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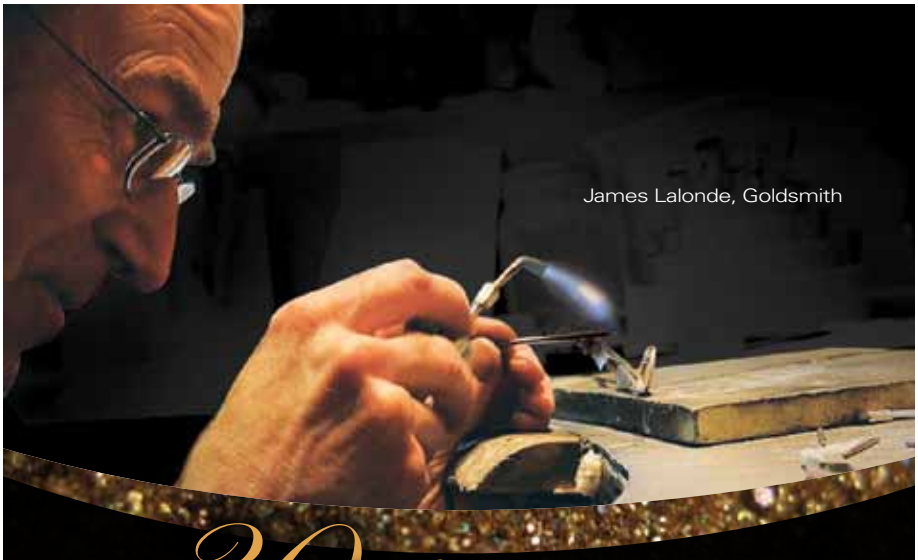
James Lalonde, Goldsmith

30 Year Milestone

Celebrating milestones is nothing new for Richard Pierson; in fact, that's his business. Owner of JC Bradley Jewellers in Vernon and Salmon Arm and now marking his 30th year, Richard reminisces on the many happy moments he's shared with clients over those years.

"I've been allowed into people's lives and their special moments," he says.

"One couple came to us for their promise ring, their wedding rings, a 25th anniversary ring, a 30th anniversary and wedding rings for their children."

For almost all of those years, goldsmith James Lalonde has been part of the JC Bradley family and a key part of providing reliable repairs as well as exquisite customs pieces.

"Jewellery is about being unique and showing your style," says daughter Chantelle, store manager in Vernon. "Here we can help you create exactly what you want."

A style trend watcher, Chantelle's brought a fresh approach to the stores adding new lines like the personal charms of Pandora, the fun and funky jewelry of Thomas Sabo and the artisan jewellery of Simon G. The result is a younger and different clientele coming through the doors.

"Even after 30 years, we're having new customers who have never before been in the store," says Richard. What hasn't changed over the years is the easy-going, welcoming atmosphere, and a promise it won't.

For Richard, marking the 30-year milestone, is about thanking his loyal clients. "The celebration is all about them," he says.

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OkanaganLife magazine

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ISSN 08405492 (*Okanagan Life*) / ISSN 11803975 (*Okanagan Business*) / *Okanagan Life* magazine is a member of the Thompson Okanagan Tourism Association, Kelowna Chamber of Commerce, Penticton & Wine Country Chamber of Commerce, Summerland Chamber of Economic Development & Tourism, Greater Vernon Chamber of Commerce, Westbank and District Chamber of Commerce, British Columbia Association of Magazine Publishers (BCAMP), City and Regional Magazine Association (CRMA) and Circulation Verification Council (CVC).

Okanagan Life is published by Byrne Publishing Group Inc.

To subscribe: Call 250.861.5399
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To advertise: Call 250.861.5399
Email info@okanaganlife.com
Write to: 814 Lawrence Avenue
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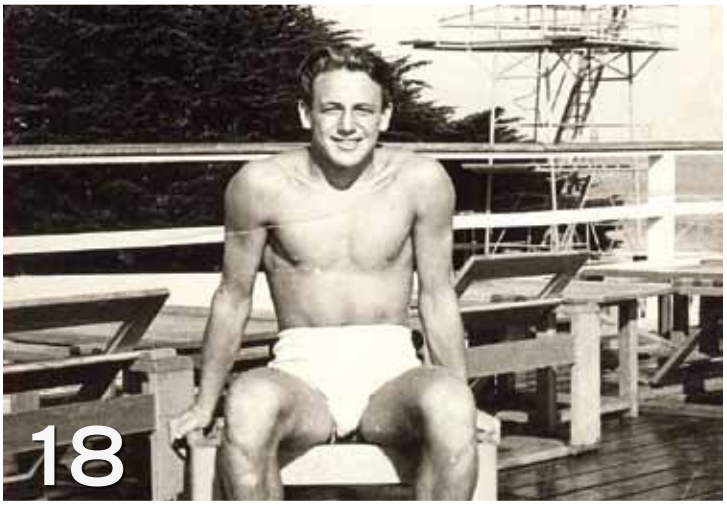

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25 years of memories

Do you remember who was on the cover of the first issue of *Okanagan Life*? If you don't have that memory, you might be surprised to know that your brain most likely does.

In this instance, we can find out who was on the cover. In fact, 25 years of *Okanagan Life* memories can be tested, coached and adjudicated because we have kept copies of each issue. You could read about the Capozzi families, the Bennett's rise to power, David Foster's Okanagan connections, Duncan Keith's hockey dream year, Jim Stewart's cell phone conversation, Judy Tyabji's baby, the results of 18 Best of the Okanagans and Best Restaurants or thousands of other stories. Such is the preeminent feature of magazines—because they are both tangible and permanent, we can go back and read them again.

Scientific studies are providing much evidence that conscious memory itself is pretty much an internal rumour. While we are exceptional at storing information, we are poor at retrieving it. When we look back, the moments we thought we knew do not return clearly; faces get switched, people deleted or added, names edited, locations misattributed and time itself, frozen in puzzlement. We are just beginning to learn how poor our memories really are and that mystifies us humans, because, well, 'It is not how we remembered it."

Even more mystifying and paradoxical is that new scientific studies are telling us that other regions of the human brain are not only incredibly powerful; they exceed our previously

held beliefs, by orders of magnitude. How did Daniel Tammet memorize pi to over 22,000 digits and learn a new language in five days? How do people like actress Marilu Henner remember the vast majority of personal experience and events in her life? The answer is hyperthymesia and while you might forget the name, you must remember it exists.

Perhaps brain science is telling us that we are not that different from these savants and that in all likelihood, all human brains are capable of extraordinary tasks and memories, we just don't realize it yet. New studies point to the amazing power of the visual region of the brain that records billions of memories, but unfortunately, stores them just outside our conscious awareness. Savants understand that these unconscious images drive most of our wants, needs and desires in life.

Unfortunately, there are many junk scientists making stuff up and that confounds us. The gap widens between true science and junk science with scientist's apparent inability to explain scientific findings in a way that most members of society can understand. Perhaps the biggest barrier to bridging the knowledge gap is within each of us—our own individual reluctance to invest brain energy into trying to understand something new. Because our brains evolved by finding the easiest solution to any problem, not necessarily the best, we are all cognitive misers. We need to understand that the unconscious mind—is most of the mind.

So who was on the cover? He is in this issue, past issues and on our 25th anniversary wine labels! Your powerful unconscious probably knew, but your lazy, conscious self didn't read the memo.

John Paul Byrne
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GOLD MEDAL P

It's early Friday morning before the shops open when Kelowna Chef Mark Filatow comes calling at the back door of Illichmann's Meats. It's day one of the Canadian Culinary Championships and foodies, Olympians and Canada's top chefs have descended on the Okanagan for a weekend of culinary mastery. Mark, executive chef at Waterfront Wines, is hoping his local knowledge will put him ahead on the first leg of the competition.

"You have to do all your shopping in Kelowna," says Head Judge James Chatto on the eve of the competition. "You can use all your natural cunning and ingenuity, you can haggle and bargain, but you must spend no more than your allowance."

The allowance is $500 and the task: match the mystery wine with the perfect food pairing. Then complete preparations and serve 400 guests at a gala reception at the lakeside Hotel Eldorado.

