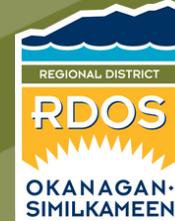


# BOARD BANTER



## Did you know...

The Similkameen Recreation team looks after an outdoor swimming pool, as well as a Recreation Centre with amenities such as a five pin bowling alley, an outdoor rink, a climbing wall, squash court, multiuse room and a two level gym?

The Okanagan Falls Community Centre has a commercial kitchen that can be rented out?

The new PAT (Physical Activity Trailer) enables us to take programming outside of Keremeos into Hedley and Cawston?

Naramata is the most requested area for events throughout the year?

The Okanagan Falls Community Centre and Okanagan Falls Elementary have a joint use agreement, which allows for recreation programs after school and on weekends?

West Bench has an equestrian space and a cricket pitch available in its parks?

There are three recreation coordinators managing seven areas for recreation programs?



## Recreation programs

RDOS Recreation strives to increase the quality life of citizens and the well-being of communities through recreation opportunities that achieve social, economic, and environmental benefits. Healthy individuals make healthy communities!

## Recreation volunteers

RDOS Volunteer Program recruits volunteers from all across the Regional District of Okanagan-Similkameen. Volunteers can play a vital role in program delivery, special events and supporting in the upkeep of some of our spaces. While volunteerism is going down, smaller communities are the anomaly – volunteers are showing up, most times on their own! Over 60 volunteers serve in a variety of capacities, ranging from recreation, sports and parks sectors, to committee members. Every other month, we recognize a volunteer throughout the region through an RDOS information release.

## Testimonials

*"I just want to share with all of you that coach Laura is such a positive and patient leader for the group of kiddos participating in the weekly basketball practices. My son, who exemplifies typical 7 year old behaviour, was encouraged to keep with the tasks, listen when asked to and have fun with his peers! She did a great job and the parents were even engaged in some portions of the sessions (I still got it, lol!!). I know she was recently featured in Skaha Matters and I think it was such a great way to showcase volunteers who are as awesome as she is! Thank you for finding such a great volunteer and offering the introduction to basketball for the kids."*

*An older adult participant had been working out every day at the gym and pool. He fell very ill during the pandemic. When we saw him next, he explained that, according to his doctor, if it wasn't for keeping fit and exercising, he "wouldn't have made it."*

Want more information on these matters? Contact:

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