

Friends of the South Slopes

April 2023

Coming soon to a forest near you!



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We acknowledge that our community is located on the traditional, ancestral, unceded territory of the Syilx/Okanagan people

Wrap-up of 2022—on to 2023!

After two years of holding its AGM on ZOOM, FOSS was finally able to hold the meeting in person! The March 29th, 2023 Annual General meeting was attended by 54 FOSS members and guests who heard what FOSS accomplished in 2022, and what its plans are for 2023.

Special guest Dr. Maury Williams presented an interesting and informative talk & slide show on the Myra Canyon trestles - the history of their construction through to the formation of the Myra Canyon Trestle Restoration Society (MCTRS), to the 2003 wildfire and the rebuild, finishing up with the dissolution of the MCTRS in 2022. Their final project was the Morrissey's Camp interpretive trail at the west end of the Myra Canyon section of the rail trail. Dr. Williams was a long-time board member & secretary of the MCTRS.

FOSS is honoured to be chosen by the MCTRS to acquire their assets and to continue the MCTRS mandate.

Myra Canyon Trestle's Society Special Advisory Committee to the FOSS Board will include Dr. Maury Williams, Vern Merwin and Denis Davis. This is an Ad Hoc Committee of the Board of Directors which will monitor and



ensure the preservation of the historical relevance of the KVR and the trestles as they pertain to FOSS' mandate with BC Parks. These three gentleman were past directors of the MCTRS Board.

Chaired by FOSS President Cam Kourany, FOSS' AGM featured a PowerPoint presentation by Brad Wright (prepared by Alan Milnes) on the 2022 accomplishments of FOSS' Trail Maintenance Crew. Daphne Richard, Chair of FOSS' Strategic Relations Committee, presented a PowerPoint overview of FOSS' vision of "Let's Dream Big" - a goal to see an ultimate South Slopes Greenbelt with trails connecting from Okanagan Mountain Provincial Park in the west to KLO Creek Regional Park, Scenic Canyon and the Mission Creek Greenway and beyond in the east.

Currently, the Strategic Relations Committee is exploring opportunities with the Central Okanagan Land Trust and other stakeholders to expand parkland in the KLO Creek Myra Recreation area near KLO Creek Regional Park. The goal is threefold: (1) preserve the historical significance (historic irrigation system), (2) trail connectivity (Greenway/Scenic Canyon/KLO Creek Regional Park/City's Utility Property & Jean Rd. natural area/Crown Land/Myra-Bellevue Provincial Park), (3) Protection of natural features & wildlife corridor (a shared vision with the Okanagan Collaborative Conservation Program).

FOSS' Strategic Relations Committee recently presented its "Let's Dream Big" vision to the Central Okanagan Naturalists Club (CONC) and will be presenting it to other recreation and conservation groups over the next few months.

FOSS' Treasurer, Sandy Hilton, updated FOSS members with the financial report and the 2022 fiscal year report was adopted as presented.

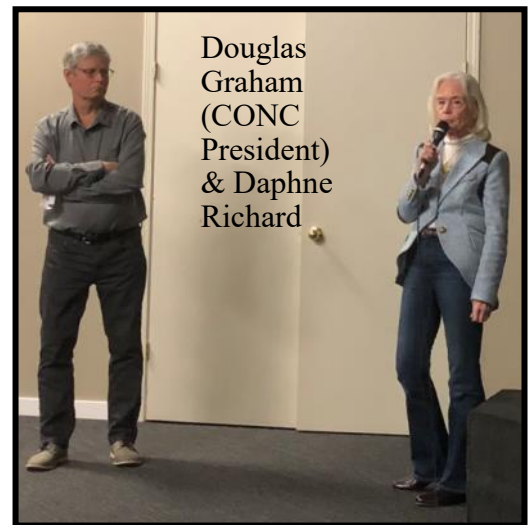
FOSS 2022/23 Board of Directors

Elected at the AGM—*returning directors*

Brad Wright
Alan Milnes
Milt Stevenson
Cam Kourany (returning as President)
Sandy Hilton (returning as Treasurer)
Sharon Shepherd

New to the Board:

Paula Levens
Rick Ellery



FOSS President Cam Kourany recognized the contributions of the two retiring members of the Board—Daphne Richard and Teresa MacKenzie who will both remain active with FOSS.

