The Jones Boys & Girl
Automotive & Repair
Rick Jones
250-495-6366
jonboys@telus.net
Box 312 · 8301 - 72nd Ave.
Osoyoos, BC V0H 1V0

SO What
South Okanagan — eat, read, drink

Issue 2 · November 5, 2026 OSOYOOS · OLIVER · SOUTH OKANAGAN FREE · SOWhateditor@gmail.com

COYOTES

The Sun Bowl Reborn: How the Coyotes Became the Hottest Ticket in Town

By SO What

Down by the water, the late-autumn wind coming off Lake Osoyoos has a sharp bite to it, but inside the Sun Bowl Arena, there's an entirely different kind of energy. The bleachers are packed, the steel is chewing up fresh ice, and a town that was hungry for a Friday night destination has found its pulse again.

At the helm of this local revival is Justin Styffe—former player, former hockey school operator, former coach, and now part of the new family ownership team steering the Osoyoos Coyotes into their ambitious Junior A era.

Talking with Styffe, it becomes immediately clear that breathing new life into the franchise wasn't just a cold business calculation. It was personal.

"We took a bit of a detour in life, living up on the mountain, on an acreage, and we had a kid," Styffe reflects, looking back on the years following his exit from the Tri-Cities hockey scene. "And then, you realize that maybe you're born to do one thing, and you're a subject matter expert in this very niche world of hockey."

That niche world has now swallowed him whole—in the best possible way. The groundwork for the acquisition was quietly laid before last season, a tense, confidential period of sorting out financials, securing coveted Junior A status, and making sure the operational machinery was ready to roll. When the dust settled this past May, Styffe and the family officially took the reins.

The transition, by his own admission, was like jumping onto a moving train.

"You have all these schedules and these dates that are deadlines, but they're not of your choosing," Styffe says.

Yet, looking at the stands now, the frantic summer planning has paid off. Home games are regularly pulling in around 400 to 500 fans, with the home opener peaking at over 560.

Styffe is quick to point out that the goal isn't just about icing a competitive team—though sitting at 7-4 with an explosive, high-scoring roster certainly helps. It's about crafting a genuine community entertainment experience. New additions to the game-night lineup include colouring stations for the kids, beer garden upgrades, and clever local partnerships like the upcoming Golf Course Appreciation Night.

November also marks the debut of the Coyotes' first-ever daytime school games, where hundreds of local elementary and high school students will march over to the arena for a rowdy 11:45 a.m. puck drop, courtesy of Tim Hortons.

"Tuesday nights are typically poor draws," Styffe notes with a grin. "So we had to get creative. The kids are all going

Continued on page 2

INSIDE

Osoyoos Connect: New Management	2	Funny Councillor in Kelowna	5
After 12 Years, a New Mayor	2	Baldy's First Cat Skiing	6
Mythbusting Health: Low Back Pain	3	Your Stars: Horoscope	6
Highway to Healing's Mission	3, 7	The Crossword	7
Gossip: A Most Curious Arrival	4		



Coyotes owners Justin and Christie Styffe with their daughter.
Photo courtesy of Klotz Productions

"You realize that maybe you're born to do one thing, and you're a subject matter expert in this very niche world of hockey."



SO What takes over Osoyoos Connect

The town's largest Facebook group is under new management. The story on page 2.

Lady of the Quill is listening

Whispers and town happenings from our anonymous columnist. Gossip, page 4.

The crossword

Bigger and tougher than Issue 1, every answer with a local connection. Page 7.

