinct from our Salish neighbors, like the Spokane, the Nlaka’pamux, and the Secwepemc. nsyilxcen is spoken in all the districts of the Syilx/Okanagan

Translation & Interpretation

- SOICS has a diverse team and volunteers that may be able to assist you with your basic interpretation needs: 340 Ellis St., Penticton; 250-492-6299; www.soics.ca
- You could also use the Google Translate app to help you communicate.
- Centre Culturel Francophone de L'Okanagan, 702 Bernard Ave, Kelowna; 250-860-4074; www.leccfo.org



EMERGENCY SERVICES



EMERGENCY SERVICES

Here we list the main emergency services in the area. There is one number for police, ambulance and fire department. Please note that ambulance services are not free. There is a 24-hour translation service: 1-800-563-0808 to help you communicate.

Police-RCMP/Fire Department/Ambulance: 911

Emergency Services Fees:

- When a BC ambulance is requested, but transportation is not required/refused: \$50 flat fee (for BC Care Card/provincial health insurance holders)
- When a BC ambulance is requested and a patient is transported: \$80 flat fee
- Persons with no valid BC Care Card (e.g. visitors to BC/non-residents), as well as work-related injuries, claims under RCMP, and other federal agencies: \$530 flat fee (ground service), \$2,746 per hour (helicopter), \$7 per statute mile (airplane) (\$4.34 per kilometre)

Police-Victim Services:

- Victim Link BC: 1-800-563-0808
- Penticton/Summerland: 250-770-4713
- Oliver: 250-485-6224
- Osoyoos: 250-495-2561
- Cawston/Keremeos: 250-499-5511
- Hedley/Princeton: 250-295-7901

Crisis Line (suicide): 1-800-784-2433

Emergency food/shelter/taxi info (after business hours): 1-800-866-0800

Did You Know?

The Ogopogo is a “Lake Monster” that has its origins in Native legend. “The late Elder, Elizabeth Lindley taught us that N’ha-a-itk, commonly referred to as Ogopogo, is a metaphor for sustainability and a good topic to express our connection to the land (Source: WFN).” Over the years, the Ogopogo has morphed into a rather happy but mysterious creature that supposedly inhabits the waters of Okanagan Lake. In 1926 a sighting of the Ogopogo was reported by over 30 cars full of people on Okanagan Mission Beach in Kelowna.



FINDING A PLACE TO LIVE



FINDING A PLACE TO LIVE

South Okanagan-Similkameen is a popular travel destination during the summer months, so it may be challenging to find affordable rental opportunities during this season. However, if you compare the prices with Vancouver or Toronto, you will be pleasantly surprised. On average, you could rent a one-bedroom apartment for \$1000-1400 a month. There are a lot more options for off-season rental (October-April) and most of these places are furnished. One of such options is renting a room at a motel while you are looking for a more permanent housing. You could rent a one-bedroom suite for less than \$1000/month. If you have pets be prepared for a longer housing search journey and less options. If you are over 55 years old you will have more options. Below are some of the resources we thought you might find useful.

If you are ready to purchase, you have a number of options to choose from – houses, condos, town houses, duplexes, mobile homes, and land parcels. There are many real estate agencies in the area and you don't need to pay them a commission when you are buying, only when you are selling. If you are a first time home buyer, it will be beneficial to get some advice from a real estate agent to help you navigate the mortgage, get house inspection, look into government programs that support first time home buyers. Below we list a few online resources to get you started.

Rent

Online Rental Resources

<https://www.castanet.net>

www.kijijj.ca

www.realtor.ca

<http://chasevalley.ca/residential-rentals>

<https://www.pacificcoveproperties.com/apartments-for-rent/penticton>

<https://www.broadstreet.ca/cities/penticton>

New Affordable Rental Buildings

The Rise – rent geared to income, pets allowed: <https://renttherise.ca>

Backstreet Blvd – rent geared to income: <http://pdscl.org/housing-services>

Low Income Housing Supports

BC Housing (rental assistance, special program for seniors), 1-800-834-7149, bchousing.org

Facebook pages:

Penticton and area house/apartment rentals

Penticton Buy & Sell

Landlord/Tenant Supports:

Tenant Resource & Advisory Centre (TRAC): <http://tenants.bc.ca>

Purchase

<https://www.realtor.ca/>

<https://www.royallepage.ca/en/>

<https://www.remax.ca>

Note: You do not pay a commission to a real estate agent when you are purchasing a house, only when you are selling.

“The Okanagan word for the winter house is qw’cí [pit house] and refers to the dome-like structure inside... qw’cí is built in alignment with the four directions and the entrance is facing east.” - Eric Mitchell, Builder, Elder, Okanagan Nation member.

“The 4 poles [of a pit house] represent our 4 food chiefs, skemxist - Chief Black Bear (Elder), siya? - Chief Saskatoon Berry (Youth), spih’em - Chief Bitter Root (Women), and n’titiyixw - Chief Spring Salmon (Men). The four also reflect four perspectives - Traditions, Innovators, Relationships, and Action.” 2009-2013 Penticton Indian Band Comprehensive Community Plan

Emergency Housing

Compass House (Shelter), 123 Nanaimo Avenue East, 250-490-9521

South Okanagan Similkameen Brain Injury Society (SOSBIS) Homelessness Partnering Program, 250-490-0613,

www.sosbis.com

SOWINS shelter for women and children experiencing abuse: 250-493-7233 or 1-800-814-2033, <https://sowins.com/services/emergency-shelter/>



FOOD, FURNITURE, CLOTHING & POSTAL SERVICE

FOOD, FURNITURE, CLOTHING & POSTAL SERVICES

The Four Food Chiefs

As told by NK'MIP Desert Cultural Centre, 1000 Rancher Creek, Osoyoos, BC V0H 1T6 (source: <https://kettlevalleyexpress.com/the-guide/thompson-okanagan/the-four-food-chiefs>)

In the world before this world, before there were people, and before things were like they are now, everyone was alive and walking around like we do. All Creation was talking about the coming changes to their world. They had been told that soon a new kind of people would be living on this earth. Even they, the Animals and Plant people, would be changed. Now they had to decide how the People-To-Be would live and what they would eat. The four Chiefs were: Skimxist (Bear), Ntytikxw (Salmon), Speetlum (Bitterroot) and Seeya (Saskatoon). They held many meetings and talked for a long time about what the People-To-Be would need to live. All of the Chiefs thought and thought. "What can we give to the People-To-Be to eat that is already here on earth?" they asked one another. "There seems to be no answer." Finally, the three other chiefs said to Skimxist, "You are the wisest and the oldest among us. You tell us what are you are going to do." Skimxist said, "since you have all placed your trust in me, he said, "I will give myself and all the animals that I am Chief over, to be food for the People-To-Be." Then he said to Ntytikxw, "what will you do?" Ntytikxw answered, "You are indeed the wisest among us. I will also give myself and all the things that live in the water as food for the People-To-Be." Speetlum, who was Chief of all the roots under the ground said, "I will do the same." Seeya was last. He said, "I will do the same. All the good things that grow above ground will be the food for the People-To-Be." Chief Skimxist was happy because there would be enough food for the People-To-Be. He said, "Now I will lay myself down to make these things happen." Because he was the greatest Chief and had given his life, all the People-That-Were (The Animal People) gathered and sang songs to bring him back to life. That was how they helped heal each other in that world. They all took turns singing but Skimxist did not come back to life. Finally, Fly came along. He said, "You laid your body down. You laid your life down." His song was powerful. Skimxist came back to life. Then Fly told the four Chiefs, "When the People-To-Be are here and they take your body for food, they will sing this song. They will cry their thanks with this song." Then Skimxist spoke for all the Chiefs, "From now on when the People-To-be come, everything will have its own song. The People-To-Be will use these songs to help each other as you have helped me." That is how food was given to our people. That is how songs were given to our people. That is how giving and helping one another was and still is taught to our people. That is why we must respect even the smallest, weakest persons for what they can contribute. That is why we give thanks and honour to what is given to us.

Grocery Stores

Penticton

- Safeway, 801-1301 Main Street, Penticton; 250-487-2103
- Market Place IGA, 1160 Government St, Penticton; 250-493-7713
- Real Canadian Superstore, 3100-2210 Main St, Penticton; 250-487-7700
- Walmart Canada, 275 Green Ave W, Penticton; 250-493-8396

Summerland

- SmartShopper Value Variety Convenience, 232 Main St, Summerland; 250-493-5300
- IGA Grocery Store, 7519 Prairie Valley Rd, Summerland; 250-494-4376

Oliver

- Buy-Low Foods, 5717 Main St, Oliver; 250-498-6440
- Kevin's No Frills, 5955 Main St #2000, Oliver; +1 866-987-6453

Osoyoos

- Buy Low Foods, 9129, 3 Main St, Osoyoos; 250-495-5355
- AG Foods, 8130 Main St. Osoyoos; 250-495-6818
- La Marqueza Mexican Market, 7508 85 St, Osoyoos; 250-408-8961

Keremeos

- Buy-Low Foods, 701 7th Avenue, Keremeos; 250-499-5532

Princeton

- Cooper's Foods, 247 Bridge St, Princeton; 250-295-6322

“The Kł cpelk stim Hatchery is a testament to the perseverance of the Syilx people to realize their dream of restoring the n'titxw (Salmon) – one of our Four Food Chiefs – to their original habitat and rightful place in our territory. This hatchery represents a critical stage of our Nation's restoration initiative and is part of a long-term program to restore the historical range of Sockeye in the upper Okanagan watershed, Okanagan Lake, and Skaha Lake systems, and a region of the Columbia River Basin...Alongside revitalized salmon are revitalized indigenous fishing practices. Beliefs and traditions are a very important part of indigenous culture and often reflect a deep understanding and respect for nature.” (<https://www.syilx.org/fisheries>)

Ethnic Food Grocery Stores

Some grocery stores, such as Superstore and Wal-Mart in Penticton and No Frills in Oliver have international food sections.