Team Kelowna takes the unmarked bottle of red wine and heads to the restaurant for a late night tast-

The Winners

Gold: Marc St. Jacque, Auberge du Pommier, Toronto
Silver: Jamie Stunt, Oz Kafe, Ottawa
Bronze: Milton Rebello, Hotel Saskatchewan Radisson Plaza, Regina

The Dishes

Plates by Mark Filatow:
Mystery Paring: Pork sausage and pierogi *(p. 10)*
Black Box: Pancake and Pear combo Lamb, Bolognese and Stuffed potato crisp.
Grand Final: Bar M. Ranch Lamb *(pictured)*

The Sipping

Mystery Wine Competition
Opening pour: The View Distraction sparkling wine
Mystery wine: Norman Hardie 2010 County Pinot Noir (ON)

The Grand Finale
Kelowna: Orofino 2010 Scout Vineyard Syrah
Canmore: Joie Farms 2011 Noble Blend
Edmonton: Tantalus Vineyard 2010 Chardonnay
Saskatoon: Dirty Laundry 2011 Kay-Syrah
Regina: See Ya Later Ranch 2010 Pinot Noir
Winnipeg: Gray Monk 2011 Gewurztraminer
Toronto: Pellar Estates Ice Cuvee (ON)
Ottawa: Ashton Brewing Co. la belle terre (ON)
Montreal: Malivorie 2011 Gamay (ON)
St. John's: Tawse Winery 2010 Sketches of Niagara Chardonnay (ON)

Best of Show Wines
Gold: Black Hills Winery, 2010 Syrah
Silver: Tantalus Vineyard, 2010 Chardonnay
Bronze: CedarCreek, Platinum Merlot 2009 and Gray Monk, 2011 Gewürztraminer

LATES

By Yvonne Turgeon

ing. They reach consensus that the mystery wine is a Pinot Noir.

"We opened the wine and we tried it with pork, sauerkraut and sweet potatoes, and the very rich flavours ended up lifting up the wine and making it richer, bringing everything into balance," says Waterfront Wines chef Wayne Morris.

Now at the door of Ilichmann's Meats, Mark and Wayne are asking for pork belly, knowing the flavour and price point is exactly what is needed.

"Pork belly is very multicultural and a lot of different cultures and different countries use it," says manager Judith Mercer. "All the chefs are reinventing it, using it in different ways than it has traditionally been used. It's a very inexpensive cut, but so tasty and they're able to do terrific things with it; it lends itself so well to so many different ways of interpretation.

"You go to any restaurant now, pork belly is on the menu in all the trendy restaurants across Europe and across the States," she says. "It started with the movement to use the whole animal, from snout to squeeze."

Illichmann's has been serving Kelowna since 1967 and the local family business offers a wide variety of fine deli meats prepared right in the store. Adolf and Theresia Illichmann's son Thomas has taken the reins and his sons, Jacob and Daniel, are now working in the back while sister Judith manages the storefront. Wholesale orders to local restaurants form a large part of their business as chefs like Mark know it's the place to go if they want to stand out from the crowd.

Later that night, Mark's creation does not disappoint. Calling on his own Ukrainian heritage, he presents a pork sausage and perigee stuffed with bacon, potato, leek and onion.

CLOCKWISE: Chef Mark Filatow; Jennifer Turton-Molgat, The View; the competitors; Mark Filatow; Judith Mercer, Illichmann's Meats.

PHOTOS BY RON SOMBILON, BRIAN CHAMBERS AND YVONNE TURGEON. WINE BOTTLE PHOTOS CONTRIBUTED.

Clockwise: Olympians Kelsey Serwa and Kristi Richards; Kaitlyn Pittmann helps Team Winnipeg; Tantalus Winery reps; Chef Eden Hrabec with her wine choice, Joie Farms; Wayne Morris and Mark Filatow check the mystery ingredients; artist Barney Bentall.

The sausage is served on a tablespoonful of borscht along with a cucumber roll, a shimiji mushroom, sauerkraut and garnished with crunchy bubbles of pork fat. The offering moves Team Kelowna to first place after the first night.

Day two brings the black box competition, hosted at the Okanagan College Culinary Arts School. Faced with only 60 minutes on the clock and a box of mystery ingredients, Mark and his team produce rich sauces of lemon-ginger aioli and cured egg yolk to showcase a pancake and marinated Anjou pear combo. With the seconds ticking down, he whips up a tasty Bolognese for his second plate and creates an exquisite crisp cylinder of fried potato to showcase a mix of mashed potato and gruyere, locally sourced from Carmelis Goat Cheese Artisan in Kelowna. Running 40 seconds over time, Mark faces a penalty putting the podium just out of reach.

A few hours later, Mark is all smiles as he stands next to John and Virginia Weber of Orofino Vineyard. They're set to serve 500 plates and glasses for the guests arriving at the Delta Grand Okanagan. The partnership helped place Mark at the top of the podium at the Vancouver Gold Medal Plates and the same plate features at the grand finale in Kelowna.

The partnership with the Kelowna chef and the Silmameen winery stems back eight years when Mark purchase Orofino's very first vintage. Tonight, the chosen wine is Orofino 2010 Scout Vineyard Syrah.

"The grapes are grown 10 minutes south of the winery on an acreage owned by a young couple, Murray and Maggie Fonteyne," says John. "The wine is two different clones of Syrah blended together and you'll taste black pepper, black fruit and classic Rhône characteristics. This Syrah is made in the tradition style of the region of southeastern France and it has great minerality and acid that does really well with food,"

To pair with the big red, Mark created a spicy lamb dish, sourced from the Bar M Ranch just south of Ashcroft.

"The grand finale dish on our menu, a Moroccan duo of lamb: braised shoulder and grilled sirloin," says Mark. "For the competition, we used the neck and shoulder to also make a sausage, but you'll find the same flavours, same carrots, same fennel relish and the same potato doughnuts we make here in the restaurant."

The potatoes are also locally sourced, grown at Sweet Life Farms, a regular vendor at both Vernon and Kelowna Farmers' Markets. Another popular supplier to the restaurant is Mission Meats, which brings in beef sides for the spit roasts that get fired up during the summertime.

Growing up in Ontario, Mark came to BC to attend university, but halfway through his degree decided he wanted to cook for a living. Graduating from culinary school, he's worked with Chef Rod Butters at Tofino's Wickaninnish Inn and then at Bishop's and Diva at the Met in Vancouver. In 2001, he moved to Kelowna to open Fresco (now RauDZ) with Rod and Audrey Surrao and serve as sous chef and sommelier.

Three-and-half years later, Mark was approached to open Waterfront Wines, a perfect sized bistro for a young chef stepping out on his own. Now eight years later, he is one of the culinary elite in Canada, and with the restaurant's recent expansion to 53 seats inside and 30 on the deck, has plenty of room to welcome locals and tourists.

PHOTOS BY BRIAN CHAMBERS AND YVONNE TURGEON. WINE BOTTLE PHOTO CONTRIBUTED.

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JEFFREY CARLISLE

FIRED UP LEADERSHIP

Kelowna fire chief Jeffrey Carlisle is a modest man despite his rich background. In a career that spans decades, he has transferred more than a dozen times and held every position from front line to chief. He moved to the Okanagan from Fort McMurray, Alberta, in April of 2008 to become Vernon's fire chief and two years ago accepted the top post in Kelowna.

This forward thinking leader has been a firefighter since he was a teenager. "In 1974 I was recruited into the military," says Jeffrey. "They had a list of occupations that your aptitude was suitable for and I picked firefighter. I was 17 years old and I did not know what I was getting into. By the summer of 1975 I'd gone through my apprenticeship training and for whatever reason, it just stuck with me. I couldn't see myself doing anything else."

When Jeffrey was 21, he went to Europe and stayed for five years. "It was an amazing education, to go into a foreign country to work." Recalling all the transfers and positions over the years since, he adds, "Twenty-five years ago I never would have thought I'd be the fire chief in Kelowna."

When Jeffrey retired from the military, he went back to school and earned his masters degree in leadership. Recently he spent three weeks in Australia teaching firefighters from Australia, New Zealand and Hong Kong. "I was coaching deputy fire chiefs and fire chiefs through a program that taught creating organizational change and the whole concept of contemporary leadership."

Jeffrey lives contemporary leadership every day with his own crew. "The Kelowna Fire Department and the City of Kelowna are great," he says. "They are very progressive and doing a fantastic job in a time when it's about restraint and cutbacks. Council has a very difficult job and the city manager and his team do a great job."

What Jeffrey loves most about being Kelowna's fire chief is the people he works with. "They are an extraordinary group. I interviewed each of them when I started. I talked to them about what was important in their work. Openness and trust were extended to me right from the get go. There was a desire by everyone in the department to do better. These men and women are extraordinary; they do so much in the community."