COYOTES · CONTINUED FROM PAGE 1

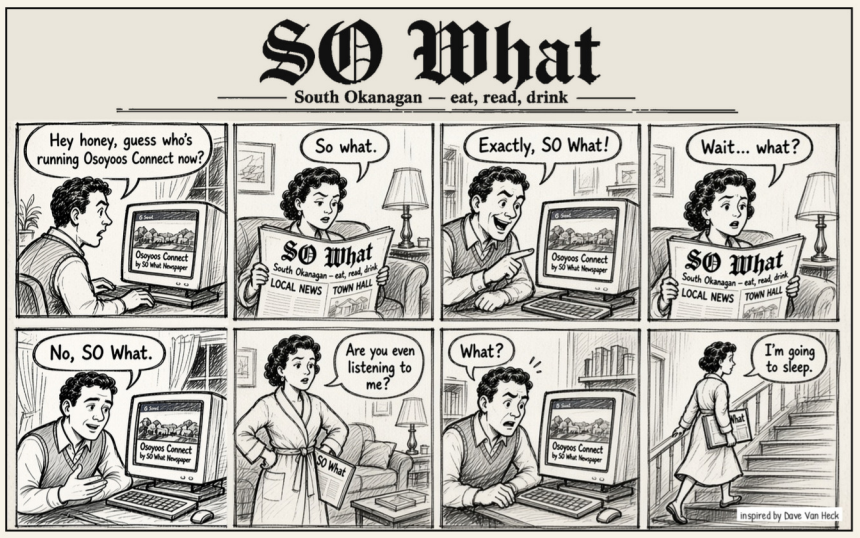
to walk up from the elementary school. It'll be a super cool day."

Running a junior hockey club is a family affair from top to bottom. Justin's mother stepped out of a brief retirement just in time to serve as the team's secret weapon at the box office. His wife, Christie, is also right along for the ride, running around the rink with one eye on the kids and the other on the merchandise stand.

Of course, it hasn't been without its hurdles. Finding enough billet families for a roster of young players moving to town from across BC and Alberta proved to be one of the steepest initial climbs. Balancing player trades, personal lives, and community expectations keeps them on their toes daily.

"We're lucky that we've found a really solid group," Styffe says, "and we are so thankful for them."

As the weather cools and the mountain winds pick up, the Coyotes are poised for an even bigger winter surge. With high aspirations for a deep playoff run, a buzzing social media presence, and a packed calendar of community-driven events, Styffe and his crew have managed to turn a local sports franchise into a town-wide rallying cry.



OSOYOOS CONNECT

Osoyoos Connect Under New Management

By SO What

Osoyoos Connect, the town's largest Facebook group, has changed hands.

Founders Eileen and MaryAnn, who started the group about five years ago, are stepping away. SO What, this local community paper, has taken over as administrators.

The group has grown to more than 28,000 members, several times the population of Osoyoos. Members use it to track down lost pets, find tradespeople, promote events, buy and sell, and ask where the fire trucks were headed last night.

Running it has been unpaid work. Group administrators approve posts, remove scams and step into arguments when they get out of hand. MaryAnn and her crew of moderators did that for five years, largely without thanks.

No immediate changes are planned. The group will continue to be moderated in line with Facebook's Community Standards.

The longer-term goal is to use the group alongside the paper to find new ways of serving Osoyoos. No specific plans have been announced, and members are being asked for suggestions first.

Several times the population of Osoyoos.

More than 28,000 members

Ideas can be posted in the group or sent to SOWhateditor@gmail.com.

ELECTION 2026

After 12 Years, Osoyoos Has a New Mayor

Dustin Sikora is Osoyoos's new mayor.



The new town council, mayor and water councillors take their seats for the first time on Nov. 3, 2026.

Photo courtesy of Teresa Launier.

Advertise in
SO What
South Okanagan — eat, read, drink

The free local community paper for Osoyoos.
Put your business in front of your neighbours.

SOWhateditor@gmail.com
sowhatnews.ca

HEALTH

Mythbusting Health: Low Back Pain

By Johnny Cheong



Low back pain is to chiropractors what no-turning-left is to Osoyoosans once May long hits: we see it every day, multiple times a day. So what exactly is this uninvited enigma that causes all the moaning and groaning getting out of the car, chair or bed first thing in the morning? Today we kick off a multi-part journey into LBP.

First, how common is it? 25% of adults had LBP in the last 3 months, and 65-80% will have one or more episodes in their lives. The Global Burden of Disease study named it the leading contributor to disability and lost work days, and it costs Canada $6-12 billion in medical expenditures.