- La Cucina European Market, 1204 Main Street Penticton; 250-492-3013
- Il Vecchio Delicatessen, 317 Robinson St, Penticton; 250-492-7610
- Edsa Mini Mart Filipino Store, 405 Martin St, Penticton
- SF Greek Market, 324 Main Street, Penticton; 778-476-1484

Did You Know?

Areas near Osoyoos and Oliver claim to be Canada's only desert, though they are really shrub-steppe and only semi-arid (Wikipedia)

Ethnic Restaurants

Mexican:

- Taquila Vallarta Mexicano, 610 Main St, Penticton; 236-422-3333
- Tacos del Norte, 85 Backstreet Blvd, Penticton; 778-476-2288; Wed – Sat 11:30 am - 7:00 pm, Sun 11:30 am - 4:00 pm; www.tacosdelnorte.ca
- El Sabor De Marina, food truck next to 5638 Hwy 3A, Oliver; 250-498-6768
- Sofia's Mexican Restaurant, 9910 Hwy 3, Osoyoos; 250-535-4108; Mon - Sun 10:30 am - 7:00 pm

Middle Eastern:

- Cleopatra Café, 102-786 Westminster Ave W, Penticton; 250-770-2015; Mon 11:00 am - 6:30 pm, Tue - Sat 11:00 am - 9:00 pm, Sun 5:00 pm - 8:30 pm

Greek:

- Theo's Restaurant, 687 Main Street, Penticton; 250-492-4019; Mon-Sat 11:00 am – 9:00 pm; Sun 4:00 pm - 9:00 pm; mail@eatsquid.com
- Mykonos Pizza & Spaghetti House, 329 Main Street Penticton; 250-493-5322; www.mykonos.foodpages.ca
- La Casa Ouzeria Restaurant (Greek/Italian), 1090 Main St, Penticton; 250-492-9144; Tue – Fri 11:30 am - 2:00 pm, 5:00 pm - 9:30 pm; Sat – Sun 5:00 pm - 9:30 pm; www.lacasaouzeria.com

Czech:

- The Prague Café, 102-250 Marina Way, Penticton; 778-476-0440; Mon-Sun: 8:00am - 4:00pm (opens later in the winter); www.thepraguecafe.com

Polish:

- Polish Bistro, 65 Nanaimo Ave E., Penticton; 236-422-0333; Tue-Sat 11:30 am – 8:00 pm;

French:

- Front Street Brasserie, 66 Front St, Penticton; 236-422-2008; hours differ; www.frontstreetbrasserie.com

Italian:

- Villa Rosa Restaurant, 795 Westminster Ave W, Penticton; 250-490-9595; Mon – Thu 5:00 - 9:00 pm, Fri – Sat 5:00 - 10:00 pm, Sun 5:00 - 9:00 pm; www.thevillarosa.com
- Pasta Factory, 236 Martin Street, Penticton; 250-492-6088; Mon – Thu 11:30 am - 9:00 pm, Fri – Sat 11:30 am - 10:00 pm; www.thepastafactory.ca
- Zias Stonehouse Restaurant, 14015 Rosedale Ave, Summerland; 250-494-1105; Mon – Fri 11:30 am to 2:30 pm, 5:00 to 8:00 pm, Sat – Sun 11:30 am to 2:30 pm, 5:00 to 9:00 pm; www.ziasstonehouse.com
- Il Vecchio Delicatessen, 317 Robinson St, Penticton; 250-492-7610; Mon-Sat 9:00 am-6:00 pm. Note: cash only
- Gusto Ferrari Cuisine, 201 E Okanagan Ave, Penticton; 250-493-1288; Tue – Fri 11:00 am - 2:30 pm, 4:30 - 9:00 pm, Sat 4:30 - 9:00 pm
- Convivia Bistro Cuisine (Italian/French), 8312, 74th Avenue, Osoyoos; 250-495-2223; Mon-Sun 4:00-9:30 pm; www.conviviabistro.ca

Asian:

- Happiness Thai Restaurant, 535 Main St #107, Penticton, BC V2A 5C6; 236-422-2228
- Iyara Thai Restaurant, 2985 Skaha Lake Rd, Penticton; 250-770-9791; Mon – Fri 11:30 am - 2:30 pm, 4:30 - 8:30 pm, Sat – Sun 4:30 - 8:30 pm; www.iyarapenticton.com
- Camba Beach Restaurant, 109-914 Lakeshore Dr. W, Penticton; 778-476-7888; Mon-Sun 11 am – 9:00 pm; www.cambobeach.ca
- Lee's Overseas Delights, 139 Westminster Ave W, Penticton; 250-492-7172; Mon 11:30 am - 2:30 pm, Tue – Sat 11:30 am - 8:00 pm; www.leesoverseas.com
- Joy Buffet, 101-1475 Fairview Rd, Penticton; 236-422-3344; Mon – Sat 11:30 am - 2:00 pm, 5:00 - 8:00 pm; www.thejoybuffet.com
- Sushi Genki, 104-95 Eckhardt Ave E, Penticton; 250-490-9809; Mon – Fri 11:30 am - 7:30 pm; www.sushigenki.com
- Sushi Kojo, 3480 Skaha Lake Rd, Penticton; 236-422-4566; Tue – Sat 11:00 am - 2:00 pm, 4:00 - 8:00 pm; www.sushikojo.com
- Isshin Sushi Bar and Asian Dining, 102-151 Front St, Penticton; 250-770-1141; Mon – Sat 11:00 am - 2:00 pm, 5:00 - 8:00 pm, Sun 4:00 - 8:00 pm; www.isshinsushi.ca

Indian:

- Lachi Indian Restaurant, 510 Main St, Penticton; 778-476-5665; Mon-Thu 11:00 am- 2:30 pm, 4:00 - 8:00 pm, Fri 11:00 am - 2:30 pm, 4:00 - 9:00 pm, Sat 12:00 - 2:30 pm, 4:00 - 9:00 pm, Sun 4:00 - 9:00 pm; www.lachi.ca
- Ashoka Indian Cuisine, 101 Westminster Ave W, Penticton; 778-476-2273; Mon – Thu 11:00 am - 9:00 pm, Fri – Sat 11:00am - 10:00 pm, Sun 11:00 am - 9:00 pm; www.ashokaindiancuisinepenticton.ca
- Annapurna Restaurant (Indian and Nepali), 325 Main St, Penticton; 236-422-4422; Mon – Thu 11:00 am - 9:00 pm, Fri – Sat 11:00 am - 10:00 pm, Sun 11:00 am - 9:00 pm; www.annapurnarestaurant.ca
- Kismet’s Marsala Bistro Patio – winery and restaurant, 316 Road 20, Oliver; 250-495-4462. Please call for current hours of operation.

Food Banks

Food Banks are organizations that distribute free food to those who cannot afford to buy it and are in danger of hunger. Usually, they would require you to show that you have low income and you live in a certain area where they operate. Many of them, however, do not ask you to provide any documentation.

Food Banks BC: 1-855-498-1798; www.foodbanksbc.com

Penticton

- Food Bank, 2399 South Main Street; 250-492-4788
- Food Hampers (St. Vincent de Paul): 250-492-2082
- Soupateria: 150 Orchard Ave, Penticton; 250-492-2415; www.soupateria.com
- Meals on Wheels (food delivery for those in need): 250-492-9095, www.mealsonwheelspenticton.org

Summerland

- Food Bank, 13204 Henry Ave, Summerland; 778-516-0015

Oliver

- Food Bank, 6047 Station St., Oliver; 250-498-4555

Osoyoos

- Food Bank, 6210, 97th Street, Osoyoos; 250-495-6581

Low Cost Furniture & Clothing

“Okanagan men wore breech cloths with leggings and short buckskin shirts with patterns of holes punched into them. Women wore buckskin dresses with leggings and sometimes a fringed cape. Both men and women wore deerskin moccasins on their feet, and in colder weather, they also wore socks woven from tule rushes and fur cloaks or blankets made of mountain goat wool. Here is a museum exhibit of Plains and Plateau Indian beaded clothing, and some photos and links about Native American Indian costume in general.

Originally, Okanagan men didn't wear headdresses, while women sometimes wore fez-shaped basket caps. As they became more influenced by styles of the Plains and the Eastern Plateau, many Okanagan men began to wear feather war bonnets in the straight-up style of the Blackfoot and Kootenai tribes. Okanagan women sometimes painted their faces with brightly colored designs, and also wore tribal tattoo designs on their arms and hands. Okanagan men didn't usually paint or tattoo themselves. Most Okanagans wore their hair long and loose, though some people adopted other fashions like braids from neighboring tribes. Unlike men from most Native American tribes, Okanagan men sometimes wore mustaches.