Last year Jeffrey applied and competed at the national fire academy for one of four spots in the Harvard fellowship program. He got an alternate slot, but is applying again this year. If accepted he will spend three weeks at the JFK School of Public Administration, participating in a program that brings together top leaders in local government from across the United States and Canada. "Just getting that network of those type of leaders gives you the resources you need when faced with any situation," he says.

However, Jeffrey denies that his goal to participate in this program points to any political aspirations on his part. "I try to lead by example instead. In my network, I informally coach a lot of fire officers, not just in Kelowna, but folks I've been working with in the Okanagan. I can see myself doing more of that than being involved as a politician."

For the present, Chief Carlisle is focused on leading an outstanding team at the Kelowna Fire Department. —*Darcy Nybo*

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Art 'n' a Half

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The master at work. Wielding wet earth between cracks of stone. The artist, deep in thought, building walls that bide the time before he returns to his true calling.

Kevin Lousier may not be widely known in the art world, but I like to think he's earned a star among the world's true artists in some ethereal walk of fame. He belongs to a league of creative souls whose daytime hours are spent working as a means to feed the family, but whose midnight oil is fuelled by a different muse.

For decades it was working behind the gears of a backhoe and most recently turning rubble into garden walls that sustains him, along with a lifetime of support from his wife, Lori. Despite a long history of pushing dirt, and a tough outer appearance that says he knows the meaning of a hard day's work, his shell belies a deeper sensitivity that gives him a relentless knack for making things, well, kind of beautiful.

Over the years in the quiet of many makeshift studios he would fiddle with this or that and teach himself the workings of a dark room or how to shape a clump of stone into a spiralling sculpture. He serves an industrious habit, which turns out unassuming works of art made at the hands of a small clock that measures the ticks and seconds of his spare time.

I've met many people like Kevin, closet artists who have incredible talent, but for one reason or another have never really pursued it as a career. They hold court in the gardens and kitchens of the Okanagan where their paint pots and easels overtake the spots of watering cans and place mats. The promise of form replacing function and a room of one's own is slowly built in the silence of unpaid time.

Kevin and I sit in his kitchen surrounded by paintings, large and colourful. He only introduced himself to the craft sometime last year, but you can already tell by the work on the walls and paint on his cheek that he's in it for the long haul.

"I am a painter that does rock walls on the side," he says. I smile and realize I love this wisdom. A voice in the back of my head quickly decides I am a movie star who writes magazine articles on the side. A bit of a stretch perhaps but I'll run with it. Kevin is not so much the dreamer I am though. He's a doer. Again, a trait of the closet artist, someone who knows how to get things done and do a job well to the end. Almost the opposite starting point from the stereotypical artist who is good at dreaming but not so much at wading through the tedium of making it happen.

The tough part about doing art on the side is when you hit the tipping point on the production line. At some point you want to maybe try to share it.

How do part-time artists sell their work? Should they just give it away to family and friends or continue to fill their houses? If you're not a full time or well established artist, how do you bring your work to the public?

Kevin's answer is both practical and blessed with hope. "I decided to put on my own show." He pilfered some office space from his son, enlisted the help of his poster packing wife, and built a Facebook page that was soon flooded with artists willing to join him and a handful eager to help. "It was one of those things where you don't wait for someone else to do it, you do it yourself," says Kevin.

And so he did. This May you can join Kevin and local artists and coordinators Theresa Bishop, Sara Lige, Diana Gillrie and many more for the first annual Art 'n' a Half. A show for the community that shares the love of art and the effort we take to make it a part of our lives—part-time, full-time, anytime we can.

Art 'n' a Half runs Friday, May 4 and Saturday May 5th at 302–1353 Ellis Street, Kelowna, just across from the library. OL

Facing page:
Creations of a closet artist: works by Kevin Lousier.
Below: Kevin Lousier puts the finishing touches on a painting from his first collection.

PHOTOS BY GILLIANNE RICHARDS

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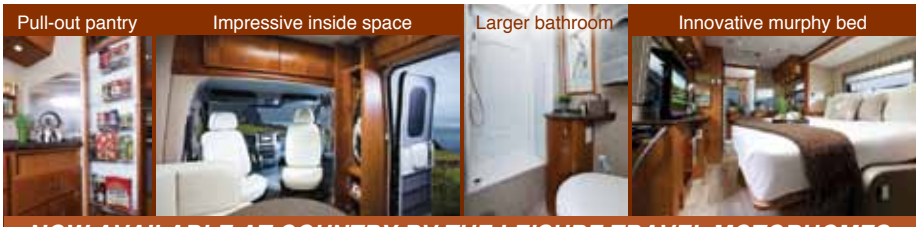

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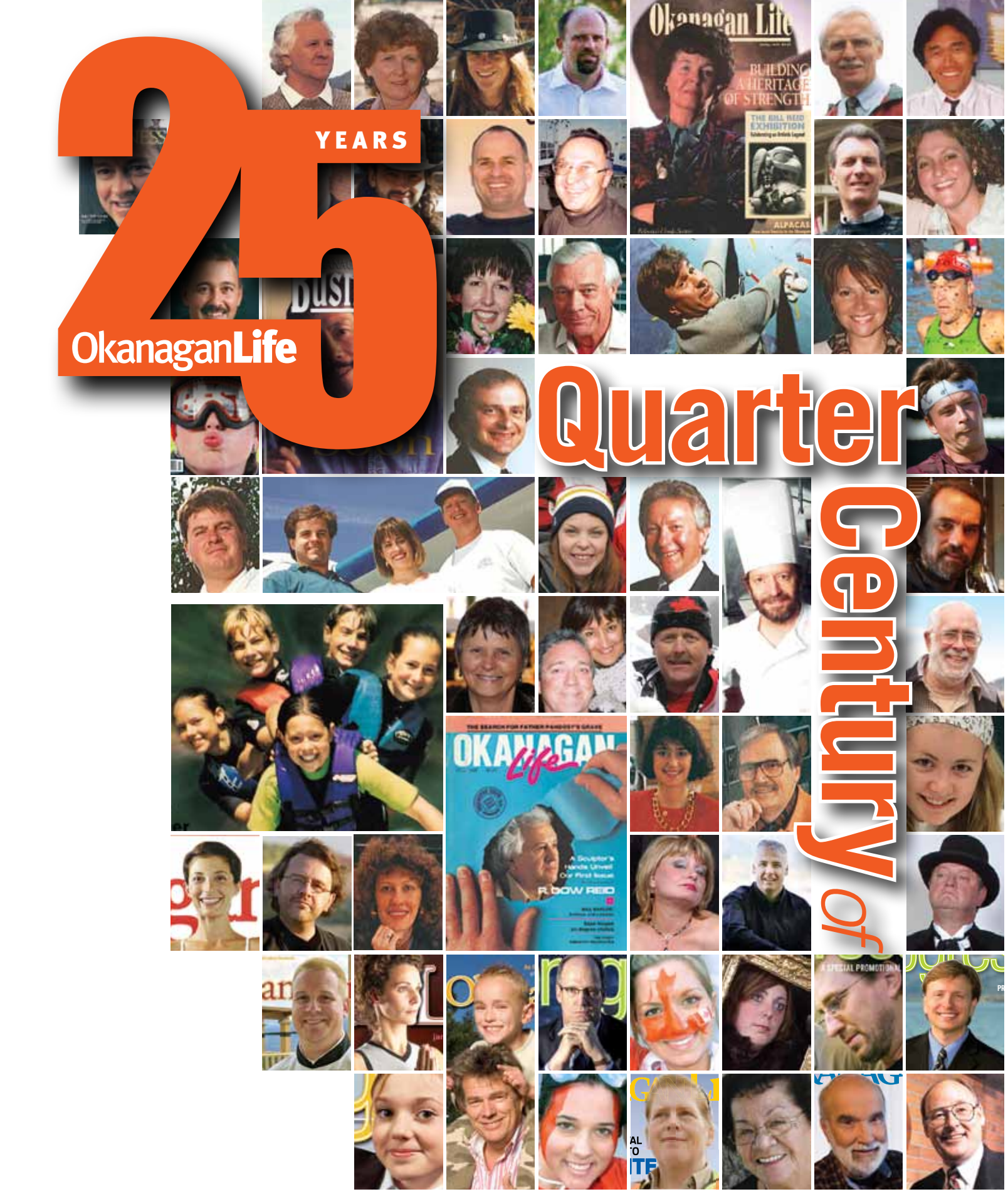
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CANADA

Facing page: Marni Abbott was a pillar of three Canadian women's Paralympic gold medal teams.
Right: Marni Abbott proudly bears the Canadian flag at the 1996 Paralympics.
Below: Marni Abbott, centre, at the 1982 Valley Finals with her A.L. Fortune Secondary (Enderby), all-star teammates.