Most of what we see is mechanical or non-specific LBP, meaning no recognizable pathology. It could be muscles, fascia, joints, discs, nerves or arthritis. I firmly believe it is never just one thing, so one thing can't be fully excluded. A negative disc test doesn't get the disc off scot-free. It might be 5% disc, 30% joint, 20% muscle and so on. That's why we pack so many tools in the toolbox. The adjustment is what we're known for, but it isn't a silver bullet. You can't fix everything with a hammer, so we add soft tissue therapy, muscle energy techniques, cupping, IASTM and rehab exercise.

Now, the disc. Imagine a jelly donut. The tough woven dough is the anulus fibrosus and the soft jelly inside is the nucleus pulposus. A herniation is the jelly rupturing through the dough, often pressing on nerves. A bulge is the milder version, where the jelly damages the dough without bursting through. Either way, nerves and the spinal cord get pressured, which is why discs are so tied to nerve pain.

> *"The adjustment is what we're known for, but it isn't a silver bullet."*
>
> — Johnny Cheong

There is a silver lining to aging: the jelly dehydrates, which lowers herniation risk. That's why healthcare is shifting from "Degenerative Disc Disease" to "Aging Disc Syndrome." Disc dehydration is inevitable, contributes to height loss, and isn't necessarily pathology. The old term creates confusion, panic and fear. Discs shrink like wrinkles and reading glasses appear, and that's okay.

The good news is that bulges and herniations resorb in a majority of cases (59-66%), in about 7 months give or take 2. Treatment is fairly simple: soft tissue therapy, mobilization and manipulation of the affected segments, and most importantly the McKenzie Extension Protocol, a set of exercises that encourage the disc to get sucked back in.



COMMUNITY

Community Drive and Generosity Fuel Highway to Healing's Mission for South Okanagan Families

By Sara van der Hoeven

Enter Highway to Healing Support Society (H2H). Founded in 2013, this grassroots charity steps in to ensure that local parents never have to face that journey alone. Whether it is covering the rising cost of fuel, securing a hotel room for an extended hospital stay, paying for parking, or ensuring the family has meals while away from home, Highway to Healing provides immediate, direct, and compassionate financial relief.



A cornerstone of the organization's promise is transparency: 100% of all funds raised go directly to families in our local South Okanagan communities, ensuring that every single dollar contributed makes a real, immediate difference right where it is needed most.



Supporters present a cheque to Highway to Healing.

How Families Access Help: Direct, Simple, and Confidential

Navigating a medical crisis with a child is overwhelming, so Highway to Healing makes asking for financial assistance as simple and stress-free as possible. There are no complicated forms, strict income caps, or endless bureaucratic

Continued on page 7

GOSSIP

A Most Curious Arrival in the South Okanagan

By Lady of the Quill



Dearest readers,

Well, well. It appears the written word has not yet been rendered entirely obsolete by Facebook comments, community gossip, and the occasional strongly worded paragraph typed in ALL CAPITAL LETTERS.

How positively reassuring.

It is with considerable curiosity, a freshly sharpened quill, and absolutely no intention of revealing my identity that I make my debut in the pages of SO What. A newspaper, you say? How wonderfully traditional. One can only hope my words will be read before being used to line a birdcage, prop up a wobbly table, or disappear beneath a pile of grocery flyers.

For those unfamiliar with my work, allow me to introduce myself.

I am a humble observer of all things local, a collector of curious happenings, and perhaps the only lady in the South Okanagan who can hear a whisper in Oliver and have it arrive in Osoyoos wearing a completely different outfit.

My name, dear readers, is of little consequence. My quill, however, is another matter entirely.

I take no sides, pass no personal judgments, and offer no unsolicited opinions. I simply observe, inquire, and report. What readers choose to make of it is, of course, entirely their own business. And if there is one thing a small town has taught us, it is that everyone has an opinion — even those who insist they don't read the comments.

My interests are wonderfully broad. A curious development on Main Street? Intriguing. A local event worth marking on the calendar? Do tell. A new business opening its doors, an old establishment making headlines, or a community happening that has everyone asking, "Did you hear about that?" Consider my attention suitably captured.

And let us not forget the everyday dramas that make life in our corner of the world so entertaining. In a region where the weather, the traffic, the tourists, the town council, and the neighbour's latest home improvement project can all become subjects of lively discussion, one is rarely left wanting for material.