Today, some Okanagan people still have moccasins or a basket hat, but they wear modern clothes like jeans instead of breechcloths... and they only wear feathers in their hair on special occasions like a dance.” Native Languages of the Americas website © 1998-2015

Salvation Army Thrift Stores:

- 318 Ellis Street, Penticton; 250-492-3946
- 2399 South Main Street, Penticton; 250-492-4788
- 2350-2370 Skaha Lake Rd, Penticton; 250-492-4788

The Care Closet, 574 Main St, Penticton; 250-493-8115

Value Village, 101 Rosetown Ave, Penticton; 250-490-9701

Habitat for Humanity/ReStore, 2498 Skaha Lake Rd, Penticton; 778-755-4346

The Free Store-Vineyard Community Church, Penticton; 250-492-0845; www.pentictonvineyard.com

The Free Store–St. Saviour’s Anglican Church, Penticton; 250-492-4325; www.stsaviourspentiction.ca

Summerland Health Care Auxiliary: 13216 Victoria Road North, Summerland; 250-494-9102;

<http://www.summerlandhealthcareauxiliary.com>

Red Apple Department Store, 9150 Main St, Osoyoos, 250-495-5448

Postal Services

Many post offices are located at Shoppers Drug Mart stores and shopping malls. You can send/receive your packages/mail, make copies of documents, purchase stamps and packaging for your mail at the Canada Post locations.

Penticton

Canada Post, 56 Industrial Ave W; +1 866-607-6301

Canada Post at Shoppers Drug Mart, 701 - 1301 Main St

Canada Post, 1160 Government St

Penticton Plaza Post office, 705 1301 Main St.

Summerland

Canada Post, 13246 Victoria Rd N

Canada Post, 9515 Main St

Oliver

Canada Post, 543 Fairview Rd; 250-498-3822

Osoyoos

Canada Post, 8308-78th Ave

Keremeos

Canada Post, 625 – 6th Ave

Princeton

Princeton Post Office, 185 Bridge St; 250-295-6012

Did You Know?

Daytime highs in our region occasionally surpass 40 °C in the summer months.



TRANSPORTATION



TRANSPORTATION

“...the Okanagan Indian tribe made lightweight birchbark canoes for fishing and traveling on the rivers. Over land, Okanagan people usually just walked. (There were no horses in North America until colonists brought them over from Europe.) They sometimes used snowshoes to help them travel in the winter. Today, of course, Okanagan people also use cars... and non-native people also use canoes.”

(Native Languages of the Americas website © 1998-2015)

There is public transportation in the City of Penticton and a very limited bus service between the towns (Osoyoos, Oliver, Penticton, Summerland). If you live and work in the same town you might be able to go around on a bicycle. However, owning a car might still be necessary for shopping, visiting neighboring towns, taking your children to after-school activities, etc.

Driver's License

Service BC – Penticton: 40 Calgary Ave, Penticton, BC V2A 2T6; 250 487-4200; Monday to Friday 8:30 am to 4:30 pm

Public Transportation

Bus routes and schedules: <https://www.bctransit.com/south-okanagan-similkameen/home>

Transportation for People with Disabilities

HandyDART is a door-to-door shared transit service for people with disabilities. To register:

<https://www.bctransit.com/south-okanagan-similkameen/riderinfo/handydart/register>

Client Registrar, 301 Warren Ave., Penticton; 1-844-442-2212 x 2

Volunteer Drivers

There are a few volunteer drivers' programs funded by the Interior Health (public health) to help people get to/from hospitals at a low cost.

Better at Home Volunteer drivers are able to offer transport to and from appointments, social or recreational activities, when available. Advance notice required.

250-492-5814, 250-487-3376; mtischer@pdcrs.com <http://www.betterathomepenticton.com>

Volunteer Driver Program at Lower Similkameen Community Services Society provides transportation to Keremeos, Cawston, Olalla and Hedley clients who are not able to travel independently. 250-499-2352; <http://tpwebhost.com/lscss/volunteerdrivers>

Taxi

Taxi Service In Penticton, 260 Martin St; 250-488-9999
Eco Taxi, 102 Adamson Ct; 250-492-9999
Oliver Taxi, 439 Bank Ave; 250-498-0022
Osoyoos Taxi, 6203 BC-97; 250-495-7004
Summerland Taxi Ltd., 11209 Giants Head Rd; 250-494-6651
Naramata Taxi, 250-487-2928

Bicycle

Key rules:

- Ride on the road, not on pedestrian walks
- Obey the same rules as car drivers
- Use a helmet
- if riding at night – must have a light in front and a red reflector on the back.
- A good resource to learn about biking rules in BC: <http://www.bikesense.bc.ca/bikesense/ch4.htm>

Car Dealerships

<https://www.pentictonhyundai.com/en>
<https://www.subaruofpenticton.com>
<https://www.murraygmpenticton.ca>

Online Buy and Sell

<https://www.castanet.net/>
www.kijijj.ca

Facebook page: Penticton Buy & Sell

Car Rentals

Budget: 188 Westminster Avenue West, Penticton, 250-493-0212, <https://www.budget.com/en/locations/ca/bc/penticton/yf2>

Auto Mechanics

Online business directory: <https://infotel.ca/search/auto-mechanics/penticton-south-okanagan-and-similkameen-areas>



EMPLOYMENT & BUSINESS SUPPORT

There are specialized employment support services for various groups, such as newcomers, people with disabilities, youth, and people with barriers to employment. The services include but are not limited to assistance with resume development, preparation for a job interview, sharing job postings, etc. Some services, such as Work BC, offer some clothing and equipment (e.g. safety shoes) to eligible clients.

Here are a few tips from your fellow-immigrants for your job search journey:

- Do some homework before you move. A good resource for your research is www.pentictonbiztoolkit.com Here are some research questions to consider: What is the labour market like for your professional field? Do you need to have your credentials assessed? Do you need to go through a licensing/registration process? If so, how can you prepare for it before you arrive to Canada?
- Make sure your resume is written and structured in accordance with the locally accepted style (find samples online). For example, your resume should not exceed two pages and should not include your photo, age, and hobbies.
- Include your local mailing address (some people apply from abroad, so it is important to show that you are local).
- Consider capturing your potential employer's attention by highlighting your key skills and experiences right in the beginning of your resume (Highlights of Qualifications).
- You would need to amend both your cover letter and resume to respond to each individual job posting.
- Create a list of at least three references and bring it with you to interviews.
- Consider volunteering while you are looking for a job – it's a great way to gain local experience, make connections and establish a support network (e.g. references for a job or an apartment rental).
- If you are not used to it, try to practice "small talk" – talking to neighbours about the weather or sports with an eye contact and a smile; this could help set a warm and friendly tone before your interviews.
- Be ready to re-invent yourself. There might not be enough jobs in your profession in the region or your profession might entail a lengthy licensing and registration process that you may not be interested in. Assess your skills and experiences and figure out where else you could apply them. For example, if you used to work with clients as a service provider, you could use your customer service experience in any field, including hospitality and retail sectors. Alternatively, consider starting your own business (see a list of supports for entrepreneurs below).
- And the most important part- network! It doesn't have to be in the form of self-promotion at business networking events. The best way is to go to meet-ups/social events and volunteer (check South Okanagan Volunteer Centre for a list of volunteer opportunities: <http://www.volunteercentre.info>). You may think that with your experience and qualifications you don't need this, but how will others know that you have excellent credentials if they don't get a chance to meet you?

Employment Supports

Start Here Okanagan - Your online guide to living & working in Penticton and the South Okanagan: <https://starthereokanagan.com>

For immigrants:

- South Okanagan Immigrant and Community Services (SOICS), 340 Ellis St., Penticton; 250-492-6299; www.soics.ca
- International Credential Assessment: <https://www.bcit.ca/ices> and https://www.cicic.ca/927/identify_the_organization_responsible_for_recognition.canada

For people with disabilities:

- Neil Squire Society, Penticton Indian Band, 250-492-5289, mindyr@neilsquire.ca
- Community Living BC STRIDE program (developmental disabilities), 250-762-3494; www.communitylivingbc.ca

For people with barriers to employment:

- Work BC Centre, Suite 174, 1848 Main St. Penticton, 1-833-313-0547, info-penticton@workbc.ca, <https://workbccentre-penticton.ca>

For youth:

- YMCA Jumpstart to Employment Essentials, 203-501 Main St., Penticton; 250-770-7873; jumpstart@ymcaokanagan.ca

Online job bank:

- www.starthereokanagan.com

Supports for Entrepreneurs:

- Community Futures, 102-3115 Skaha Lake Road, Penticton; 250-493-2566, 1-877-493-5566; <http://www.cfokanagan.com>
- Penticton Biz Toolkit – business climate, industry trends, workforce, and environment: www.PentictonBizToolkit.com
- Co-work (shared work space for small businesses): 129 Nanaimo Ave West, Penticton; 778-476-6028; www.coworkpenticton.com
- Accelerate Okanagan (coaching, connections, info sessions and a shared workspace), #201-460 Doyle Ave., Kelowna; 250-870-9028; <https://www.accelerateokanagan.com>
- Women's Enterprise Centre (business advice, resources and referrals), Suite 201, 1726 Dolphin Ave., Kelowna; 250-868-3454; <https://www.womensenterprise.ca>
- Small Business BC (resource centre for knowledge-based business development): <https://smallbusinessbc.ca>
- Downtown Penticton Association: <http://downtownpenticton.org>

Chambers of Commerce and B2B Events:

- Oliver: <https://www.sochamber.ca>
- Summerland: <https://www.summerlandchamber.com>
- Penticton: <https://www.penticton.org>
- Princeton: <https://www.princeton.ca>



HEALTH & WELLNESS

All residents of British Columbia must enrol in the Medical Services Plan (MSP), which is a province-wide public health insurance. The MSP covers medically required services by physicians, diagnostic services (x-rays, lab tests) and a few procedures performed at a hospital. You would need to apply for MSP as soon as you arrive but your coverage will start three months after your arrival date. Here is the link to the online application: <https://my.gov.bc.ca/msp/application/prepare>

Once your coverage starts you will need to go to your local Service BC Centre (40 Calgary Ave, Penticton; 250-487-4200) to have your photo taken for the BC Services Card. If you are applying for a driver's licence, they will use the same photo for your BC Services Card.