OKANAGAN HALL OF FAMERS

By Jason Beck

Their athletic exploits brought us to our feet, swelled our hearts with pride, took our breath away. Their stories have slipped from the spotlight, but the accomplishments of these extraordinary Okanagan sports heroes stand the test of time.

PHOTOS COURTESY OF BC SPORTS HALL OF FAME

Marni Abbott -Peter: Athlete of the Century

Enderby's Marni Abbott was on her way to becoming the next Nancy Greene. Until age nine, she lived next door to the woman who would become Canada's Female Athlete of the Century. Naturally, Marni's first sports love was skiing, introduced to the rush of flying down a mountain slope by her older brother.

"He enrolled in the ski team and I wanted to be just like him," says Marni. "I wasn't going to be the girl who was left at home on the couch on Sunday morning watching Bugs Bunny."

An excellent athlete, Marni progressed rapidly and was soon racing. But one day while doing about 75 kilometres per hour speeding down a run at Silver Star, the 18-year-old crashed. When she came to a stop, Marni realized her legs wouldn't move. Not only had she fractured her skull, cheekbone and three ribs, but her back was broken at the fourth thoracic vertebra.

"I had this understanding within me, even though I was laying on the mountain within seconds of breaking my back, that my life was going to be different from there on. It was a spiritual sort of experience in a

way." Some would have abandoned their sports ambitions right there.

Marni was flown to the GF Strong Rehabilitation Centre in Vancouver to begin the long road of recovery. After meeting a young Rick Hansen about to embark on his historic Man in Motion World Tour, Marni emerged inspired and with a whole new outlook.

"He's telling me about how he's going to wheel around the world and I'm thinking to myself, 'I can't even make it to the cafeteria at the end of the hallway,'" she recalls. "If he could do that, then I knew I could do whatever I decided to do, too."

Rather than dwelling on the overwhelming obstacle placed abruptly before her, she chose to overcome it. "I believe things happen for a reason, that there are no accidents in life," she says.

Besides Rick Hansen and Terry Fox, few BC athletes have overcome more to achieve so much. Within three years of the accident, Marni was swimming for Canada at the Pan American Games in Puerto Rico, where she won five medals.

Yet wheelchair basketball is where Marni truly made her mark. She discovered the game in 1988 after meeting coach Tim Frick and within four years had won a place on the national team. For a dozen years she remained a pillar of an international dynasty the likes of which the sport had never seen. In that time Marni and the Canadian women won three Paralympic gold medals and one bronze, three straight world championship titles, and embarked on an incredible 43-game undefeated streak in Paralympic and world championship play.

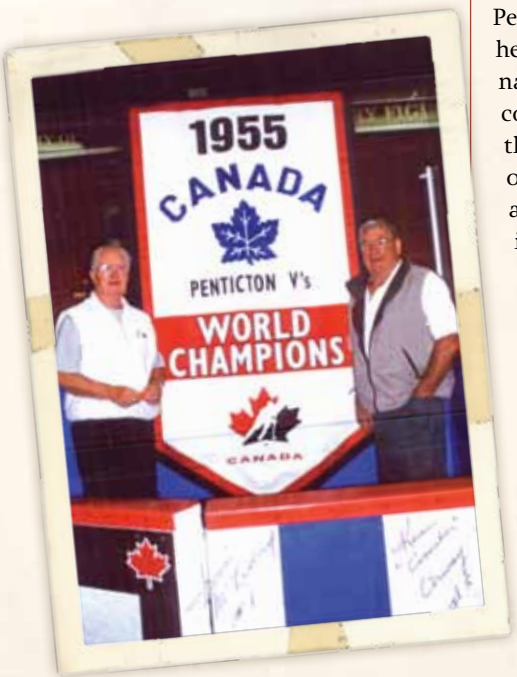
Marni cites being chosen as Canada's flag bearer during the Opening Ceremonies of the 1996 Paralympics as her career highlight. She says it was a surreal experience wheeling the maple leaf around the track in front of 80,000 people made even more special by the fact her parents were in the crowd.

"I noticed at the far end there were these two people that had everything—balloons, mascots, and all red and white and faces painted," Marni laughs. "Everyone kept pointing at these two crazy people and so I get closer and I realize it's my parents!"

In 2005, she married fellow national team veteran Richard Peter. Both have since been inducted into the BC Sports Hall of Fame, served as co-mayors of the Athlete's Village at the 2010 Paralympic Games in Vancouver, and stand as two of the most decorated Paralympic athletes in Canadian history.

She currently works for the BC Wheelchair Basketball Society, coaches the BC provincial women's team, and coordinates the Let's Play program in BC, which delivers physical activity programs to children with and without disabilities.

Like her early role model Nancy Greene, Marni has also been named an Athlete of the Century, earning the honour from the BC Wheelchair Sports Association in 1999. Nothing better illustrates what she gave to her sport and the high esteem in which she is held.



Ivan McLelland: The Golden Goaltender

Meeting Ivan McLelland today, a quiet, humble man of 82, you're struck by a sense of calm that seems to surround him. He might be the most "normal" hockey goaltender you'll ever meet. In Penticton, he's a living legend. People he's never met say hello to him by name on the street. Minor hockey coaches seek him out to speak to their teams and the youngsters hang on his every word. Ivan is friendly, approachable, level-headed—nothing like so many of the clichéd, quirky neurotics who put their bodies in front of 100-mph flying discs of frozen rubber for a living.

On a dysfunctional Penticton Vees juggernaut, he was the rock that wouldn't flinch when the chips were down. Without knowing his backstory, few would pick him out of a line-up as the man who held the fort during the opening salvos of the greatest rivalry in hockey: Canada versus Russia.

PHOTOS COURTESY OF BC SPORTS HALL OF FAME

The Vees represented Canada at the 1955 World Ice Hockey Championships in Germany. Ivan played every minute of an incredible 102 exhibition, league, and playoff games for the Vees on their Cup run.

Canadian pride had been bruised the previous year when the Soviet Union embarrassed our team 7–2; the first time the emerging quasi-professional powerhouse knocked Canada off for the world title. Critics said sending the country's best amateur team was no longer good enough to compete against the best of Soviet Russia—especially a team from tiny Penticton, population approximately 9,000. Apparently the Vees didn't get the memo.

On March 6, 1955, Ivan and the plucky Penticton boys restored a good deal of Canadian pride in the tournament's climactic game with a 5–0 shutout over the Soviets to capture the world championship. Canadians listening at home to Foster Hewitt's radio play-by-play went berserk. Key to the Vees' victory was their unflappable puckstopper, Ivan, who won all eight games for Canada in the nine-day tournament, posting a sparkling 0.75 goals against average.

Ivan's rise to the pinnacle of world hockey was just as unlikely. He was raised in the heart of the Depression in the northern Ontario mining town of South Porcupine. If you didn't want to end up toiling in a mine your entire life, hockey was one of the few ways out. A New York Rangers scout spotted him playing Senior A hockey and he was signed to the Rangers' minor league team in Vancouver.

The Pacific Coast Hockey League Canucks only carried one goaltender, so owner Coley Hall dispatched Ivan to the expansion Penticton Vees in 1951, a town the young goaltender had never heard of. No matter, it was just going to be a brief stopover—or so he thought.

Ivan fell in love with Penticton almost immediately and, except for a short spell in Vancouver, he never left. "Coming from a small mining community to this beautiful setting was the initial attraction," says Ivan. "And then the enthusiasm of the people in Penticton to hockey. It was like a fairytale."

Penticton also offered more than picturesque lakes and fervent fans. Ivan fell in love with Faye, a beautiful girl he met his first week in town ice skating at the local pond. They were married for 57 years and raised three children.