Naturally, I shall endeavour to separate the genuinely interesting from the merely whispered, and the amusing from the entirely unverifiable. A lady must maintain certain standards, after all. Even scandal deserves a little fact-checking.

But dear readers, a column such as this cannot thrive on observation alone. It requires correspondence. It requires curiosity. And, most importantly, it requires you.

Have you heard of something happening in Oliver, Osoyoos, or the surrounding South Okanagan that deserves a little attention? Is there an upcoming event, a curious local development, a community success, or a question you suspect others are wondering about, too?

Then I invite you to put quill to paper — or, more realistically, fingers to keyboard — and send your tips, town happenings, and curious observations to Theladysquill@gmail.com.

Do be a dear and include the details that can be verified. Names, dates, and facts are far more useful than a sentence beginning with "I probably shouldn't tell you this, but..." Although I confess, such openings do tend to pique one's curiosity.

As for my own identity? Ah, now. A lady must have some secrets.

You may encounter me in the grocery store, pass me on the street, or find yourself seated beside me at a local event. You may even have told me something interesting without realizing it. And should you ever suspect you have discovered my identity, I encourage you to keep that suspicion to yourself. Mystery, after all, is considerably more entertaining than confirmation.

So, South Okanagan, consider this your formal introduction. I shall be keeping an eye on the happenings, an ear open for the whispers, and a quill ever at the ready.

Should you have a tale worth telling, a happening worth sharing, or a curiosity that refuses to be ignored, you know where to find me. My inbox remains open, my identity remains a mystery, and my quill is rarely short of ink.

Until our next correspondence, dear readers, do try to behave yourselves.

Though, between you and me, that would make for a rather dull column.

Yours in whispers and town happenings,

Lady of the Quill

The South Okanagan's most curious observer



CALM BY DESIGN
MAYNE Salon
CONFIDENT BY INTENTION
JAMEE
@hairbyjamee
jameemay.redken@gmail.com
250-495-7909
2-7405 85th St
Osoyoos BC
Book your next appointment

AROUND THE VALLEY · KELOWNA

He Barely Wanted To Do This. Kelowna Said Too Bad.

Brady Rogers ran on lawn signs that mostly apologized for him. He finished fourth out of 37.

By SO What







"Funny is different than unserious."

One of the more peculiar municipal campaign strategies garnering international attention was happening just up the road from us.

In Kelowna, 33-year-old engineer and shop owner Brady Rogers ran for city council on signs that made him look like he'd been dragged to the photo shoot. Same Dadlife T-shirt on every one. Same face as a man who has just been asked to help someone move a couch. One even promised he was "Under 60!", which is true by about 27 years.

The best of the lot says "Brady Rogers FOR MAYOR" in big letters, then underneath, smaller: "Just kidding. City Council."

The signs went viral, and he ended up explaining himself on NewsNation, a U.S. cable channel. "Funny is different than unserious," he told the Vancouver Sun, and under the jokes he ran on transit, housing and small business.

It worked. On Oct. 17 he finished fourth of 37 candidates for eight seats. His victory speech was a selfie video: "I guess I'm on council now. So I'll do that for the next four years."



"I guess I'm on council now."



Campaign signs: Brady Rogers campaign

SKI SEASON

Baldy Mountain Resort introduces Okanagan's first cat skiing operation

By Natalie Bruckner



Baldy's 12-passenger snowcat.

Baldy Mountain Resort is set to break new ground this winter when it becomes the first resort in the Okanagan to offer cat skiing, the resort says.

While cat skiing operations exist at resorts such as Red Mountain Resort and Panorama Mountain Resort in the Kootenays, Baldy's addition marks a significant expansion of terrain and experience in the region.

When the resort opens for the 2026–27 season, skiers and snowboarders will gain access to roughly 120 acres of new cat-served terrain above the existing lift network. The new zone stretches from the top of the Eagle chairlift to Baldy's peak, adding about 180 metres of vertical and bringing the resort's total vertical to more than 500 metres.

"The idea is to eventually get to the top, but that would be much later down the road," said general manager Brandan Datoff. "In the meantime, just the opportunities that are above Eagle made sense."