It is a good idea to find a family doctor – a physician/General Practitioner who would know your family history and health issues and will be able to monitor your health, refer you to specialists, write prescriptions for medications, etc. To find a family doctor that accepts new patients, please call 811 (toll free) or visit Health Link BC to learn more: <https://www.healthlinkbc.ca>. Alternatively, you can join the centralized online waitlist (Patient Attachment List) and someone will contact you once they find a family doctor for you: www.divisionsbc.ca/sosPAL.

While you are looking for a family doctor, you could use the services of one of the walk-in clinics (please see a list below). You do not need an appointment to see a doctor at a walk-in clinic, but the wait times could be long.

Community Health Centres use an integrated approach to health by considering all social determinant of health and addressing both physical and mental health issues. Their services range from immunization, laboratory tests, urgent care, long-term residential care, on-site doctors' offices, children's health promotion and prevention, counselling and more. Please see below a list of local health centres.

Dental, optometry, physiotherapy, chiropractic and other services offered by specialists are provided at special clinics (please see the lists below) and are not covered by the provincial insurance, so you would need your private insurance for these services. Many employers have a private health insurance plan for you and your family that you contribute to from your salary. Please check with the human resources at your organization to see if you have this option.

There are a number of options that can help with your emotional/psychological wellbeing. You could get a referral to counselling services from your family doctor or access services at your local community health centre or community agencies that provide such assistance (please check the list of Counselling Services below). You could also find your own service provider but please be aware that services by private psychologists are not covered by the provincial health insurance (average fee is around \$300 per hour).

Did You Know?

The name Penticton is derived from a word in the Okanagan language. It is conventionally translated as “a place to stay forever” but is actually a reference to the year-round flow of Okanagan Lake through Penticton where it enters Skaha Lake. (Wikipedia)

To find a clinic or a specialist near you check out an online platform or an app such as <http://www.iamsick.ca> which is available in several languages.

You may also be interested in other people's opinions about doctors: <http://www.ratemds.com>

For health resources translated into several languages please visit: <http://www.healthlinkbc.ca/services-and-resources/translated-resources>

Health Insurance

- Medical Services Plan – apply online: <https://my.gov.bc.ca/msp/application/prepare>
- Service BC Centre, 40 Calgary Ave, Penticton; 250-487-4200

Hospitals

- Penticton: Penticton Regional Hospital, 550 Carmi Ave., 250-770-7553
- Oliver: South Okanagan General Hospital, 7139 - 362 Ave., 250-498-5012
- Keremeos: South Similkameen Health Centre, 700 - 3rd St., 250-499-3026
- Princeton: Princeton General Hospital, 98 Ridgewood Dr., 250-295-4428

Health Centres

- Penticton Health Centre, 740 Carmi Ave., Penticton; 250-770-3434
- Summerland Health Centre, 12815 Atkinson Road, Summerland; 250-404-800
- Oliver Health Centre, 930 Spillway Rd, Oliver; 250-498-5080
- Osoyoos Health Centre, 4816 – 89th Street, Osoyoos; 250-495-6433
- South Similkameen Health Centre, 700 – 3rd Street, Keremeos; 250-499-3000
- Princeton Health Centre, 98 Ridgewood Drive, Princeton; 250-295-4442

Walk-in Clinics

Penticton

- Apple Plaza Walk-In Clinic, 1848 Main Street; 250-493-5228
- Peach City Medical and Urgent Care Clinic, 2111 Main Street; 250-276-5050, 250-276-5051

For some clinics you can book your appointment online: <https://bc.skipthewaitingroom.com/city/Penticton>

Summerland

- Rosedale Medical Associates, 200-13009 Rosedale Avenue; 250-404-4242

Did You Know?

South Okanagan receives more than 240 hours of sunshine per month between May and August.

Oliver

- Oliver Health Centre, 930 Spillway Rd; 250-498-5080

Osoyoos

- Osoyoos Health Centre, 4816 – 89th Street; 250-495-6433

Keremeos

- South Similkameen Health Centre, 700 – 3rd Street; 250-499-3000

Princeton

- Princeton Medical Center, 77 Billiter Avenue; 250-295-0091

Dentists and Optometrists

There is a great choice of dental and optometry clinics in the region. Please note that if you do not have a private health insurance through your employer, you would need to pay for dental and optometrist services. The best way to find a dentist or an optometrist that accepts new patients is to find one near your home (www.google.ca) and call them. You could also check out some of the business directories for a list of businesses registered in the region:

- <https://www.penticton.org/business-directory>
- <https://www.summerlandchamber.com/list>
- <https://www.sochamber.ca/list/searchalpha>
- <https://www.economicdevelopmentosoyoos.com/osoyoos-business-directory>
- <https://www.princeton.ca/p/business-directory>

Pharmacies

Penticton

- Shoppers Drug Mart, 1301 Main St, Unit 701; 250-492-8000
- Guardian - Knights Pharmacy, 330 Main St.; 250-492-4024
- City Centre Pharmacy Remedy's Rx, 399 Main St 101; 250-770-0047
- Sunrise Pharmacy, 564 Main St. #140; 778-476-7473
- London Drugs, 2111 Main St; 250-492-4728

Summerland

- Summerland Guardian Pharmacy, 13009 Rosedale Ave Unit 100; 250-494-0541
- Pharmasave #259, 9515 Main St; 250-494-0531
- Shoppers Drug Mart, 10108 Jubilee Rd W; 250-494-3165

Oliver

- Oliver Drug Store, 105-291 Fairview Road; 250-485-4007
- Remedy's Rx, 105-291 Fairview Road; 250-485-4007

Osoyoos

- Shoppers Drug Mart, 8305 Main ST; 250-495-6055
- Pharmasave, 8301C 78 Ave; 250-495-7424

Keremeos

- Pharmasave, 526 7th Ave; 250-499-5543
- Similkameen Pharmacy, 533 7th Ave; 250-499-5086

Princeton

- Shoppers Drug Mart, 232 Bridge St; 250-295-3383
- I.D.A. –Princeton Pharmacy, 136 Tipton Ave #3; 250-295-7670

Counseling

- SOWINS counseling service for victims of violence/abuse: #102-1027 Westminster Ave. West, Penticton, 250-493-4366, <https://sowins.com>
- Pathways Addictions Resource Centre, #1-996 Main St., Penticton, 250-492-0400
- Desert Sun Counselling & Resource Centre, 250-498-2538, www.desertsuncounselling.ca
- Penticton & Area Access Centre (PAAS), 866-493-6822, www.accesscentre.org
- South Okanagan Victim Assistance Society (SOVAS), 250-493-0800, www.sovas.ca
- South Okanagan Similkameen Mental Wellness Centre (individual, family and youth services), 118-246 Martin St., Penticton; 250-493-7338

Elder Care

Penticton Home Care

- Nurse Next Door Home Care Services, 216 Hastings Ave., Suite 260; 250-488-8586
- CBI Home Health Services, 3310 Skaha Lake Rd #102; 250-493-6693
- Penticton Home Care Programs, Home health care service, 740 Carmi Ave; 250-770-3477
- Home instead Senior Care; 1-877-786-6249 <https://www.homeinstead.ca/3005/home-care-services/senior-care/penticton-senior-care>

Did You Know?

Summerland is home to the one of the very few remaining working steam trains in Canada. You can take a ride on that train at the Kettle Valley Steam Railway.

Penticton Retirement Homes & Assisted Living Centres

- Trinity Care Centre, Assisted living facility, 75 Green Ave W; 250-493-6601
- Chestnut Place, Assisted living facility, 453 Winnipeg St; 250-490-0200
- The Hamlets At Penticton, Assisted living facility, 103 Duncan Ave W.; 250-490-8503
- The Concorde Retirement Residence, 3235 Skaha Lake Rd; 250-490-8800
- Cherry Park Retirement Residence, 317 Winnipeg St; 250-492-2447
- Sun Village Retirement Residence, 1147 Main St; 250-492-2020
- Athens Creek Retirement Lodge, 170 Warren Ave W; 250-493-3838
- Haven Hill Retirement Centre, 415 Haven Hill Rd; 250-492-2600
- Charles Manor, Retirement home, 333 Martin Street; 250-492-3600

Penticton Wellness Programs & Services

- South Okanagan Senior's wellness society, 330 Ellis Street; 250-492-5814 <http://oneskycommunity.com/adult-services/senior-services> and <http://oneskycommunity.com/directory/south-okanagan-seniors-wellness-society>
- Penticton Seniors' Drop-In Centre Society, 2965 S Main St; 250-493-2111; <http://www.pentictonseniors.org>
- Seniors Mental Health - Outreach Clinic, 437 Martin St.; 250-770-3696

Summerland Retirement Homes & Assisted Living Centres

- Summerland Seniors Village, 12803 Atkinson Road; 250-404-4400
- Parkside Care Residents, 9719 Brown St; 778-516-5577
- Prairie Valley Lodge, Senior Citizen Center, 10312 Prairie Valley Rd; 250-404-0203
- Angus Place, Retirement home, 9302 Angus St; 250-494-1161
- Summerland Kiwanis Senior Citizen Housing Society, 10912 Quinpool Rd; 250-494-0883

Oliver Retirement Homes & Assisted Living Centres

- McKinney Place Residential Care Facility, South Okanagan General Hospital, 911 McKinney Rd; 250-498-5040
- Heritage House Assisted Living Residence, 409 Salamander Ave; 250-498-0622 <http://www.heritagehouse-al.com>
- Sunnybank Centre, 543 Fairview Rd; 250-498-4951
- Oliver Kiwanis Senior Citizens Housing Society, 6012 Kootenay St #200; 250-498-4685; <http://oliverkiwanis.org/kiwanis-housing>
- Oliver Senior Centre Society, 5876 Airport Street; 250-498-6142
- Country Pines, A Parkbridge Residential Retirement Community, 8487 BC-97; 250-328-5189

