



FOOD, FURNITURE, CLOTHING & POSTAL SERVICES

The Four Food Chiefs

As told by NK'MIP Desert Cultural Centre, 1000 Rancher Creek, Osoyoos, BC V0H 1T6 (source: <https://kettlevalleyexpress.com/the-guide/thompson-okanagan/the-four-food-chiefs>)

In the world before this world, before there were people, and before things were like they are now, everyone was alive and walking around like we do. All Creation was talking about the coming changes to their world. They had been told that soon a new kind of people would be living on this earth. Even they, the Animals and Plant people, would be changed. Now they had to decide how the People-To-Be would live and what they would eat. The four Chiefs were: Skimxist (Bear), Ntytikxw (Salmon), Speetlum (Bitterroot) and Seeya (Saskatoon). They held many meetings and talked for a long time about what the People-To-Be would need to live. All of the Chiefs thought and thought. "What can we give to the People-To-Be to eat that is already here on earth?" they asked one another. "There seems to be no answer." Finally, the three other chiefs said to Skimxist, "You are the wisest and the oldest among us. You tell us what are you are going to do." Skimxist said, "since you have all placed your trust in me, he said, "I will give myself and all the animals that I am Chief over, to be food for the People-To-Be." Then he said to Ntytikxw, "what will you do?" Ntytikxw answered, "You are indeed the wisest among us. I will also give myself and all the things that live in the water as food for the People-To-Be." Speetlum, who was Chief of all the roots under the ground said, "I will do the same." Seeya was last. He said, "I will do the same. All the good things that grow above ground will be the food for the People-To-Be." Chief Skimxist was happy because there would be enough food for the People-To-Be. He said, "Now I will lay myself down to make these things happen." Because he was the greatest Chief and had given his life, all the People-That-Were (The Animal People) gathered and sang songs to bring him back to life. That was how they helped heal each other in that world. They all took turns singing but Skimxist did not come back to life. Finally, Fly came along. He said, "You laid your body down. You laid your life down." His song was powerful. Skimxist came back to life. Then Fly told the four Chiefs, "When the People-To-Be are here and they take your body for food, they will sing this song. They will cry their thanks with this song." Then Skimxist spoke for all the Chiefs, "From now on when the People-To-be come, everything will have its own song. The People-To-Be will use these songs to help each other as you have helped me." That is how food was given to our people. That is how songs were given to our people. That is how giving and helping one another was and still is taught to our people. That is why we must respect even the smallest, weakest persons for what they can contribute. That is why we give thanks and honour to what is given to us.

Grocery Stores

Penticton

- Safeway, 801-1301 Main Street, Penticton; 250-487-2103
- Market Place IGA, 1160 Government St, Penticton; 250-493-7713
- Real Canadian Superstore, 3100-2210 Main St, Penticton; 250-487-7700
- Walmart Canada, 275 Green Ave W, Penticton; 250-493-8396

Summerland

- SmartShopper Value Variety Convenience, 232 Main St, Summerland; 250-493-5300
- IGA Grocery Store, 7519 Prairie Valley Rd, Summerland; 250-494-4376

Oliver

- Buy-Low Foods, 5717 Main St, Oliver; 250-498-6440
- Kevin's No Frills, 5955 Main St #2000, Oliver; +1 866-987-6453

Osoyoos

- Buy Low Foods, 9129, 3 Main St, Osoyoos; 250-495-5355
- AG Foods, 8130 Main St. Osoyoos; 250-495-6818
- La Marqueza Mexican Market, 7508 85 St, Osoyoos; 250-408-8961

Keremeos

- Buy-Low Foods, 701 7th Avenue, Keremeos; 250-499-5532

Princeton

- Cooper's Foods, 247 Bridge St, Princeton; 250-295-6322

“The kł cpełk stim Hatchery is a testament to the perseverance of the Syilx people to realize their dream of restoring the n'titxw (Salmon) – one of our Four Food Chiefs – to their original habitat and rightful place in our territory. This hatchery represents a critical stage of our Nation's restoration initiative and is part of a long-term program to restore the historical range of Sockeye in the upper Okanagan watershed, Okanagan Lake, and Skaha Lake systems, and a region of the Columbia River Basin...Alongside revitalized salmon are revitalized indigenous fishing practices. Beliefs and traditions are a very important part of indigenous culture and often reflect a deep understanding and respect for nature.” (<https://www.syilx.org/fisheries>)

Ethnic Food Grocery Stores

Some grocery stores, such as Superstore and Wal-Mart in Penticton and No Frills in Oliver have international food sections.