The terrain itself is wide open with bands of trees, offering a mix that appeals to intermediate and advanced riders. According to Datoff, a visiting avalanche professional noted similarities to terrain typically accessed through heli skiing operations.

Previously accessible only by hiking, the area will now be reachable via a repurposed snowcat, providing a faster and more comfortable option for guests.

"We've owned that cat for quite some time now, and we were just looking at our grooming fleet and wondering what to do with the old snowcat," Datoff said. "Most of the time you can't get a lot of funds off a used machine, so we were able to find a used cat cabin for 12 passengers, and we're reinvesting those funds into it."

The resort plans to operate the cat skiing service from Friday through Sunday, with single rides priced at $35. Access to the cat requires a valid lift ticket or season pass to reach the Eagle chairlift.

"We are encouraging people to pre-book," Datoff said. "We'll have walk-ons when available, but if the cat is privately booked then there won't be any availability for that day."

Bookings are already open online, with an availability calendar in place ahead of the season.

The new offering is part of a broader push by Baldy to expand its appeal while maintaining its reputation as a family-friendly mountain and what the resort calls B.C.'s most affordable resort. In recent years, Baldy has invested heavily in grooming operations and terrain park upgrades to attract a wider range of skiers and riders.

"Our grooming has immensely improved. I would say we've got some of the best grooming in the valley now," Datoff added.

The cat skiing terrain will be accessed via an existing summer road, which is already used by staff and some backcountry users during the winter months.

BARN OWL EATERY & CAFÉ
Fügassa BY BARN OWL



Fügassa Italian
Sandwiches · pick up at Barn Owl
Eat. Drink. Stay awhile.
6511 Main Street, Osoyoos
barnowleatery.square.site

Off the slopes, Baldy continues to build its year-round presence with summer hiking, community events, and mountain biking. "We're all pretty excited up here, that's for sure," said Datoff.

Since this interview, Brandan Guyot has replaced Datoff as general manager.

Your Stars

Aries (Mar. 21–Apr. 19)
You've been pretending that noise under the hood is "character." It isn't. A trip to Jones Boys Automotive will get your car running smoothly.

Taurus (Apr. 20–May 20)
You are a creature of routine, and this month your routine is a mug at Gino's Coffee House on Main Street. The stars say hello to the person who's always at the next table.

Gemini (May 21–June 20)
You can't decide between staying in and going out, so do both: watch the Coyotes at the Sun Bowl. Can't decide on your hair? Mayne Salon on 85th Street is calm by design.

Cancer (June 21–July 22)
Your nest needs work. Before you start digging a garden, a pond or a basement in your imagination, talk to Maybros Excavation. Some holes are better left to professionals.

Leo (July 23–Aug. 22)
You need an audience. The Barn Owl Eatery & Café is full of people who'd love to hear your opinions on council. Sit down, eat something, and remember the motto: stay awhile.

Virgo (Aug. 23–Sept. 22)
You've reorganized the junk drawer twice this week. Time to reward yourself with a warm cup in one of Junction 3's heated winter igloos. Organized people deserve cozy, too.

Libra (Sept. 23–Oct. 22)
Balance is everything. A Fügassa sandwich from the Barn Owl in one hand, a coffee from Gino's in the other. Your hands are full. Your car door, unfortunately, is locked.

Scorpio (Oct. 23–Nov. 21)
You smell a mystery. Lady of the Quill is somewhere in town, and she would like to hear from you. Need to blow off steam? The Osoyoos Wildlife Federation's Pumpkin Shoot on Nov. 7 promises exploding pumpkins.

Sagittarius (Nov. 22–Dec. 21)
The open road calls. Before you point the car toward Baldy, let Jones Boys have a look at it. The mountain doesn't care about your winter tires. You should.

Capricorn (Dec. 22–Jan. 19)
You work too hard and you know it. Go yell at a Coyotes home game instead of your inbox, then warm up with a made-in-house soup at Queen of the South on Main Street.

Aquarius (Jan. 20–Feb. 18)
You've had a big idea for the backyard since July. The stars say make the call to Maybros Excavation and ask for the free estimate.