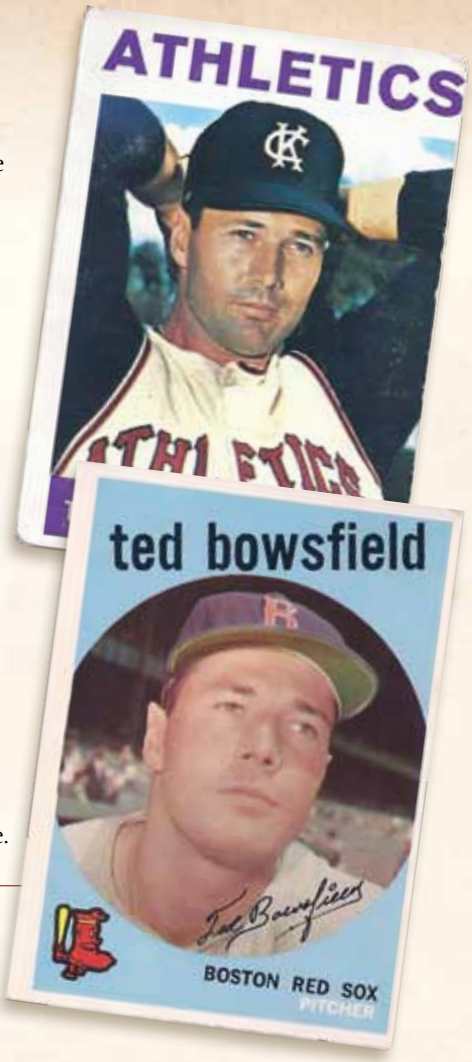
Facing page top: Ivan McLelland in net for the 1954 Penticton Vees. **Bottom:** Ivan McLelland and Kevin Conway in 1995. **Above:** Penticton Vees 1955 World Champions. **Below L–R:** Robert "Ro" Hindson and Larry Kwong will be inducted into the BC Sports Hall of Fame in 2013.

In January, two Okanagan athletes were announced as 2013 inductees into the BC Sports Hall of Fame: Naramata's Robert "Ro" Hindson and Vernon's Larry Kwong. Hindson is considered one of Canada's greatest rugby players, an all-round talent who accumulated a then-record 31 international caps. Kwong was the first Chinese-Canadian to play in the NHL when he suited up for the New York Rangers in 1948. These two individuals will be inducted along with the rest of the 2013 induction class at the BC Sports Hall of Fame's 45th annual Banquet of Champions on September 19, 2013 at the Vancouver Convention Centre.

After getting a serious look from the Montreal Canadiens, Ivan retired after 396 games in a Vees' jersey. He turned to coaching minor hockey and was successful there too, guiding Penticton's first-ever midget AAA BC championship team. A young Bob Nicholson, future president and CEO of Hockey Canada, was captain of that team.

Ivan later worked as a regional manager for Nielson's Chocolates and in RV manufacturing. In 2005, he was inducted into the BC Sports Hall of Fame.

Last year, he self-published a great biography of his life entitled Gold Mine to Gold Medal, selling nearly a thousand copies with no promotion. He donated all proceeds to Penticton's Good Samaritan Society for dementia care. Currently, he is pursuing a publisher to distribute his story nationwide.



Ted Bowsfield: The Penticton Peach

Boston sports writers dubbed him the Penticton Peach, but it's safe to say that batters facing Ted Bowsfield's 105-mph fastball thought he was anything but sweet.

Born in Vernon and raised in Penticton, Ted was the first BC ballplayer to stick in the major leagues for an extended period, playing seven seasons with the Boston Red Sox, Cleveland Indians, Los Angeles Angels and Kansas City Athletics. He compiled a career win-loss record of 37-39 in 215 appearances with 326 strikeouts.

Ted first started to play catch on visits to his grandparents in Vernon. His mother and her two sisters all played on a girls' baseball team during the war years. "I think my athleticism comes from that side of the family," he says.

Yet it's a miracle he made it to the big leagues. There was no Little League in Penticton then, but Ted's father worked tirelessly setting up games with teams in surrounding towns like Hedley, Oliver, even Peachland. Ted and his teammates all piled into his father's old Hudson and off they'd go. The lefthander was lucky to play eight games a year for much of his youth, hardly enough for a pitcher to develop. "I was very fortunate I made it as far as I did. The odds of it happening were not too great."

Ted had a number of things in his favour. He was a fantastic all-round athlete who excelled in basketball, hockey, and track and field. He later turned down basketball scholarships to Gonzaga and Seattle University. Penticton was also blessed with very good semi-pro baseball. By age 15, Ted was playing against men, a tough training ground for a young pitcher learning his craft.

"I could throw hard and I was pretty wild, but my catcher Sam Drossos was just a wonderful athlete and a great person who could settle me down," says Ted. "To this day we're still friends."

By his last two years of high school in 1953-54, scouts were circling. His pitches left clouds of smoke and confounded hitters. Boston's northwest scout Earl Johnson, who had earlier spotted fellow BC Sports Hall of Famers Sandy Robertson and Arnie Hallgren, signed Ted for $4,000. When he made his Red Sox debut in 1958, his first major league contract was for $8,000. The most he ever received was $16,000, light years from the tens of millions thrown around today.

As the talented rookie found his feet on a roster that boasted the legendary Ted Williams, it became clear Ted had an uncanny skill that would keep any pitcher in the majors.

He was a Yankee killer.

Among his career highlights, Ted underlines one item with relish: "Beating the Yankees!" Three times that first season he defeated a strong Bronx Bombers team featuring the likes of Mickey Mantle and Yogi Berra. "This youth is slick," said venerable Yankee manager Casey Stengel.

As persistent arm and shoulder problems gradually ate away at his shotgun arm over the next six years, the smoking heater faded and Ted learned to rely on a curve and screwball to get by. His best overall season came in 1961 going 11-8 with the expansion Angels, the only LA starter to post a winning record that year. By age 29, the arm pain was so bad he hung up his glove for good. He has no regrets. "I always felt fortunate that every day in the major leagues was a dream come true. Every day was a blessing."

After retiring, Ted managed Anaheim Stadium, Seattle's Kingdome and the Tacoma Dome. While running a consulting business he worked on BC Place Stadium and Toronto's SkyDome. Today Ted works part-time as a marshal and junior coordinator at Cypress Ridge Golf Course near his home in Nipomo, California.

Recently, a steady stream of BC ball players has flowed to the majors. When asked how it feels to have played some small role in blazing the trail, Ted remains humble. "They're good ballplayers and they've earned their stripes. I give them a lot of credit for making it there."

No one knows better than the Penticton Peach how tough that road can be.

PHOTOS COURTESY OF BC SPORTS HALL OF FAME

The Amazing Family Athans: BC's Greatest Sports Clan

Dr. George Athans' buddies teased him about the rural cottage he bought "out in the boonies" overlooking Okanagan Lake. But they weren't teasing for long. Besides beautiful surroundings and a wise move financially, Dr. Athans suddenly owned an unmatched natural playground perfect for raising a young, sports-minded family—the greatest our province and arguably our country have known.

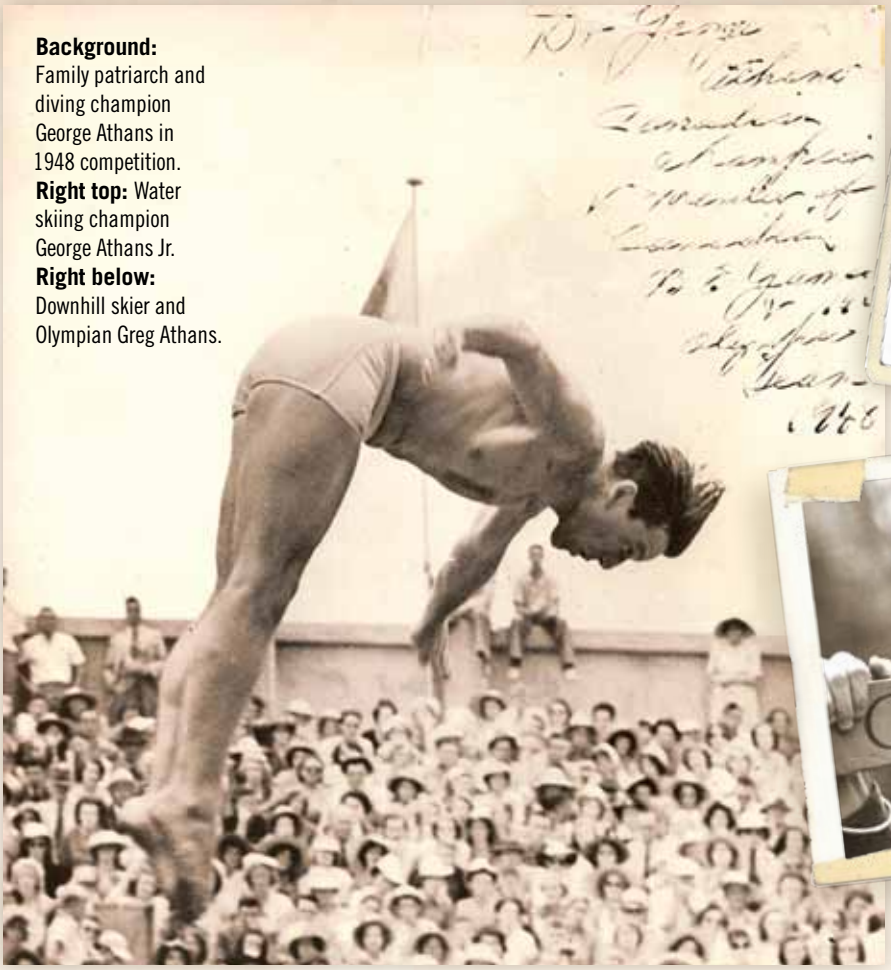
"We were living the Okanagan version of the Beach Boys," says eldest son George Jr. "A constant stream of 60s rock music, hangin' out on the beach, water skiing, swimming and diving. We thought everyone lived like that."