- La Cucina European Market, 1204 Main Street Penticton; 250-492-3013
- Il Vecchio Delicatessen, 317 Robinson St, Penticton; 250-492-7610
- Edsa Mini Mart Filipino Store, 405 Martin St, Penticton; 778-918-8050
- SF Greek Market, 324 Main Street, Penticton; 778-476-1484
- Penticton Global Grocers, 2150 Main St, Penticton 250-535-0662
- Oliver Location: 5638 BC-97, Oliver, BC V0H 1T9; 250 498-0307

Did You Know?

Areas near Osoyoos and Oliver claim to be Canada's only desert, though they are really shrub-steppe and only semi-arid (Wikipedia)

Ethnic Restaurants

Mexican:

- Taquila Vallarta Mexicano, 413 Main St, Penticton; 236-422-3333
- Tacos del Norte, 85 Backstreet Blvd, Penticton; 778-476-2288; Wed – Sat 11:30 am - 7:00 pm, Sun 11:30 am - 4:00 pm; www.tacosdelnorte.ca
- El Sabor De Marina, food truck next to 5638 Hwy 3A, Oliver; 250-498-6768
- Sofia's Mexican Restaurant, 9910 Hwy 3, Osoyoos; 250-535-4108; Mon - Sun 10:30 am - 7:00 pm

Middle Eastern:

- Cleopatra Café, 102-786 Westminster Ave W, Penticton; 250-770-2015; Mon 11:00 am - 6:30 pm, Tue - Sat 11:00 am - 9:00 pm, Sun 5:00 pm - 8:30 pm

Greek:

- Theo's Restaurant, 687 Main Street, Penticton; 250-492-4019; Mon-Sat 11:00 am – 9:00 pm; Sun 4:00 pm - 9:00 pm; mail@eatsquid.com
- Mykonos Pizza & Spaghetti House, 329 Main Street Penticton; 250-493-5322; www.mykonos.foodpages.ca
- La Casa Ouzeria Restaurant (Greek/Italian), 1090 Main St, Penticton; 250-492-9144; Tue – Fri 11:30 am - 2:00 pm, 5:00 pm - 9:30 pm; Sat – Sun 5:00 pm - 9:30 pm; www.lacasaouzeria.com

Czech:

- The Prague Café, 102-250 Marina Way, Penticton; 778-476-0440; Mon-Sun: 8:00am - 4:00pm (opens later in the winter); www.thepraguecafe.com

Polish:

- Polish Bistro, 65 Nanaimo Ave E., Penticton; 236-422-0333; Tue-Sat 11:30 am – 8pm; <https://polishbistro.business.site>

Italian:

- Villa Rosa Restaurant, 795 Westminster Ave W, Penticton; 250-490-9595; Mon – Thu 5:00 - 9:00 pm, Fri – Sat 5:00 - 10:00 pm, Sun 5:00 - 9:00 pm; www.thevillarosa.com
- Pasta Factory, 236 Martin Street, Penticton; 250-492-6088; Mon – Thu 11:30 am - 9:00 pm, Fri – Sat 11:30 am - 10:00 pm; www.thepastafactory.ca
- Zias Stonehouse Restaurant, 14015 Rosedale Ave, Summerland; 250-494-1105; Sun – Thurs 11:30 am to 8:00 pm, Fri – Sat 11:30 am to 8:30 pm; www.ziasstonehouse.com
- Il Vecchio Delicatessen, 317 Robinson St, Penticton; 250-492-7610; Mon-Sat 9:00 am - 5:00 pm. Note: cash only
- Gusto Ferrari Cuisine, 201 E Okanagan Ave, Penticton; 250-493-1288; Weds – Sat 5:00 - 8:00 pm
- Convivia Bistro Cuisine (Italian/French), 8312, 74th Avenue, Osoyoos; 250-495-2223; Mon-Sun 4:00-9:30 pm; www.conviviabistro.ca