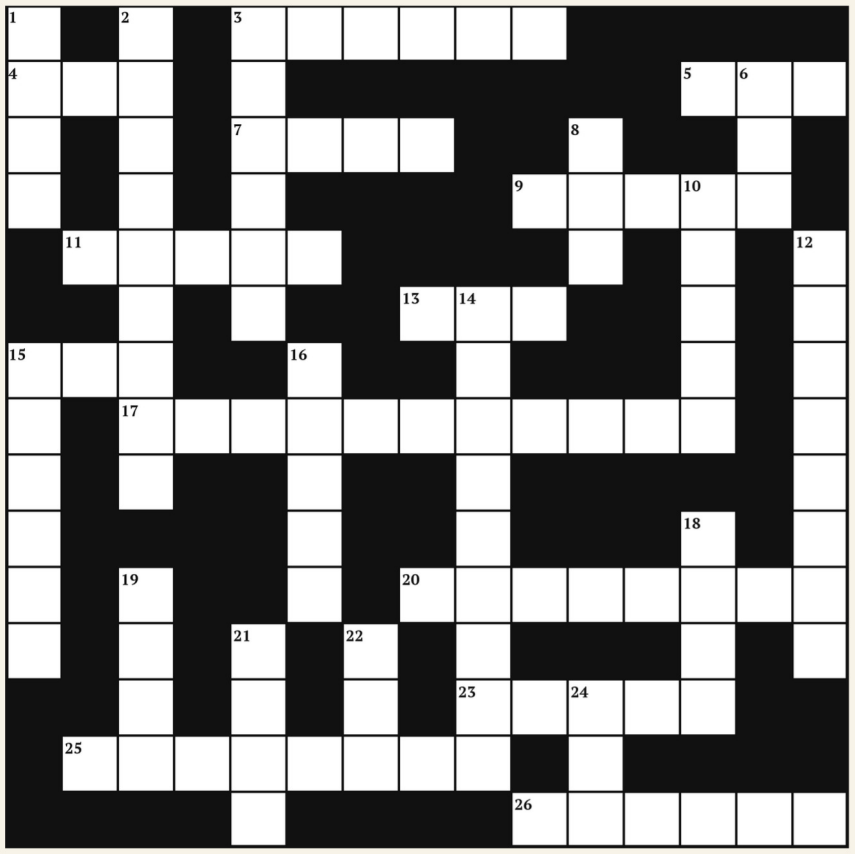
Pisces (Feb. 19–Mar. 20)
You feel everything deeply, including that twinge in your lower back. Get up out of that chair slowly, then treat yourself to a coffee at Gino's and let somebody else pour.

PUZZLES

The South Okanagan Crossword

Bigger and tougher than Issue 1. Every answer has a local connection. Answers upside down at top right.

SO What is published by Kevin Mistry, printing provided by Power House Prints.



ACROSS

3. What you cross to reach Oroville (6)
4. Long period (3)
5. Golf club peg (3)
7. Osoyoos ___ (4)
9. Mount ___, the peak west of town (5)
11. Office won by Dustin Sikora (5)
13. Where the advisory water comes from (3)
15. Lyric poem (3)
17. River valley that's home to Keremeos (11)
20. Early-summer orchard crop sold at fruit stands (8)
23. Volleyball kill (5)
25. Okanogan County town with the Iron Grill (8)
26. Wednesday volleyball group (6)

DOWN

1. Strung across the sand at the beach (4)
2. Metal behind this fall's water advisory (9)
3. It's tallied after the polls close (6)
6. Flightless bird (3)
8. Fish eggs (3)
10. Tree that turns gold on the highlands (5)
12. Conconully races one down Main Street (8)
14. Mountain the Crowsnest Highway climbs east of town (9)
15. Fish hawk (6)
16. Baldy's upper ___, reached by snowcat (5)
18. Valley export (4)
19. ___ Beach, home of Wednesday-night volleyball (4)
21. Washington city with a Christmas on Main parade (4)
22. Large deer of the highlands (3)
24. Sun Bowl surface (3)



ANSWERS

South Okanagan excavation — done right
Family owned & operated · Local
Site prep · Foundations
Clearing & grading
Trenching · Driveways
Drainage
Osoyoos · Oliver · Penticton
Summerland · Kelowna
maybrosexcavation.com
FREE ESTIMATES
MAYBROS EXCAVATION

HIGHWAY TO HEALING · CONTINUED FROM PAGE 3

loops.

