



invites people to his office to talk, laugh and cry in an atmosphere that doesn't judge them as weak or weird for their need to talk about their loss. They can tell their story again and again, an essential part of the healing process, to people who won't suggest they suck it up and get over it.

"Crying is the most misunderstood coping tool we possess," Louis LeGrand writes in *Healing Grief, Finding Peace*.

"Give sorrow words," William Shakespeare writes in *Macbeth*. "The grief that does not speak whispers the o'er-fraught heart and bids it break."

grief group meets at the COHA office at 1456 St. Paul St. in Kelowna, 10 a.m. to noon, from March 19 to May 7.

"Attending the group is an opportunity to connect with others who are also grieving," said Karen MacKay, COHA's volunteer services manager.

"The group allows you to travel your own path because there is no single way to grieve correctly. You listen to others and share with them in a safe and supportive environment."

To register, phone 250-763-5511 or email bereavement@hospice-coha.org.

most people choose to ignore that grief, often overwhelming, so they use alcohol or drugs, legal and illegal, to overcome the nagging, persistent feelings of sorrow and discontent.

Some grief experts claim many societal problems are caused by unacknowledged grief — not just grief over the loss of someone important, but any significant loss whether a relationship, a job or a dream.

"That sounds rather dramatic, but we have no idea how many of the things we call social problems had their beginnings in grief that was not properly dealt

not yet accepted the full package life brings to us. Everything given is also lost, redeemed by us only though a more conscious affirmation of values that we continue to serve."

In his book, *Manning* quotes from *Forever Remembered*, by Dan Zadra:

When one of his classmates died, an eight-year-old friend visited the boy's home one day after school.

"What did you say?" asked his mother gently when the child returned.

"Nothing," he replied. "I just sat on his mom's lap and helped her cry."

VALLEY IN BRIEF

Sweet fundraiser double delicious

This year's Jour du Macaron fundraiser will be twice as much fun with the colourful confections being celebrated for two days instead of only one.

The annual event will be held on Thursday and Friday, with 25 per cent of all macaroon sales for the two days being donated to the Kelowna General Hospital Foundation's Be a Lifesaver Campaign.

Be a Lifesaver's mission is to ensure the Interior Heart and Surgical Centre at KGH opens fully outfitted with the state-of-the-art equipment and the support it needs to improve and save lives.

Participating locations are Sandrine French Pastry and Chocolate, 1865 Dilworth Dr., 8:30 a.m. to 6 p.m.; Urban Fare, 3155 Lakeshore Rd., 8 a.m. to 8 p.m.; and Kelowna

for green awards

Do you know of an individual, group, business or organization contributing to the sustainability of the North Okanagan?

Now is your chance to recognize community leaders who are helping to make the North Okanagan a great place to live. The Regional District of North Okanagan Environmental Leadership Awards and City of Vernon Sustainability Awards are now open for submissions.

Categories for the RDNO Environmental Leadership awards include: Community Clean Up, Invasive Plants Control, Parks and Trails Stewardship, Sustainability, Waste Reduction and Recycling, and Water Stewardship.

The City of Vernon Sustainability Award categories include: Building and Development, Sustainable Business, Community Sustainability and Youth Sustainability Initiatives.

The nomination deadline is April 22. Forms and detailed descriptions of each category are available at either the RDNO or City of Vernon office or online at [www.rdno.ca/environmental\\_leadership](http://www.rdno.ca/environmental_leadership) or [www.vernon.ca/sustainability](http://www.vernon.ca/sustainability).

Subscription rate set to change

Effective April 1, the home delivery rate for *The Daily Courier* will be moving to \$18 monthly for home delivery and \$19 monthly for motor delivery. Subscribers will notice the adjusted rates on their next renewal or when their next monthly payment is withdrawn after April 1.

Complete rates for all distribution areas will be available on our website at [www.kelownadailycourier.ca](http://www.kelownadailycourier.ca), or call *The Daily Courier* at 250-763-4000.