Asian:

- Happiness Thai Restaurant, 535 Main St #107, Penticton, BC V2A 5C6; 236-422-2228; Mon-Fri 11:00am – 8:00pm; <https://happiness-thai-restaurant.business.site>
- Iyara Thai Restaurant, 2985 Skaha Lake Rd, Penticton; 250-770-9791; Mon – Fri 11:30 am - 2:30 pm, 4:30 - 8:15 pm, Sat 4:30 - 8:30 pm, Sunday closed; www.iyarapenticton.com
- Cambo Beach Restaurant, 109-914 Lakeshore Dr. W, Penticton; 778-476-7888; Mon 4:00 pm – 8:30 pm, Fri 4:00 pm – 8:30 pm, Sat - Sun 11:30am – 8:30 pm, Tues – Weds Closed; www.cambobeach.ca
- Lee's Overseas Delights, 139 Westminster Ave W, Penticton; 250-492-7172; Mon 11:30 am - 2:30 pm, Tue – Sat 11:30 am - 8:00 pm; www.leesoverseas.com
- Joy Buffet, 101-1475 Fairview Rd, Penticton; 236-422-3344; Tues – Sat 11:30 am - 2:00 pm, 4:30- 8:00 pm; <https://www.jj-joy.com>
- Sushi Genki, 104-95 Eckhardt Ave E, Penticton; 250-490-9809; Mon-Fri 11:30am-3pm, 4:30 – 7:30; www.sushigenki.com
- Sushi Kojo, 3480 Skaha Lake Rd, Penticton; 236-422-4566; TTues – Sat 11:00 - 8:00 pm, Closed all holidays; <https://penticton.sushikojo.com>
- Isshin Sushi Bar and Asian Dining, 102-151 Front St, Penticton; 250-770-1141; Mon 11:00am – 9:00pm, Tues – Closed Wed – Sat 11:00 am - 8:00 pm; www.isshinsushi.ca

Indian:

- Lachi Indian Restaurant, 504 Main St, Penticton; 778-476-5665; Mon-Thu 11:00 am- 2:30 pm, 4:00 - 8:00 pm, Fri 11:00 am - 2:30 pm, 4:00 - 9:00 pm, Sat 12:00 - 2:30 pm, 4:00 - 9:00 pm, Sun 4:00 - 9:00 pm; www.lachi.ca

- Ashoka Indian Cuisine, 101 Westminster Ave W, Penticton; 778-476-2273; Sun – Thu 11:00 am - 9:00 pm, Fri – Sat 11:00am - 10:00 pm, Sun 11:00 am - 9:00 pm; www.ashokaindiancuisinepenticton.ca
- Penticton Indian Cuisine, 325 Main Street, Penticton; 778-476-2683; Mon 11:00 am – 9:00 pm, Tues closed, Wed – Sun 11:00 am – 9:00 pm; <https://pentictonindiancuisine.com>
- Lala Ji's Indian Cuisine, 120-2436 Skaha Lake Rd, Penticton; 250-493-6633; Mon-Fri 11am-10pm – Sunday 12pm-10pm; <https://www.lalajiindiancuisine.com>
- Kismet's Masala Bistro Patio – winery and restaurant, 316 Road 20, Oliver; 250-495-4462. Please call for current hours of operation; <https://www.kismetestatewinery.com>

Food Banks

Food Banks are organizations that distribute free food to those who cannot afford to buy it and are in danger of hunger. Usually, they would require you to show that you have low income and you live in a certain area where they operate. Many of them, however, do not ask you to provide any documentation.