Here is how local families access support:

Check Community Eligibility: Assistance is available to families residing in South Okanagan communities, including Oliver, Osoyoos, and Okanagan Falls.

Reach Out Directly to the Board: A family member, or a friend acting on their behalf, simply sends a message directly to the Highway to Healing board via email at info@highwaytohealing.org or through the contact portal on highwaytohealing.org.

Quick & Confidential Review: The request goes directly to the volunteer board members, who review the situation promptly and coordinate immediate financial travel support tailored to the family's specific out-of-town medical needs.

Whether a trip to BC Children's Hospital in Vancouver or a specialized clinic is for a single diagnostic appointment or requires months of ongoing treatment, the H2H board ensures help gets to the family quickly.

The vital work accomplished by Highway to Healing relies entirely on the generosity of local businesses, community clubs, and compassionate neighbours. Recent weeks have highlighted just how powerfully the community answers that call.

The Swinging Skirts Golf Tournament hosted a phenomenal event last month, rallying golfers and local supporters to raise an incredible $10,000 for Highway to Healing.

The Rusty Nuts Car Club recently contributed $2,000 directly from their event proceeds to bolster the cause.

Contributions like these translate directly into tangible relief for a family driving back and forth for treatment, lifting a massive financial weight off their shoulders.

To understand the heartbeat of Highway to Healing, look at the human side of the equation. Imagine a parent receiving news that their child requires ongoing treatments hours away from home. Suddenly, they are juggling lost wages from taking time off work, skyrocketing fuel bills, expensive overnight parking at medical centres, and daily meal costs away from their kitchen.

For many, these unexpected out-of-pocket expenses create a devastating secondary crisis during an already agonizing time. Highway to Healing bridges that gap. By taking care of the travel burdens, they allow parents to focus entirely on what matters most: holding their child's hand, comforting them through treatments, and staying strong as a family.

Highway to Healing is a volunteer-driven mission, and as the demand for support continues to grow, the organization is actively seeking new partners and board members to keep momentum going.

Partner as a Sponsor or Host a Fundraiser: Whether you represent a local business looking to give back, or a group wanting to host a car show, golf tournament, or community event, local initiatives are the lifeblood of this charity.

Join the Board of Directors: Highway to Healing is actively looking for passionate, community-minded individuals to sit on the board to help guide the charity's future, shape local outreach, and ensure every eligible family receives support.

Whether you are a family in need of travel assistance, a local business wanting to sponsor an initiative, or a resident interested in joining the board, reach out to the team today:

Email: info@highwaytohealing.org

Website: highwaytohealing.org

OSOYOOS COYOTES

Home Games · 2026–27 Season

2026–27 HOME SCHEDULE · SUN BOWL ARENA

NOVEMBER

Nov 10	11:45 am	vs Grand Forks
Nov 13	7:50 pm	vs Kimberley
Nov 14	7:50 pm	vs Kimberley
Nov 21	7:50 pm	vs Fernie
Nov 27	7:50 pm	vs Chilliwack
Nov 28	7:50 pm	vs Kamloops

DECEMBER

Dec 12	7:50 pm	vs Merritt
Dec 18	7:50 pm	vs Fernie

JANUARY

Jan 2	7:50 pm	vs Grand Forks
Jan 3	3:00 pm	vs Nelson
Jan 5	12:00 pm	vs Grand Forks
Jan 9	7:50 pm	vs Princeton
Jan 23	7:50 pm	vs Fernie
Jan 30	7:50 pm	vs Quesnel

FEBRUARY

Feb 12	7:50 pm	vs Columbia Valley
Feb 13	7:50 pm	vs Columbia Valley
Feb 21	3:00 pm	vs Beaver Valley
Feb 24	7:50 pm	vs Nelson

Tickets: osoyooscoyotes.com · Showpass

Sun Bowl Arena · 9301 Hummingbird Lane, Osoyoos