Keremeos Retirement Homes & Assisted Living Centres

- Orchard Haven, 700- 3rd Street; 250-499-3030
- Princeton/Keremeos Mental Health Centre, 700 3rd Street, 1-800-663-7867

Osoyoos Retirement Homes & Assisted Living Centres

- Seniors Mental Health - Osoyoos Mental Health; 4816-89th St; 250-495-6433
- Mariposa Gardens Retirement and Care Community, 8816-97 St; 250-495-8124
- Sunshine Ridge Retirement Residence, 9107 Main St; 250-495-2520 <http://sunshineridgeosoyoos.ca>
- Elk's Golden Villa, 5 Jonagold Pl; 250-495-6666
- County Squire Retirement Villa, 9705 N 87 St; 250-495-6568
- Baltic Properties (Mariposa) Ltd, 8816 BC-97; 250-495-8162

Princeton Retirement Homes & Assisted Living Centres

- Senior Citizens Branch 30, 162 Angela Ave; 250-295-7515
- Vermillion Court, 72 Fenchurch Ave
- Ridgewood Lodge, Nursing Home, 98 Ridgewood Dr; 250-295-3211

Traditional/Alternative Medicine & Wellness Practices

Acupuncture/Shiatsu/Herbal Medicine

Penticton

- Penticton Integrative HealthCare - Thrive On with Acupuncture!, 626 Main St #4; 250-328-3811; <https://acupuncturepenticton.com>
- Penticton Acupuncture and Herbal Clinic, 3373 Skaha Lake Rd; 250-328-8328; <http://www.pentictonacupuncture.ca>
- The Lakelands Acupuncture, 221 Martin St; 250-492-2224; <https://lakelandsacupuncture.com>
- Pro-Physio Clinic, 88 Duncan Ave W; 250-490-8999; <https://www.prophysioclinic.ca>
- Thrive Acupressure & Shiatsu, 477 Martin St Suite #3; 250-328-8235; <https://www.thriveacupressure.com>
- The Art of Good Health (acupuncture and Chinese medicine), 106-3310 Skaha Lake Rd; 250-492-3181; <http://theartofgoodhealth.com>
- Acupuncture and Herbal Medicine Clinic- Dr Glenn Morezewich. Unlimited Optimal Health Centre, 521 Martin St; 250-492-8988; <http://drglenn.com>
- Penticton Naturopathic Clinic, 3310 Skaha Lake Rd, Penticton; 250-492-3181; <http://www.pentictonnaturopathic.com>
- South Okanagan Naturopathic Clinic, 461 Martin St; 250-493-6060
- Dr Deirdre O'Neill, ND, Naturopathic Practitioner, 3373 Skaha Lake Rd; 250-770-1079; <https://www.drdeirdreoneill.com>
- Dr. Natalie Mazurin, Naturopathic Practitioner, 106 – 3310 Skaha Lake Rd; 250-492-3181; <http://www.drnatmazurin.com>
- Wiens Jese Anne Dr, 101-2504 Skaha Lake Rd; 778-476-2550 <https://www.risewellnesscentre.ca>
- Kimberley Health Centre, 410C Upper Bench Rd N; 778-476-6016 <http://www.kimberleyhealthcentre.com>

Summerland

- Spokes - Clinical Naturopathy, 13001 Henry Ave, Summerland; 250-494-9496; <http://spokesclinic.com>
- The Natural Family Health Clinic, 1040 Main St, Okanagan Falls; 250-497-6681; <https://www.drtaamarabrowne.ca>

Did You Know?

The stern-wheeler SS Sicamous was launched in 1914 as a luxury vessel to transport passengers and cargo to remote communities along the shores of Okanagan Lake. Today it is a museum and a heritage site in the Shore of Okanagan Lake in Penticton.

Reiki, Yoga & Meditation

Penticton

- Desert Rose Reiki, Reiki Therapist, 301-#206, Main St; 250-328-8968; <https://www.desertrosereiki.com>
- The AngelZen School of Reiki, Forsyth Dr.; 250-488-2439; <http://www.angelzenreiki.com>
- Godspeed Health and Wellness, 665 Latimer St; 250-492-0566
- Freedoms Star Advantage; 778-531-3778; <https://www.freedomsstaradvantage.com>
- Vital Energy Reiki, 230 Martin St #106; 250-574-2732; <http://essentialterpenetherapy.com>
- Avichi Wellness, 206-301 Main St; 250-328-9807; <https://www.avichi.ca>
- Purple Lotus Yoga, 60 Calgary Ave; 250-328-4426; <http://www.purplelotusyoga.ca>
- Reflexions Yoga Studio and School, 697 Wade Ave W #100; 250-462-9642 <http://www.reflexions-studio.com>
- Get Bent Yoga & Dance, 1475 Fairview Rd #115; 250-462-1025; <https://www.getbentcentre.com>
- Starlit Yoga, 100 Nanaimo Ave E #102; 250-328-2854; <http://www.starlityoga.com>
- SOYA Yoga Teacher Training, 60 Calgary Ave; 403-388-4282; <https://soyayoga.com>
- Elephant Tree Yoga, Okanagan Ave W.; 250-488-1491; <https://elephanttreeyoga.weebly.com>
- Rocket Yoga Planet, 769 Winnipeg St; 250-490-8991
- Fox Dreamer Energy Centre, Meditation Centre, 535 Main St #135; 250-801-9992; <https://foxdreamer.ca>
- Naramata Lifestyle Wellness- Best Meditation, Naturopathy, Weight & Pain Management Centre Okanagan, 1230 Evans Ave; 250-276-0787; <https://naramatalifestyle.com>
- New Energy Bowen Therapy, 3-477 Martin St; 250-462-1500; <https://www.newenergybowen.ca>

Summerland

- Mai Life House - Summerland Acupuncture & Yoga, 6111 Charles Ave, Summerland; 778-516-1015; <https://www.mailifehouse.com>

Oliver

- Pur Zen Oliver, Yoga studio, 6220 Main St #101, Oliver; 250-486-7295; <https://www.pur-zen.com>

Osoyoos

- Yoga Nature by Rachelle, 8505 68 Ave; 250-485-8363 <http://yoganaturebyrachelle.com>
- Mindful Studio Plus, 7611 Spartan Dr., unit #102; 250-498-1715 <https://mindfulstudioplus.com>
- Ainsley Beauchamp, Reiki Therapist, 124 Pinewood Crescent RR#1, Site 19, Compartment 19; 250-295-7432

Pet Therapy

- Horsemanship/horse therapy to improve communication skills, emotional control, anxiety, depression, focus skills, and overcoming fear: 4498 Trepanier Road, Peachland; 250-575-3144; mirroredheartsege@gmail.com; <https://www.mirroredhearts.ca/horsespeak>
- Therapy Dog Program: <https://www.sja.ca/English/Community-Services/Pages/Therapy%20Dog%20Services/default.aspx>



EDUCATION AND TRAINING

Indian Residential School System

“The Indian residential school system was created by the Canadian government in the mid-1880s and ran until the last school was shut in 1996. The goal of the residential school system was to educate and assimilate Aboriginal children into Christian, Euro-Canadian cultural norms and knowledge bases. The majority of the schools were federally funded and run by various Christian churches. From 1920 to 1948, attendance was compulsory for Aboriginal children between the ages of four and 16. Most of the schools were located off of reserve land, and forced the separation of children from their families, their communities and their land over long periods of time. In the residential schools, siblings were often separated to help break traditional habits, and by extension, family ties. Under the auspices of assimilation, speaking native languages was forbidden, even outside of the classroom, as was traditional clothing, food and other culturally specific habits or traditions. The children were punished if these rules were broken. As a result of this severe restriction of culture and heritage, many language skills and traditional knowledge was lost. Systematic physical, sexual and psychological abuse was widespread within the residential school system, as the testimonies of many residential school survivors have made clear. Poor nutritional standards and medical care contributed to a high mortality rate among children at residential schools. In fact, some schools had up to a 50% mortality rate. Many died of tuberculosis, pneumonia and malnutrition. The education in the schools was considered sub-par: despite the attempt to extinguish native languages in favour of English and French, literacy was not a primary goal of education in the schools, and students often only received up to a Grade 5 level of literacy skills. Instead, labour skills training was the main focus, including sewing and laundry work for women, and farming and carpentry for men.”

British Columbia in a Global Context, Geography Open Textbook Collective

All children between the ages of six and 16 go to school or study at home. There are public schools that offer free education and private schools that charge tuition fees. Most schools offer English as a Second Language (ESL) for newcomer children. Some schools offer French Immersion programs. There is also a French school, an International school and an Indigenous Cultural School in the area.

To help prepare your child for elementary school you can access one of the free programs designed for children and parents:

- StrongStart BC is a play-based early learning program that children attend together with their parents/guardians. It includes story telling, music and art.
- Ready, Set, Learn are family events that help children with the transition into school.

To enrol your child into school you would need to visit your local School Board (please see the list below under “schools”). You will need to prove your child’s date of birth, your resident status, home address and your child’s immunization record (a list of immunizations that your child received since birth).

Did You Know?

“A study by KPMG revealed Penticton is the most cost effective place in the North American Pacific Region to carry out manufacturing”.