Food Banks BC: 1-855-498-1798; www.foodbanksbc.com

Penticton

- Food Bank, 2399 South Main Street; 250-492-4788
- Food Hampers (St. Vincent de Paul): 250-492-2082
- Soupateria: 150 Orchard Ave, Penticton; 250-492-2415; www.soupateria.com
- Meals on Wheels (food delivery for those in need): 250-492-9095, www.mealsonwheelspenticton.org

Summerland

- Food Bank, 13204 Henry Ave, Summerland; 778-516-0015; <https://summerlandfoodbank.org/contact-us>

Oliver

- Food Bank, 6047 Station St., Oliver; 250-535-0566; <https://www.oliverfoodbank.com>

Osoyoos

- Food Bank, 6210, 97th Street, Osoyoos; 250-495-6581; <https://osoyoosbaptist.ca/food-bank>

Low Cost Furniture & Clothing

“Okanagan men wore breech cloths with leggings and short buckskin shirts with patterns of holes punched into them. Women wore buckskin dresses with leggings and sometimes a fringed cape. Both men and women wore deerskin moccasins on their feet, and in colder weather, they also wore socks woven from tule rushes and fur cloaks or blankets made of mountain goat wool. Here is a museum exhibit of Plains and Plateau Indian beaded clothing, and some photos and links about Native American Indian costume in general.

Originally, Okanagan men didn't wear headdresses, while women sometimes wore fez-shaped basket caps. As they became more influenced by styles of the Plains and the Eastern Plateau, many Okanagan men began to wear feather war bonnets in the straight-up style of the Blackfoot and Kootenai tribes. Okanagan women sometimes painted their faces with brightly colored designs, and also wore tribal tattoo designs on their arms and hands. Okanagan men didn't usually paint or tattoo themselves. Most Okanagans wore their hair long and loose, though some people adopted other fashions like braids from neighboring tribes. Unlike men from most Native American tribes, Okanagan men sometimes wore mustaches.

Today, some Okanagan people still have moccasins or a basket hat, but they wear modern clothes like jeans instead of breechcloths... and they only wear feathers in their hair on special occasions like a dance.” Native Languages of the Americas website © 1998-2015

Salvation Army Thrift Stores:

- 318 Ellis Street, Penticton; 250-492-3946
- 2399 South Main Street, Penticton; 250-492-4788
- 2350-2370 Skaha Lake Rd, Penticton; 250-492-6494

The Care Closet, 574 Main St, Penticton; 250-493-8115

Value Village, 101 Rosetown Ave, Penticton; 250-490-9701

Habitat for Humanity/ReStore, 2498 Skaha Lake Rd, Penticton; 888-630-1458

The Free Store-Vineyard Community Church, Penticton; 250-492-0888; www.pentictonvineyard.com

The Free Store—St. Saviour's Anglican Church, Penticton; 250-492-4325; www.stsaviourspenticton.ca

Summerland Health Care Auxiliary: 13216 Victoria Road North, Summerland; 250-494-9102;

<http://www.summerlandhealthcareauxiliary.com>

Red Apple Department Store, 9150 Main St, Osoyoos, 250-495-5448

Postal Services

Many post offices are located at Shoppers Drug Mart stores and shopping malls. You can send/receive your packages/mail, make copies of documents, purchase stamps and packaging for your mail at the Canada Post locations.

Penticton

Canada Post, 56 Industrial Ave W; 250-492-5769

Canada Post at Shoppers Drug Mart, 701 - 1301 Main St

Canada Post, 1160 Government St

Penticton Plaza Post office, 705 1301 Main St.

Canada Post at London Drugs, 2111 Main St Penticton (Cherry Lane Mall); 250-487-3349

Summerland

Canada Post, 13246 Victoria Rd N; 250-494-6106

Canada Post, 9515 Main St

Oliver

Canada Post, 543 Fairview Rd; 250-498-3822

Osoyoos

Canada Post, 8308-78th Ave; 250-495-6811

Keremeos

Canada Post, 625 – 6th Ave; 250-499-5877

Princeton

Princeton Post Office, 185 Bridge St; 250-295-6012

Did You Know?

Daytime highs in our region occasionally surpass 40 °C in the summer months.