Son of pioneering Greek-Canadian parents, George grew up near Vancouver's Jericho Beach. He became one of Canada's best divers, earning renown far beyond Vancouver. Legendary tales are still spun of his diving off the Burrard Street Bridge. He represented Canada at two Olympic Games in tower and springboard—the first in Berlin in 1936 at age 15. At the 1948 London Olympics, he saved the Canadian Olympic Association thousands by pulling double duty as both competing athlete and team doctor. At the 1938 British Empire Games, he won two bronze medals and added a gold and silver in 1950. He then retired to focus on his medical practice and served as Canadian diving coach at the 1960 Olympics in Rome.

George first met Irene Hartzell at aquatic competitions in the late 1930s. Irene, who was Manitoba diving champion and self-taught five-time Canadian synchronized swimming title-holder, also swam nationally. The couple married in 1950 and moved to Kelowna, familiar to both because of its world-famous Regatta. After taking a break to raise three boys, Irene returned to competitive masters swimming in her late 50s and won piles of Canadian titles plus a few age group world records.

Facing page: Ted Bowsfield baseball cards.
Above: George Athans Jr.
Below: The Athans family in the early 1970s.

PHOTOS COURTESY OF ATHANS FAMILY COLLECTION



Background: Family patriarch and diving champion George Athans in 1948 competition.
Right top: Water skiing champion George Athans Jr.
Right below: Downhill skier and Olympian Greg Athans.

"I like to say that Nike stole my mom's slogan: 'Just do it,'" jokes youngest son Gary. "She just went out and did it without thinking too much about it. She probably has more titles than all of us."

George and Irene encouraged the boys, but let them choose their own paths. George Jr. won the world water skiing championship twice (1971, 1973), held the Canadian title for 10 years and was one of the youngest Order of Canada recipients ever at age 21. Forced into early retirement by a knee injury, he was a CBC sports commentator for 16 years.

Greg became a freestyle skiing pioneer before the discipline was added to the Winter Olympics. The undisputed best of his era, he won four world overall titles, two world mogul championships and one world ballet crown. He was also an accomplished water skier, winning eight national titles. Following retirement, he became one of Canada's leading professional photographers.

After diving and water skiing very successfully in his teens, youngest son Gary chose the thrill of downhill ski racing. He spent eight years on the Canadian alpine ski team highlighted by representing Canada at the 1984 Winter Olympics where he finished 20th in the downhill. That season he was ranked 17th in the world. After retiring he worked at Big White and Whistler and ran a water skiing school.

"We grew up in the right environment at the right place at the right time," says George Jr. "If you wanted to be involved in sports, what better place than a lake in front of you, five ski hills within forty minutes' drive, and other athletic facilities. All you had to do was apply yourself."

Today, downtown Kelowna has crowded in around the Athans family home, once considered "out in the boonies." Dr. Athans passed away in 2007 at the age of 86, a year after his middle son Greg succumbed to diabetes complications at age 51. Irene continued to set masters swimming records into her 80s and still lives in Kelowna at age 90. George Jr. runs his own Montreal-based TV and film production and communications company. Gary is one of the Okanagan's most successful residential realtors.

If there were a Canadian hall of fame for entire families, the Athans clan would certainly be included—by unanimous first-ballot vote. On quantity, quality and diversity, even other great athletic family acts like the Hulls, Patricks, Howes, Sutters or Staals don't stack up.

So what does it feel like to be considered BC's and arguably Canada's first family of sport?

"It gives me a tingle up my spine," says Gary.

"It's quite the tribute," agrees George Jr.

And the family history doesn't appear to be complete. Gary's son Isaac has won Okanagan skiing events, while 12-year-old Marcus won the Canadian junior waterskiing championship last summer.

Look out, the next generation has taken up the Athans family torch. OL

PHOTOS COURTESY OF ATHANS FAMILY COLLECTION

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Circle North

Story and photos by Laurie Carter

Haida Heritage Centre, Haida Gwaii

Balance Rock.

Traditional Haida motif, canoes and pole carvings at Haida Heritage Centre.

Haida Gwaii

Shadows cast by the mellow evening light sharply defined the ridges, rolls and peaks to the west of the ferry landing at Skidegate on Graham Island. This is the largest and most northerly of the 150 some islands that make up the Haida Gwaii archipelago also known as the Queen Charlotte Islands. Driving the few kilometres into the ambitiously named Queen Charlotte City, I was immediately struck by indicators of the region's independent spirit—a selection of roadside signs that left no doubt about local attitudes toward a northern pipeline.

Not that independence is a surprising characteristic for people who live at the farthest edge of Canada, separated from mainland BC by often-stormy Hecate Strait. For millennia before contact the Haida made such a handsome living from the abundant sea that their population likely topped 10,000 and they had plenty of free time for artistic pursuits. They developed a distinct language and mastered their

isolation by carving superb canoes to carry their expert paddlers on regular trading missions to the area of present day Prince Rupert and as far along the coast as Alaska and Mexico.

The art and skill of canoe carving was nearly lost, along with so much of Haida culture, as successive waves of smallpox depopulated whole villages, reducing the population by as much as 90 per cent. Bill Reid is remembered for helping to reclaim that heritage with his famed canoe Loo Taas. A major focus of our trip was to learn more about current canoe carvers and to investigate Haida culture in general.

We took advantage of a rare sunny day to start by photographing a replica of Loo Taas, floating at a mooring in the bay facing the glass and beam longhouses of the Haida Heritage Centre. We spent time shooting the outdoor totem poles, but didn't explore the interior exhibits because we planned to return for the Loo Taas 25th anniversary celebration in two days.

We spent those days exploring along Highway 16, a coastal road squeezed between pebble beaches and the practically impenetrable forest of towering cedar and spruce before it swings inland to the village of Port Clements and finally north to

Masset and, at the top of the island, the Haida village of Old Masset.

There we met renowned argillite carver, Christian White, who is equally well known for his work in wood, including poles and canoes. He was immensely generous with his knowledge of Haida people and ways, illustrating every major point with a story, his delivery echoing the oral tradition of his ancestors. Christian passed us off to John Bennett, a carver and boat builder who invited us to join his family for Friday night dinner, Haida style: fresh crab, three salmon dishes, vegetables and huckleberry pie. Later we spent the night with Christian's cousin, April White, an engineer turned artist whose work lines the walls of her Eagles Feast House B&B and sells from major galleries.

In our travels we found that artistry is imbedded in the Haida DNA. We expected talent from Christian, John and April. But then there was the two-storey totem in John's living room, carved as an Emily Carr art school project by his son, and the eye-popping textiles designed by his wife Joyce who has been exhibited at the Canadian Museum of Civilization. At the Haida Centre, interpreters and even the manager all mentioned aspirations to attend or having already attended Emily Carr in addition to other degrees and qualifications. And being a part of the celebration at the Haida Centre drove the point home even more strongly as every generation proudly paraded in their best regalia.

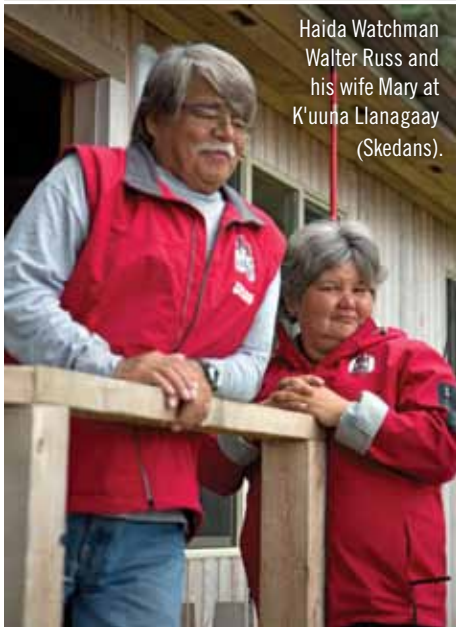
Seeing the living culture of today made our daytrip Moresby Explorer boat tour from Morseby Island to the abandoned village of K'uuna Llanagaay (Skedans) on Louise Island even more poignant. As Haida watchman Walter Russ escorted us around the site, explaining the purpose and original appearance of the few standing poles and moss-covered remnants fast being reclaimed by the forest, I was haunted by the specter of a great culture nearly destroyed—and immensely heartened by it current strength and sense of renewal.