There are a few options for post-secondary education- a university in Kelowna and two colleges in Penticton. For certificate programs and courses for adults check out the Continuous Education departments at the colleges and distance learning/online courses. All these institutions are listed below. The South Okanagan Immigrant and Community Services (www.soics.ca) also offers certificate programs to newcomers. Please ask your settlement worker about current opportunities.

To find out how you can apply for a loan, grant or scholarship for post-secondary education, please visit: <https://studentaidbc.ca>.

Preschool Programs

StrongStart BC programs

- Queens Park Elementary, 330 Power St, Penticton; 250-770-7680
- Carmi Elementary, 400 Carmi Ave, Penticton; 250-770-7697
- Columbia Elementary, 1437 Allison St Penticton; 250-770-7676
- Giant's Head Elementary, 10503 Prairie Valley Rd., Summerland; 250-770-7671

Ready, Set, Learn

Elementary schools that enroll Kindergarten classes hold Ready, Set, Learn events in their schools or communities. Please contact your local elementary school to learn about the dates and locations of these events. You can also download a Parent Booklet in different languages, including Tagalog, Punjabi and Spanish, to help prepare your child for learning:

<https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/ready-set-learn>

Schools

- Penticton, Summerland, Kaleden & Naramata (including French Immersion, International Student Program and Hockey Skills Academy) - School District #67: 425 Jermyn Avenue, Penticton, 250-770-7700, www.sd67.bc.ca
- Oliver, Osoyoos, OK Falls, Keremeos - School District #53: 6161 Okanagan Street, Oliver, 250-498-3481, www.sd53.bc.ca
- Princeton - School District #58: 250-295-3180, www.sd58.bc.ca

Cultural/Language Schools

- French School: Ecole Entre-Lacs, 1077 Nelson Ave, Penticton; 250-770-7691; <https://entrelacs.csf.bc.ca>
- Indigenous Cultural School: Outma Squilx'W Cultural School, 151 Outma Squilx'w Pl, Penticton; 250-493-2421; http://pib.ca/?page_id=635
- Unisus International School, 7808 Pierre Dr., Summerland; 250-404-3232; <https://www.unisus.ca>

Colleges, Universities, Adult Education

- University of British Columbia Okanagan (UBCO), 3333 University Way, Kelowna; 250-807-8000; <https://ok.ubc.ca/prospective-students>
- Okanagan College, 1091 Timmins, Penticton; 250-493-3019; www.okanagan.bc.ca
- Sprott Shaw College: 1(888) 996-5498, www.sprottshaw.com
- YouLearn.ca – distance learning and continuing education school (School District 53): www.youlearn.ca
- Princeton & District Community Skill Centre: 250-295-4051, www.princetoncsc.com
- HNZ Topflight – helicopter pilot training; 3130 Airport Rd, Penticton; 250-492-0637

Did You Know?

According to folklore, a one-armed gold prospector named Reid discovered gold in the area, and the Town of Fairview (located just outside what is now known as Oliver) became home to gold miners, ranchers and businessmen.



COMMUNITY CONNECTIONS & CIVIC ENGAGEMENT

“...the way we name ourselves are Syilx which is the spiraling dream of the land...we are all unified by being...twisted together like a rope...we are stronger together...”

- Syilx Nation member Kali van Stone

Community Connections

- Mentorship program that helps newcomers learn the English language, receive settlement and employment advice from volunteer mentors. South Okanagan Immigrant and Community Services (SOICS), 340 Ellis St., Penticton; 250-492-6299; www.soics.ca

Festivals/Events

There are a lot of great events in the community, some of them, such as Elvis Presley Festival, Peach City Beach Festival and Peach Festival are so popular that became annual and attract crowds from other cities, provinces and countries. There is also an exciting and colourful OneWorld Festival organized by the South Okanagan Immigrant and Community Services (SOICS). Check out the City of Penticton’s website for a calendar of events:

<https://www.penticton.ca/EN/main/community/events/events-list.html>

Family Activities

- S.S. Sicamous Museum and Heritage Park, 1099 Lakeshore Dr., Penticton; 250-492-0403
- LocoLanding Adventure Park, 75 Riverside Dr., Penticton; 250-770-1896
- Fit Kidz Gymnastics, 101-3590 Airport Rd, Penticton; 250-492-5348
- Riverside Skate Park (skateboarding): <http://www.newlineskateparks.com/project/penticton-youth-park>
- Rol N Stones Fun Centre, 1035 Westminster Ave.W, Penticton; 250-492-5226
- Penticton Public Library, 785 Main Street, Penticton; 250-770-7781
- Museum & Archives, 785 Main St, Penticton; 250-490-2451; Tuesday to Saturday, 10:00am - 5:00pm
- South Okanagan Tabletop Board Games: <https://www.meetup.com/Penticton-South-Okanagan-Tabletop-Board-Game-Group>

Did You Know?

There are more than 100 wineries in the South Okanagan region.

Arts & Culture

“Okanagan artists are known for their Native American basketry and woodcarving crafts.” Native Languages of the Americas website © 1998-2015

Penticton

- Shatford Art Centre, 760 Main Street; 250-770-7668;
- Many Hats Theatre Co-operative, 1475 Fairview RD; 250-493-7275
- Peach Gravy Improv: www.facebook.com/peachgravyimprov
- Dream Café (live music) 67 Front Street; 250-490-9012;
- Pecha Kucha Speaker Series, 198 Ellis Street; 250-493-2723
- Penticton Art Gallery, 199 Marina Way; 250-493-2928
- Photography Club, 325 Power Street, Room #3; 250-791-6631
- Penticton Academy of Music, 220 Manor Park Ave; 150-493-7977
- Martin Street Art and Music Gallery, 205 Martin St; 236-422-3004
- Lloyd Gallery, 18 Front Street; 250-492-4484
- Front Street Gallery, 60 Front St; 778-476-0016
- Pottery Guild, 220 Manor Park Ave #2; 250-492-7797
- Cormier’s Studio, 495 Vancouver Ave; 250-493-3273
- Terry Isaac Gallery, 475 Upper Bench Rd N; 250-492-6590
- Art Gallery, 199 Marina Way; 250-493-2928
- Mondo Creation and Artisan Incubator, 221 Main Street; 250-770-0925

Social Clubs Run By Residents

- www.meetup.com/cities/ca/bc/penticton

Online Mentorship

- www.10kcblog.com/
- www.mentorcity.com/en/individuals#service

Summerland

- Summerland Potters Guild, summerlandpotters.blogspot.com
- Summerland Singers & Players theatre group, summerlandtheatre.ca
- Summerland Ryga Festival, website; www.rygafest.ca; 250-460-3532

Osoyoos

- Osoyoos art Gallery, 8714 main Street; 250-495-7730

Keremeos

- Keremeos Fine Art Photography, 21- 11th Ave; 250-499-0007
- Three Winds Gallery, 614-7th Ave; 604-740-7280

Princeton

- Princeton & District Museum and Archives, 167 Vermilion Ave; 250-295-7588
- Shirley’s Arts & Crafts, 162 Vermilion Ave; 250-295-4076

Faith-based Originations

“The Okanagan people worshiped land gods who provided them with their land and prosperity. Sacred to them is Spotted Lake, where medical miracles are said to happen.”

Wiki books, Canadian History/The People of the Lands/Okanagon

Churches

Penticton

- St. Andrew’s Presbyterian Church, 157 Wade Ave W; 250-492-8304
- Penticton United Church, 696 Main St; 250-492-2684
- Bethel Church Penticton, 945 Main St; 250-493-3911
- New Beginnings Church, 96 Edmonton Ave; 250-770-1675
- Victory Church Of Penticton, 74 Penticton Ave; 250-487-1300
- Penticton First Baptist Church, 1498 Government St; 250-492-3824
- Penticton Vineyard Community Church, 1825 Main St; 250-492-0888
- Penticton Alliance Church, 197 Brandon Ave; 250-493-7136
- Saint Saviour’s Penticton, 150 Orchard Ave; 250-492-4325
- Cheers the Church, 639 Main St; 778-476-5575
- St. John Vianney Parish, 361 Wade Ave W; 250-492-3169
- The Penticton Church of the Nazarene, 523 Jermyn Ave; 250-492-4028
- Lutheran Church-Our Redeemer, 1370 Church St; 250-492-6861
- Concordia Lutheran Church & School, 2800 S Main St; 250-492-5902
- Life Church Penticton, 250 Winnipeg St; 236-422-0222
- Seventh Day Adventist Church, 290 Warren Ave W; 250-492-3135
- St. Ann’s Parish, 1298 Main St, Penticton; 250-492-3169
- Life Church, 250 Winnipeg St; 236-422-0222
- Oasis United Church, 2964 Skaha Lake Rd; 250-770-0182
- Penticton Free Presbyterian Church, 120 Preston Ave; 250-490-0520
- Catholic Church, 1296 Main St; 250-492-4480
- Greek Orthodox Church, 1265 Fairview Rd
- The Church of Jesus Christ of Latter-day Saints, 2946 S Main St; 250-493-5580

Summerland

- Summerland Baptist Church, 10318 Elliott St; 250-494-3881; summerlandbaptist.ca
- Alliance Church, 14820 Victoria Rd N; 250-494-9975
- Summerland Pentecostal Church, 9918 Julia St; 250-494-8248; www.juliastreet.ca
- Holy Child Catholic Church, 14010 Rosedale Ave; 250-494-2266; www.holychildchurch.com
- St. Stephen Anglican Church, 9311 Prairie Valley; 250-494-3466; summeranglican.ca
- Summerland United Church, 13204 Henry Rd.; 250-494-1514; www.summerlandunited.bc.ca
- Lakeside Presbyterian Church, 5505 Butler St
- Lutheran Church-St. John’s, 15244 Victoria Rd N; 250-494-9309; lutheranchurchsummerland.ca/contact
- Free Methodist Church, 9105 Peach Orchard; www.fmcic.ca