The structure of FOSS enables the election of up to 12 directors on the board and other FOSS members have expressed interest.

FOSS Launches an Updated Website

Web designer Sean Shepherd (Nucleus Strategies) spoke at the AGM about FOSS' newly launched website that he designed after months of consultation and input from FOSS' Board of Directors.

Check it out!!! It's easy to navigate and it has a direct link to report trail issues to FOSS' Trail Maintenance Manager. Memberships & donations are just a click away! There is lots of news and information. [Home | Friends of the South Slopes Society \(foss-kelowna.org\)](https://foss-kelowna.org)

FOSS Trail Management Report

FOSS Director Milt Stevenson manages a dedicated team of 50+ volunteers who work in groups of four. Milt organizes trail maintenance projects from spring to fall and occasionally in winter. The general plan is to brush to the BC Parks standard of 3 metres wide and to improve the sight lines for all users.

Plans for 2023

- Regrading/relocating portions of Race Classic and Earring Trails in the Crawford Trail System of Myra-Bellevue Provincial Park
- Decommissioning trail sections that are adjacent to the Arthon Pit (west side of the Park)
- New signage throughout Myra-Bellevue Provincial Park
- Re-brushing Wildhorse Canyon Trail in Okanagan Mtn. Provincial Park
- Maintenance of the Myra Canyon Trail (Myra Canyon Trestles)
- Ongoing regular maintenance of trails in Myra-Bellevue Provincial Park and clearing windfalls

So far this year....

- In April, Sandy Hilton and Dave Rolleston checked out Wildhorse Canyon Trail. It is very wet, as is expected at this time of the year, but there will be less brushing than they'd expected.
- Milt plans to go onsite with Geoff Popoff, Acting Area Supervisor, BC Parks (East Okanagan), to assess Earring Trail and plan for a reroute of the upper section on the east side of the park.
- Crews are working on windfalls (please report through FOSS' website reporting tool).
- All volunteers are being reoriented and Milt is working on certification training for UTV and chainsaw operation.



April 14, 2023

**FOSS' Trail Manager, Milt Stevenson,
clearing Fairlane Trail**

Photo credits: Alan Milnes



It's Tick Time! (Penny Gubbels)

The first ticks of the year were reported in Myra-Bellevue in early March. This beauty on the right had to be extracted from my head where it had attached itself, unnoticed by me. It likely joined me somewhere on the Fairlane/Meadow/Lost Lake Trail Loop I'd done the day before.

I submitted a photo of my tick to eTick, and it was identified as Dermacentor Series, which do not carry Lyme disease bacteria

Hopefully you will find hitchhiking ticks before they attach, but if you don't it is most helpful to have a 'Tick Key'.

The etick app for your phone can be downloaded from Google Play or the Apple Store and there is a wealth of information on their website: <https://www.etick.ca>

Here is some important information from the HealthLink BC website:

Home Treatment

Most ticks don't carry diseases, and most tick bites don't cause serious health problems. The sooner ticks are removed, the less likely they are to spread disease.

Some ticks are so small that it is hard to see them. This makes it hard to tell whether you have removed the tick's head. If you do not see any obvious parts of the tick's head in the bite site, assume you have removed the entire tick, but watch for [signs of a skin infection](#).

Use fine-tipped tweezers to [remove a tick](#). If you don't have tweezers, put on gloves or cover your hands with tissue paper, then use your fingers. Do not handle the tick with bare hands. If the mouthparts break off and remain in the skin, remove them with tweezers or, if you are unable to remove them easily, see your health professional as soon as possible.

- Do not try to smother a tick that is attached to your skin with petroleum jelly, nail polish, gasoline, or rubbing alcohol. This may increase your risk of infection.
- Do not try to burn the tick while it is attached to your skin.
- Put the tick in a dry jar or ziplock bag and save it in the freezer for later identification if necessary.
- Wash the area of the tick bite with soap and a lot of warm, clean water.
- Apply a thin layer of antiseptic cream, lightly to the wound. It will keep the bite from sticking to the bandage.

After you remove the tick, [wash your hands](#) really well with soap and water.