Harbour at Queen Charlotte City.

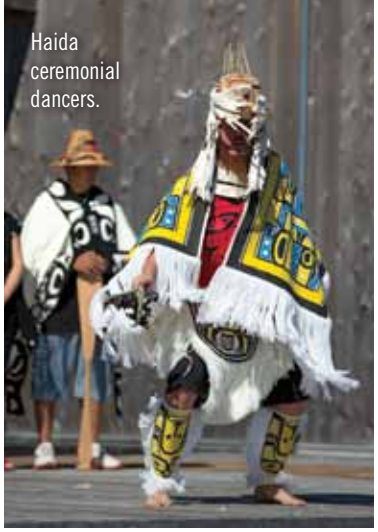
Replica of Bill Reid's canoe Loo Taas.

Haida man dressed for celebrations at the Haida Heritage Centre.

Haida Heritage Centre built in the style of the traditional longhouse.


Haida Watchman Walter Russ and his wife Mary at K'uuna Llanagaay (Skedans).

Carver Christian White is widely known for his work in argillite and wood.



Haida ceremonial dancers.

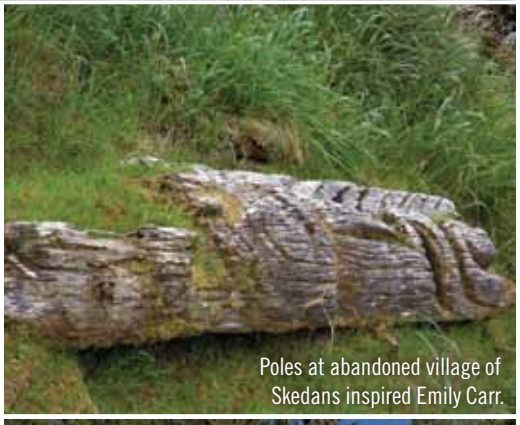
Eagles are a common sight on Haida Gwaii.

Haida carver John Bennett with a cedar log destined to become a canoe.

Starting young.

John Bennett canoe in progress.

Historic photo of mortuary pole at Skedans.



Poles at abandoned village of Skedans inspired Emily Carr.

Partially carved canoe abandoned in the forest. Craftsmen likely died in smallpox epidemic.

Wildlife sighting on Moresby Explorer expedition to Skedans.

Roadside sign makes political statement.

Next generation in full regalia.

Highway 16

We reconnected with Highway 16 on the mainland, leaving the Haida behind to meet their neighbours and trading partners the Tsimshian, Gitxsan and Carrier peoples and to explore the beginnings of modern BC.

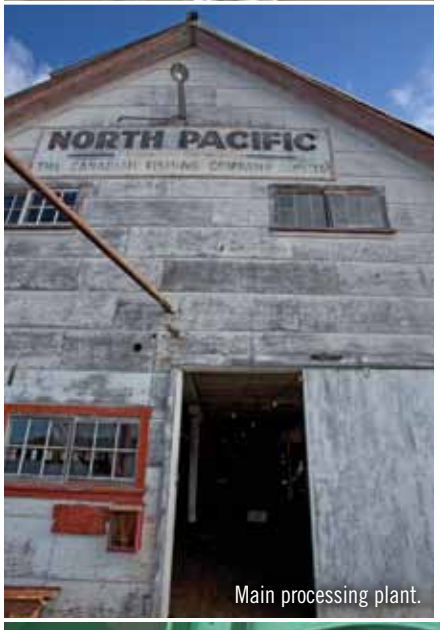
The city of Prince Rupert was a huge surprise. From the activity of fishing boats in the harbour and the towering derricks of the container port (seen from the ferry), I had the idea this was purely a working town. I thought the only interesting tourist feature would be Cow Bay, where herds of day tripping Alaska cruise passengers crowd the cafés and shops on port day. But driving around, we found streets of attractive houses and downtown, the knockout art deco city hall decorated in unique aboriginal motifs.

Near the harbour, the Museum of Northern BC is constructed in the style of the traditional longhouse. It displays treasures of the Tsimshian along with exhibits that explain Prince Rupert's connection with the Titanic and how the city came into being as the terminus for a railway that would eventually become the Canadian National.

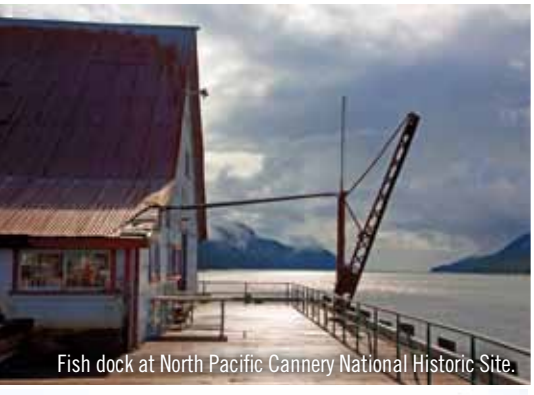
Another aspect of coastal history is preserved just down the highway in Port Edward at the North Pacific Cannery National Historic Site. Established in 1889, the cannery operated for almost a century and is the oldest remaining fish cannery on the West Coast of North America. I was intrigued by the social history of the annual cannery lifestyle, where Chinese, Japanese and First Nations workers each played very separate roles under Euro-Canadian management.

On the drive east, more roadside signs declared environmental and political opinions and reminded us of the tragic events associated with the "highway of tears." We moved into Gitxsan territory and the Ksan Village at the Hazeltons. Here a guide escorted us through Eagle, Wolf, Fireweed and Frog longhouses (named for the Gitxsan clans) where the tang of wood smoke touched the air as sound and light shows revealed the structure and lifestyle of the people.

Prince Rupert's Cow Bay.



Main processing plant.