Osoyoos

- St Christopher’s Anglican, 7206-87 St; 250-495-2266; kootenayanglican.ca/diocese-of-kootenay-parishes/2016/8/29/st-christopher-osoyoos
- St. Anne’s Catholic Church, 7610 87 St; 250-495-6815; www.stanneosoyoos.org
- Osoyoos Baptist Church, 6210-97th St; 250-495-6581; osoyoosbaptist.ca
- Kingdom Hall of Jehovah’s Witnesses, 6221-97th St; 250-495-7644
- Osoyoos Christian Centre, 42 Finch Crescent; 250-495-2550
- Seventh Day Adventist Church, 10105-62nd Ave; 250-495-6275
- United Church of Canada, 7814 Spartan Dr.; 250-495-2001

Oliver

- Park Drive Church, 6570 Park Dr.; 250-498-2322; parkdrivechurch.ca
- Oliver Alliance Church, 6835 Leighton Crescent; 250-498-4253; oliveralliancechurch.com
- Park Drive Pentecostal Assembly, 36672-79th St; 250-498-2322; parkdrivechurch.ca
- Seventh Day Adventist Church, 748 -346th Ave; 250-498-4820; www.oliveradventist.ca
- United Church of Canada, 358th Ave; 250-498-2781; united-church.ca
- Christ the King, 6044 Spartan St; 250-498-3934; www.ckoliver.org
- St Edward the Confessor Anglican Church, 5954 Nicola St Box 348; 250-498-0773; www.upsdell.com/StEdwardTheConfessor
- Valley Congregational Christian Church in Canada; 36832-83rd St
- St. Paul Lutheran Church, 412 Skagit Ave, Oliver; 250-498-2152; www.lutheranchurch.ca
- Oliver United Church, 511 Church Avenue; 250-498-2781;
- Jehovah's Witnesses, 97th St
- Valley Congregational Church, 30850 71 St; 250-498-4829 www.valleycongregationalchurch.com
- Christ the King Catholic Chr., 107th St; 250-498-3939

Okanagan Falls

- Okanagan Falls United Church, 1108 Willow St; 250-497-7935; www.okfallsunited.ca
- Okanagan Falls Community Church Baptist, 1356 Mclean Creek; 250-497-5131
- St Barbara's Anglican / Lady of Lourdes Catholic Mission, 1039 Willow St
- OK Falls Community Church, 4400 McLean Creek Rd Unit 120
- Blasted Church Vineyards, 378 Parsons Rd; www.blastedchurch.com

Keremeos

- Keremeos Community Church, 530 Veterans Ave; 250-499-2422; www.keremeoscc.ca
- Elim Tabernacle, 312 - 9 St; 250-499-5847; www.elimtabernacle.net
- Our Lady of Lourdes Catholic Church, 608-5 St; 250-499-2036

- Keremeos Ecumenical Parish, 607-5 St
- New Beginnings Church Keremeos, 1011 BC-3A; 250-770-1675; www.newbeginningschurch.ca
- Kingdom Hall of Jehovah's Witnesses, 421-9th Ave; 250-499-2424; www.jw.org/en

Princeton

- Princeton Baptist Church, 160 Old Hedley Rd; 250-295-7752; www.princetonbaptist.ca
- Princeton Pentecostal Tabernacle, 165 Vermilion; 250-295-7951; newhopeprincetonbc.wordpress.com
- Living Water Community Church (Foursquare Gospel Church), 38 Kenley Ave; 250-295-7733; www.livingwaterprinceton.com
- St. Peter's Catholic Church, 43 Billiter Ave; 250-295-3541
- St. Paul's-St Cuthbert Church, 1 St; 250-295-7714

Hindu Temples

- South Okanagan Hindu Temple, 2706 Johnson St, Summerland; okanaganhindutemple.com

Sikh Temples

- Penticton Sikh Temple, 3290 Main St, Penticton; 250-493-7117
- Bhavsagar Sikh Temple, 33859-97 St Oliver; 250-498-6677

Mosques

- The BC Muslim Association Branches & Chapters, 121 Wyles Crescent, Penticton;
- Mailing Address: 749 Main St., Penticton, BC VA2 8M3 Canada; penticton.thebcma.com

Synagogues

- Okanagan Jewish Community Association, 102 Snowsell St. North, Kelowna, BC V1V 2E2; 250-862-2305; admin@ojcc.ca



NATURE, RECREATION & SPORTS

NATURE, RECREATION & SPORTS

BEAVER

from the legend story Coyote's Winter Dance, courtesy of the En'Owkin Centre

Coyote was living with his wife Mole and their four sons. Each one of Coyote's sons had tried to put on a winter dance and were killed one by one by Blue Jay who was sent down by the animals in the highest mountains to see who had given them the power to put on a winter dance. (Only real Indian doctors were given the special songs and power to hold winter dances.) After the death of all of his sons, Coyote decided that he had nothing to lose and would put on a winter dance himself. After Coyote had sweat-bathed and built a dance house, he summoned his special magical powers because he wanted to know everything that there was to know. His first power agreed to help Coyote but first Coyote was to turn the first power into his special animal power and do exactly as he was instructed. Coyote agreed to this. Coyote started to sing his special song and dance.

The Chief asked all the animals in the highest mountain who had given this person the power to sing, but no one knew who had done this. The Chief instructed Blue Jay to go down and kill Coyote because he was lying and disturbing their rest. But because of Coyote's special animal power he knew that Blue Jay was being sent down to kill him, and when Blue Jay arrived Coyote poked Blue Jay in the chest with his cane and knocked him unconscious. When Blue Jay came to and returned to the mountains he scolded the other animals and said, "Someone must have given this singer some power. Look what he did to me. I was almost seriously hurt". But none of the animals knew who had given Coyote this power. Blue Jay refused to go down again so Lynx was asked to go down and observe, but Lynx was afraid because he knew that Coyote knew he was being sent down. The Chief spoke to Beaver, telling him that he better go down and see what was going on, and that he didn't have to do anything -- all he had to do was watch. Beaver agreed. At the winter dance Coyote told the people (who were actually his other special magical powers turned into animal people) that Beaver was the one who was coming down to watch and listen.

Beaver came down from the mountains, as far as the river below the dance house. As Beaver swam up the river under water, Coyote's spiritual animal power warned him that Beaver was close and instructed Coyote to take the fuzz from the cat-tail plants and spread it on the surface of the water. Coyote did this and when Beaver surfaced his eyes were covered with fuzz. Beaver couldn't see anything while Coyote danced around watching him. Coyote got his cane ready to poke Beaver in the chest, but Beaver's eyes cleared just enough so that he was able to avoid being hit in the chest. Coyote's cane only nicked Beaver's little finger. **That is why today, Beaver has a curled claw.**

South Okanagan is a natural fit for people who love nature, sports and recreation. You can find activities all year round. In the summer there are many options for fishing (e.g. Yellow Lake) and water sports (e.g. Okanagan Lake). From spring to fall you can enjoy biking, hiking (e.g. Kettle Valley Railway trail) and rock climbing (e.g. Skaha Bluffs). For winter sports there are two great resorts – Apex and Baldy Mountain. There are a number of traditional sport clubs, such as soccer, rugby and rock climbing, as well as non-traditional – such as disk golf and pickleball. And, of course, each community has a community centre that has a swimming pool and dozens of sport and recreational activities.

- Penticton Recreation Guide: <https://www.penticton.ca/EN/main/community/parks-trails-beaches/community-centre/recreation-guide.html>
- Okanagan Hockey Academy: <https://okanaganhockey.com/academy/penticton/about>
- Penticton Community Centre, 325 Power Street, Penticton.
- Kisu Swim Club, 438 Woodruff Ave, Penticton; 250-493-1161
- Penticton Soccer Club, 550 West Eckhart Ave, Penticton; 250-492-5505
- Nickelplate Cross Country Club, Provincial Park for skiing; 250-292-8110
- Penticton Disk Golf Club, 1275 Riddle Rd., Penticton; https://www.discgolfscene.com/clubs/Penticton_Disc_Golf_Club
- Penticton Tennis Club, <https://www.pentictontennisclub.com>
- South Okanagan Naturalists' Club, <https://southokanagannature.com>
- Harlequins Rugby Club, <https://www.premiershiprugby.com/club/harlequins>
- Penticton Pickleball Club: <https://pentictonpickleball.ca>
- Apex Mountain Resort, <https://www.apexresort.com/>; 250-292-8222, 1-877-777-2739
- Baldy Mountain Resort, 2680 Mount Baldy Rd, Oliver; 250-498-4089
- Skaha Rock Climbing Adventures, <https://www.skaharockclimbing.com>
- Oliver Community Center (For information on the many annual activities); 250-498-4985
- Princeton Leisure Guide (sport clubs, camps and more):
https://princeton.municipalwebsites.ca/Editor/images/Parks_and_Rec/2019%20Spring_Summer%20Leisure%20Guide.pdf

“The land never fails in its beauty and its essence to take my breath away and calm me like nothing else can. I forget the breakdown of our name for it but I know and feel that we as sqilxw, as Syilx people are connected to it. As relatives we are born from it. We have parts of the land within our blood, our bodies, the rocks as minerals, the water our life blood that flows through our veins, the air the oxygen, the wind our breath, you name it, it is there within us as a reminder. Our captikwt remind us of our responsibilities and roles we have as sqilxw among the land. I cherish it all and keep it close to my heart.” - Brandy Baptiste



FINANCIAL & LEGAL SERVICES

There are specialized employment support services for various groups, such as newcomers, people with disabilities, youth, and people with barriers to employment. The services include but are not limited to assistance with resume development, preparation for a job interview, sharing job postings, etc. Some services, such as Work BC, offer some clothing and equipment (e.g. safety shoes) to eligible clients.

