

RECREATION REPORT

Get involved with triathlon or Rattlesnake Island Swim

CHERYL WIEBE
SPECIAL TO THE PEACHLAND VIEW

There are so many ways to get involved in your community. There are two major events happening in the coming weeks. The 18th Annual Peachland Triathlon will take place on Sunday, July 28 at 7 a.m. starting at Swim Bay. The scenic route features a sprint distance course with a 750-metre open water swim, 20K bike, and a 5K run.

Participants can tackle the race as an individual or as a team (each team member participating in a leg of the race.) Registration is open until Friday, July 26 at 12 noon. Volunteers are still needed for this event – call 250-767-2133 to get register or get involved.

There are also various roads and parking lots/stalls that will be closed

for the triathlon:

- Yacht club parking on Beach Avenue and 12th Street;
- Beach Ave from 1st Street - 13th Street (alley way access is permitted between 1st and 6th Streets); and
- Parking stalls directly in front of the Edgewater Hotel and Waterfront Grill Restaurant.

Residential access will be permitted. Please be cautious of athletes on the road. Roads and downtown parking stalls will be open at approximately 9 a.m. The parking lot at the yacht club will open after the conclusion of the race.

The Rattlesnake Island Swim will take place on Saturday, August 10. Participants choose from the 3.1K or the 7K route, which ends at Swim Bay. Registration is available until 12 p.m. on Friday, Aug 9. Volunteers, paddlers and boats



are needed for this event. Call 250-767-2133 to get involved.

Finally, the Recreation Department is assembling

information for the fall recreation guide. Do you have a program idea or skill to share? Contact Pelma to discuss

your idea and she will get you started on a program plan to launch your idea.

For more information

or to get involved in these races or recreation opportunities, call 250-767-2133 or visit www.peachland.ca.

BE WATER WISE

Xeriscape – not zero-scape – your yard

CONTRIBUTED

Yards can be designed to reduce the amount of water – and time – needed for maintenance.

Xeriscape, a word derived from the Greek word “xeros” for dry, is gardening in a way that reduces the need for more water than what nature provides. In the Okanagan, 24 per cent of all our water is used on residential lawns and gardens – this is the second highest use after agriculture. By changing the way we design our yards and



adopting xeriscape principles, we can significantly reduce the amount of water we use.

The Okanagan Xeriscape Association (OXA) is a great local resource for xeriscape information. Among the many reasons to xeriscape, OXA suggests it can:

- Enhance the value of

your home;

- Save time with less watering, trimming, weeding and mowing;
- Save money with less water, chemicals and fertilizer; and
- Eliminate pesticide and herbicide use.

You can create an amazing flower garden, choosing from hundreds

of plant species that thrive in the Okanagan. Find a fantastic database on the OXA site at okanaganxeriscape.org.

There are seven principles to xeriscape. They are:

- Planning and design - Know which conditions will influence water use (sun and wind exposure, slopes) and plan to group together plants with similar water needs;
- Soil improvements - Use compost, peat moss, manure and other amendments to improve heavy clay or sandy soils that will better retain moisture and nutrients;
- Plant selection - All plants need water while they are being estab-

lished, but choose low water-variety items that can withstand dryness and high temperatures;

- Practical turf - Reduce turf as much as possible, while retaining some for functionality. Consider over-seeding remaining lawn with drought-tolerant turf which requires less water, and less mowing since it grows slower;
- Efficient irrigation - Water deeply and less frequently. Hand-water, or use soaker hoses and drip-irrigation that deliver water directly to the base of your plants. A healthy, mulched garden or lawn should only require one inch of water per week;
- Mulches - Apply compost, well-rotted manure

or wood chips to soil surface to reduce evaporation and moderate soil temperature. This can also help control weeds and erosion. Be aware that rock mulch can intensify heat on your plants, making it less suitable; and

- Appropriate maintenance - Sit back and relax. You'll still have to mow, water, mulch and weed, but not nearly as often.

Learn more at www.makewaterwork.ca, then take the pledge and enter to win \$5,000 in WaterWise yard upgrades thanks to Kelowna Gardens.com. Make Water Work is an initiative of the Okanagan Basin Water Board and its Okanagan WaterWise program.

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Shayn Moritz, CFP
5860B Beach Avenue
Peachland, BC V0H 1X7
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