- Save the tick in a container with a tight fitting top:
- Dampen a small cotton ball and put it into the tick container, if the tick is still alive.
- An intact dead tick may also be identified and tested.

When you return home from areas where ticks might live, carefully examine your skin and scalp for ticks. Check your clothing, outdoor gear, and pets, too. Remove any ticks you find. Then put your clothing in a clothes dryer on high heat for 10 minutes to kill any ticks that might remain.

Despite the known or potential presence of ticks in these areas, the risk of Lyme Disease in BC is low (less than 0.5 cases per 100,000 population and 0.2% tick infection rate) compared to the high endemic rates in northeastern United States (29 cases per 100,000 population and 40% tick infection rate)."

British Columbia Specific Information

Ticks are tiny bugs which feed on blood. For information on ticks, removing ticks, and how to avoid being bitten, see [HealthLinkBC File #01 Tick Bites and Disease](#). You may also be interested in the [HealthLinkBC File #96 Insect Repellent and DEET](#).

While most tick bites do not result in diseases, some can. Some of the diseases passed on by ticks include relapsing fever, tularemia, Rocky Mountain Spotted Fever (RMSF), Q Fever and anaplasmosis. The most well-known is Lyme disease. For more information on Lyme Disease, visit [BC Centre for Disease Control - Lyme Disease \(Borrelia burgdorferi infection\)](#) ☑.

Signs of Spring!



Night sky celebration

Join Regional Parks staff and members of the Royal Astronomical Society of Canada (RASC) for an evening in Johns Family Nature Conservancy Regional Park.

Enjoy the sunset while we celebrate the night sky with a key announcement.



Photo: Michael Hintringer

Wednesday, May 3 from 6 to 8:30 p.m.

Meet at Chute Lake Elementary for shuttle to the park
(Note: no parking at the park, due to the event set-up)



Limited space!
Scan to register.



Upcoming Events in the Parks

FOSS is happy to post your event on its Facebook page and in the FOSS newsletter. If you have a sanctioned event on the trails in Myra-Bellevue or Okanagan Mtn. Provincial Parks—let us know! info@foss-kelowna.org

Regional District of Central Okanagan 'Night Sky Celebration' - please see the poster to the left.

The RDCO offers many hikes and events in our regional parks. For the current program guide, March-May, 2023, visit: [Attend nature programs and events - Regional District of Central Okanagan \(rdco.com\)](https://www.rdcocalifornia.com/attend-nature-programs-and-events-regional-district-central-okanagan)

May 13, 2023—

P.A.C.E. Sports Fitness is hosting the Wildhorse Traverse, a demanding 52 km. trail running race from the north end of Okanagan Mtn. Provincial Park to Naramata.



<https://www.pacesportsfitness.com>

Our newest Adopt a Trail Sponsor is a group of mountain bikers who have 'adopted' Outhouse Trail in Myra-Bellevue Provincial Park

Welcome to the Turbo Slugs!!!!

We now have 23 businesses or groups supporting the Adopt a Trail Sponsorship Program.

If you want to learn more about FOSS' Adopt a Trail sponsorship program, check out the information on FOSS' website under the 'Sponsorship Opportunities' tab and contact FOSS



The free draw at FOSS' AGM was very successful thanks to the awesome prizes donated by these sponsors



KARAT
CHOCOLATE + PASTRY
-BOUTIQUE-

\$100 Gift
Certificate

Two \$25 Gift Certificates from
Home Depot
Donated by Alan & Sylvia Milnes



A bottle of wine from an
anonymous donor's wine cellar

Two carry bags (anonymous)



Kelowna
Cycle the hub

\$50.00 Gift
Certificate

2 bottles of Peller Family Reserve 2019
Chardonnay
Donated by Sharon & Mike Shepherd

A free 1 month pass to



Value: \$275.00



\$250.00
Gift Card

One free entry for the Kettle Mettle Klassic Gravel Fondo

2023—Your choice of distance:

- 50K Medio Fondo (start in Chute Lake—value \$135)
- 100K Full Fondo (start in Penticton-Value \$190))
- 138K + Full Fondo Plus (start in Penticton-Value \$220.00)



Thank you to all the donors
for your support!