Banks & Credit Unions

There are five big banks (the Big Five) that operate across the country: Scotiabank, TD Canada Trust, Canadian Imperial Bank of Commerce (CIBC), Royal Bank of Canada (RBC), and Bank of Montreal (BMO). All of these banks have presence in the South Okanagan-Similkameen region but only CIBC has branches in smaller communities, such as Keremeos and Princeton. Banks offer checking and savings accounts, lines of credit, credit cards, mortgages, local and international transfers and more. One particular service that may be of interest to parents is a Registered Education Savings Plan (RESP) for children, which federal government contributes to. Many banks offer incentives (e.g. i-pad, TV, cash, free services for a certain period of time, etc.) for first time customers.

Credit Unions are financial cooperatives controlled by customers. They use a non-profit model of governance – democratically elected volunteer board of directors. Credit Unions offer same services as banks but have fewer products and do not have a network across the country, so if you travel or move to another region in Canada you may not have the same credit union there. Most Canadians use online banking to manage their finances – you can pay rent, utilities, credit card balances, insurances and more through an online banking platform. Ask about this option when you open your account.

Penticton

- HSBC, 201 Main St; 1-888-310-4722
- BMO, Bank of Montreal, 195 Main St.; 250-492-4240
- RBC Royal Bank, 302 Main St; 250-490-4400
- CIBC, 295 Main St, Penticton; 250-770-3333
- TD Canada Trust, 390 Main St, Penticton; 250-770-2300
- Scotiabank, 401 Main St., Penticton; 250-770-7450
- Valley First Credit Union, 184 Main St; 250-490-2700
- Prospera Credit Union, 402 Main St.; 250-770-8500
- Valley First Credit Union, 2111 Main St; 250-493-7773

Summerland

- RBC Royal Bank, 7519 Praise Valley Rd; 250-494-7181
- CIBC Branch with ATM, 9920 Main St.; 250-404-4000
- Summerland & District Credit Union, 13601 Victoria Rd N, 250-494-7181

Keremeos

- CIBC Branch with ATM, 530 7th Ave.; 250-499-5515

Oliver

- RBC Royal Bank, 6305 Main St; 250-498-3437
- CIBC Branch with ATM, 5285 Main St.; 250-498-3454
- Interior Savings Credit Union, 6287 Main St; 250-498-3457
- Valley First Credit Union, Place Mall, 5955 Main St #1280; 250-498-6277

Osoyoos

- CIBC Branch with ATM, 8516 Main St; 250-495-6502
- BMO, Bank of Montreal, 8502 Main St.; 250-495-6522
- Osoyoos Credit Union, 8312 Main St; 250-495-6522
- Interior Savings Credit Union, 9145 Main St; 250-495-8027
- Credit Union Central of British Columbia, 9 Magnolia Pl

Princeton

- CIBC Branch with ATM, 226 Bridge St.; 250-295-3225

“captikwł are a collection of teachings about Syilx/Okanagan laws, customs, values, governance structures and principles that, together, define and inform Syilx/Okanagan rights and responsibilities to the land and to our culture. These stories provide instruction on how to relate to and live on the land... In our histories we are told that Kwulencútn (Creator) sent sen’k’lip (Coyote) to help our people survive on this land. sen’k’lip’s travels are a record of the natural laws necessary for our Syilx/Okanagan people to survive and carry on. We weren’t born with the instincts to know how to live in nature’s laws. Instead, we were given memory to remind us of what we can and cannot be doing.” (<https://www.syilx.org/about-us/syilx-nation/captikwl>)

Legal Services

Besides private law firms that you can easily find online, there are a few organizations that offer free legal advice to people who cannot afford lawyers’ fees. We are listing them below along with some legal information resources that you may find useful.

Free (pro bono) Legal Services for Low-income Individuals

- Access Pro Bono: 1-877-762-6664, www.accessprobono.ca
- Penticton Access Centre Society (Legal Advocacy): #209- 304 Martin Street, 250-493-6822, www.accesscentre.org
- Community Legal Assistance Society (CLAS)-Vancouver: 1-888-685-6222, www.clasbc.net

Civil Liberties and Human Rights

- BC Civil Liberties Association, 1-855.556.3566, www.bccla.org
- BC Rights Clinic, 1-855-685-6222, www.bchrc.net

Online Legal Information

- Clicklaw (available in several languages): www.clicklaw.bc.ca

For People with Disabilities

- Community Living BC: 444 Ellis Street, Penticton
- 250-487-4436, www.communitylivingbc.ca

Cases of Abuse/Neglect

- Community Response Network (CRN): 250-770-3404, www.bccrns.ca

Did You Know?

Osoyoos is home to the warmest average temperatures and the warmest fresh-water lake in Canada – Osoyoos Lake.



SERVICES FOR SPECIFIC GROUPS: WOMEN, SENIORS,
CHILDREN & YOUTH, 2SLGBTQ+

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Women Services

- South Okanagan Women in Need Society (SOWINS), 1027 Westminster Ave W, Penticton; +1 800-814-2033; <https://sowins.com>

“Elders play an integral role in First Nation communities, especially in terms of preserving language and cultural traditions. Elders often provide an opening prayer at meetings, and educate those present with their wisdom on issues. Our elders taught us that we have two ears and one mouth for a reason: we should listen twice as much as we speak. It is considered very disrespectful to interrupt a person when they are speaking.” (Sylx. The Indigenous Peoples of this Land... by Okanagan Nation Alliance)

“Elders of families took roles and responsibilities to choose for the best interest of all, as the basis to delegate work. It was a system designed to help one another to share, not for power. Elders offered counselling and provided guidance to the people. Elders in the family disciplined the children, not the parents. Grandfathers passed on the history in family clans, ensuring essential teaching hours after midnight into before dawn. The oldest woman in the family clans was the main boss of the family and had the final say. She ultimately was the law in living form.” (Penticton Indian Band Comprehensive Community Plan 2009-2013)

Seniors' Services

- Lower Similkameen Community Services Society; 250-499-2352, <http://tppwebhost.com/lscss>
- South Okanagan Seniors Wellness Society; 1-877-364-2345, www.seniorswellnesssociety.com
- OneSky Community Resources, 330 Ellis Street, Penticton; 250-492-5814, <http://oneskycommunity.com>
- Okanagan Falls Senior's Activity Centre, 1128 Willow St., Penticton; 250-497-8199 1128
- Osoyoos Seniors Centre Association, 17 Park Pl., Penticton; 250-495-6925
- Penticton Seniors' Drop-in Centre Society, 2965 S Main St, Penticton; 250-493-2111, www.pentictonseniors.org
- South Okanagan RECOPE Society (need a referral from family doctor), Summerland; 250-494-9006, www.recope.ca
- Princeton Senior Citizens Drop-in Centre Society; 250-295-7515

Children & Youth Services

Literacy/Tutoring:

- Lower Similkameen Community Services Society; 250-499-2352, <http://tppwebhost.com/lscss>

Early Childhood Education:

- Lower Similkameen Community Services Society; 250-499-2352, <http://tppwebhost.com/lscss>

Youth Centre & Health Services:

- 501 Main Street, Penticton; 778-646-2292, FoundryPenticton@OneSkyCommunity.com

Queen’s Park YMCA Child Care

- 630 Birch Avenue, Penticton; 250-491-8678, childcare@ymcaokanagan.ca

Childcare Options:

- <http://oneskycommunity.com/early-childhood/childcare-programs>
- The Osoyoos Child Care Centre, 6609 89th St, Osoyoos; 250-495-5021

Private Daycare/baby-sitting services:

- <https://www.care.com/en-ca/profiles/child-care/penticton>

Children with Special Needs:

- Okanagan Similkameen Neurology Society; 250-492-0295, www.osns.org
- Penticton Centre for Exceptional Learning; 236-422-0207, www.pentictonexcel.com

After School Activities:

- Okanagan Boys & Girls Club; 250-493-0512, www.boysandgirlsclubs.ca

2SLGBTQ+ SERVICES

- OASIS - Okanagan College Safe Space for Gender Equality and Sexuality, Centre of Excellence, 583 Duncan Ave. West, Room PC 213, Penticton; 250-492-4305 ext. 3313, OASIS.Penticton@gmail.com
- Radar at the Foundry - safe space for LGBTQ2S youth (ages 12-18) to meet, be active, build relationships, and understand themselves. 501 Main St., Penticton; 250-488-0992
- South Okanagan Similkameen Pride; www.mysospride.ca; info@mysospride.ca

“Children are the heart of our community. They have always been taught the necessary skills, and the Syilx laws they needed to learn in order to survive. They are taught skills such as: fishing, hunting, tanning hides and making baskets, songs, stories, dances and prayers. They are taught that every living thing has a right to be a part of our lives and our community—even if its role isn’t easily understood. They are taught to respect life and all of creation and that disrespect would lead to certain consequences. Children are not forcibly taught or punished for not understanding. They are taught with patience and only what the teacher thought they needed to learn or were ready for. Harshness was not a method used in teaching children. Learning has always been made to be very easy at first and gradually becoming harder, and only as much as the child could understand. Therefore, when the children became ready to do the harder things they did so without fear or anxiety.”
(Penticton Indian Band Comprehensive Community Plan 2009-2013)

MAPS



**SOUTH OKANAGAN
IMMIGRANT AND
COMMUNITY SERVICES**



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