— *The Okanagan Sunday*

OKANAGAN

B.C.'s new water law welcomed

Special to The Okanagan Sunday

The Okanagan Water Stewardship Council's initial reaction to last Tuesday's introduction of a new water law in the B.C. legislature is positive, but a council committee will now analyze it and respond officially to the province in the next few weeks.

The council is the technical advisory body to the Okanagan Basin Water Board. Whereas the board is made up of elected regional district directors from throughout the Valley, the council is made up of members representing 26 agencies interested in water, including fruit growers, cattlemen, conservation groups, forestry, Interior Health,

post-secondary institutions, First Nations, local and senior government officials in environment, fisheries, agriculture, real estate boards and more.

At Thursday's regular monthly council meeting in Kelowna, members discussed provisions of the new Water Sustainability Act, which modernizes the 105-year-old Water Act.

"I'm very pleased to see the new legislation advanced to first reading," council chair Don Dobson said in a news release. "My initial review suggests that ministry staff gave serious consideration to recommendations provided by the OBWB. I'm looking forward to reviewing the document in detail."

Nelson Jatel, water stewardship

director for the OBWB, read the new act prior to the meeting and outlined key provisions for council members. He pointed out that the board's recommendation that groundwater use be regulated has been imbedded in the new act where it is treated similarly to surface water in terms of protection and use. It also includes requirements for the protection of water to sustain the natural environment (e.g. water for fish); and provides for an agriculture water reserve (e.g. ensuring water for food crops) — two other recommendations from the Okanagan.

The concept of water sustainability plans, unique to different watersheds, has been introduced, replacing water management plans.

These would regulate water use in specific watersheds, he added. New administrative penalties have also been introduced in the legislation, along with new enforcement provisions.

"It's definitely moving in the right direction," said Jatel.

During the coming weeks, there's a consultative period regarding water pricing, which will also be included in the new act. Jatel said the OBWB and its council will be contributing to this discussion.

A schedule to the legislation, naming protected rivers in the province, does not include any in the Okanagan. This is another issue the council has said it will take up with the province.

**SUNDAY OPEN HOUSE LOCATOR**

SUNDAY MARCH 16, 1:00 - 3:00 PM  
970 BARTHOLOMEW COURT \$549,000

SUNDAY MARCH 16, 1:00 - 3:00 PM  
#102-260 FRANKLYN ROAD \$220,900

**OPEN HOUSE SUNDAY 1:00-3:00 PM**

\$220,900

#102-260 FRANKLYN ROAD

Vacant for quick possession! This move in ready condo is the perfect starter home, or great for investment! 2 bedrooms, 2 baths, brand new laminate flooring, huge master bedroom with walk-in closet, 3 piece ensuite and door to large balcony. Spacious kitchen opens to living & dining room, great for entertaining! Private balcony overlooks fenced in green space. Added bonus...comes with 2 underground parking spaces!!! Don't need 2 parking spaces??? Rent one out for a monthly fee and extra income!!! Pets allowed with restrictions, rentals allowed and no age restrictions! Close to park, schools, shopping and public transit! MLS#10077419.

Hosted by Charlene Volk

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**OPEN HOUSE SUNDAY 1:00-3:00 PM**

\$549,000

970 BARTHOLOMEW COURT

An impressive 3214sq.ft rancher with 4 bedroom and 4 bath, designed with an abundance of windows to enjoy view of Okanagan lake and valley by day and city lights at night. Home is very bright open concept and immaculate neutral decor! Master bedroom with walk-in closet and 3 piece ensuite, living room with fireplace and large bay window. Sunroom is full of windows and sliding door to open deck and glass railing. Lower level features in-law suite with 2 bedrooms and 2 full baths. Attached double car garage and large wooden garden shed in backyard! The property has been well maintained. New roof (2009); Furnace (2010); Hot water tank (2013) and driveway is newly covered. Great location close to schools, hospital and bus stop at backdoor! MLS#10077076

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