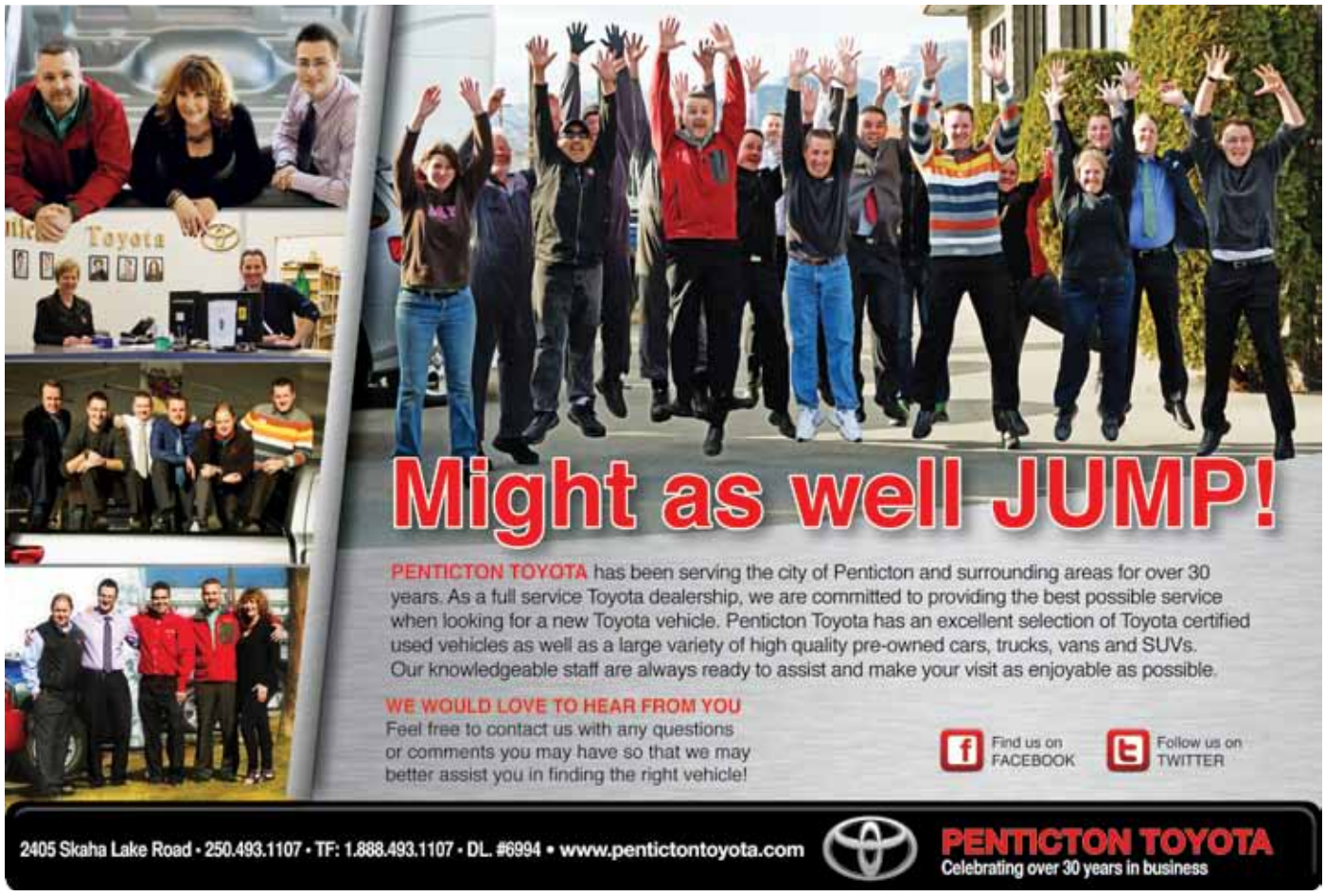

Fish dock at North Pacific Cannery National Historic Site.

Mariners Memorial, Prince Rupert.

Machine illustrates racial elements of the canning industry.

Longhouse at Ksan Historical Village and Museum.

North Pacific Cannery.



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The other highlight of the Hazeltons is the Visitor Centre, where kitschy figures represent different aspects of the local economy and JF serves twice-fried ambrosia from his chip truck.

Travelling on through history, Highway 16 often parallels ancient transportation routes that took on huge significance during the fur trade era. A short side-trip brought us to the Fort St. James National Historic Site. Founded in 1806 by Simon Fraser for the Northwest Company, the fort was the second permanent post west of the Rockies. It played an important role in Fraser's preparations for his 1808 expedition to explore the river he hoped was the Columbia, but that now bears his name.

The Northwest and Hudson Bay companies merged in 1821 and from then until it ceased operations in 1952, Fort St. James was a pivotal Hudson Bay fur trading post. The site is restored to represent the year 1896 with interpreters setting the scene. I got so involved in conversation with Violet Prince, who greeted me in her native Carrier language at the Men's House, and her daughter-in-law Lindsay Sam in the Trade Store, that I missed the chicken races—but I did get a fresh-baked ginger snap in the Officers' House. And I learned something that several university courses on the fur trade had failed to impress on me. For at least half of the post's long history, dried salmon supplied by the Carrier was the staple diet. Without help from the indigenous peoples, fur traders would quite simply have starved.

I also heard a couple of versions of the story of legendary Chief Kw'eh sparing the life of James Douglas, the man would otherwise not have become first governor of the newly formed colony of British Columbia in 1858.

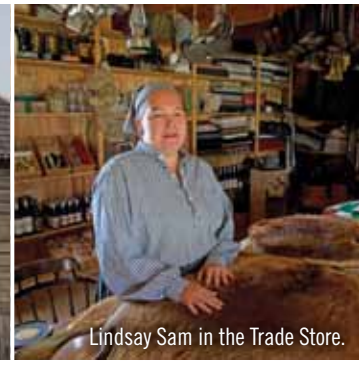
My big disappointment at Fort St. James was learning too late that we could have stayed overnight in the Officer's House B&B. Next time for sure.

Costumed interpreter in the Officers' House (B&B) at Fort St. James.

Violet Prince welcomes visitors to the Men's House in the Carrier language.

Lyle Penner tells the story of Chief Kw'eh and James Douglas.

Fort St. James played a pivotal role in the fur trade.



Lindsay Sam in the Trade Store.

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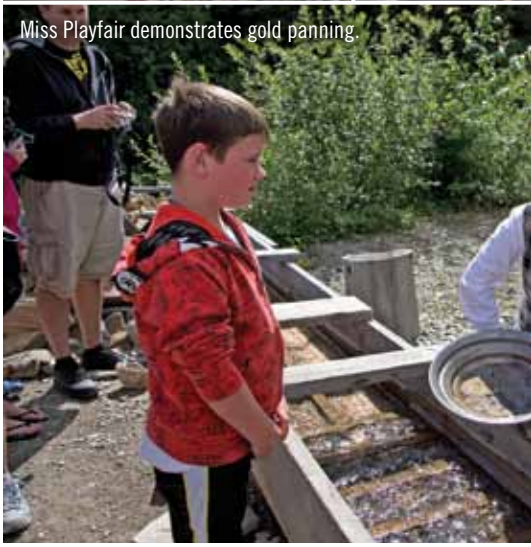
Street players make Barkerville lively.

The happy town drunk.

Florence Wilson.

Mr. Grimsby



Miss Playfair demonstrates gold panning.

Barkerville

To complete the circle, we made the big swing south onto Highway 97 at Prince George, but only for a quick run to Quesnel, where a hard left took us into the mountains and our final stop on the heritage trail. We pulled into Barkerville six days after the 150th anniversary of the gold strike Billy Barker registered on August 21, 1862.

Gold fever had already reached epidemic proportions. The Fraser Valley gold rush of 1858 had led to the creation of the colony of British Columbia to ward off American expansionism. The first strikes in Cariboo country were made in 1859 and 1860, but the rush didn't gain momentum until word got out in 1861. Then, stand back.

With Billy Barker's strike on Williams Creek, Barkerville was born. As a veteran of historic towns from Williamsburg to Upper Canada Village, I'm here to say that the largest historic site in our province is top drawer, with over 100 historic structures still standing and a cast of characters who wrote the book on bringing history to life.

We'd been warned to budget two days for our visit and getting smarter after the disappointment at Fort St. James, booked accommodations onsite at the Kelly and King House B&B, right on Main Street across from St. Saviour's Church and the schoolhouse.

"Wecome to Cariboo" proclaimed a sign in Chinese characters over the arch that separates Chinatown from the rest of Barkerville. Having consulted our daily activities schedule, we'd decided to join the Chinatown tour. Archeologist Ying-Ying Chen guided us on an utterly fascinating walk through Cino-Euro relations in colonial times. Startling to our Euro-centric worldview was the notion that the Chinese regarded the indigenous people with favour because they belonged there, while our Euro-ancestors were foreign devils to be kept at bay. According to Ying-Ying, the segregated Chinatown was as much their idea as it was that of their neighbours.

Working our way backwards to the Barkerville orientation, we began to meet the cast of street players who would speak to us in terms of "my time (1862)" and "your time (2012)". We chatted with them so frequently that

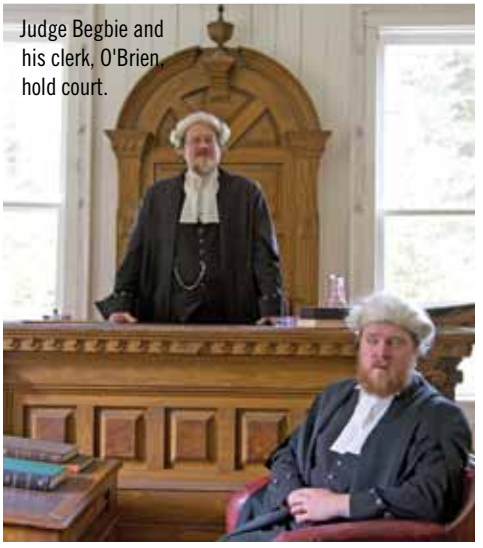
The Cornish waterwheel.

Costumed interpreters conduct tours and interact with visitors.

Fool's gold.

Ying-Ying Chen in Chinatown.

Wagon ride.


Judge Begbie and his clerk, O'Brien, hold court.

they finally broke down and talked frankly about real life at Barkerville.

One player who lives in nearby Wells and moves to Barkerville for the summer, said the end of the season is like "having a Victorial rug pulled out from under you."

Miss Playfair (Lynette Candy), whose lively repartee with Mr. Grimsby (Dave Brown) at the Cornish waterwheel keeps even fidgety kids riveted, said, "I put my first dress [costume] on when I was five." Her dad was chief conservator. As a kid, Lynette and the 19 other kids on site had to be in school in the morning, but "afternoons we were expected to be at a display being helpful."

Mr. Grimsby's been on the waterwheel for 25-plus seasons and the two of them have wracked up 52 seasons at the historic site.

Barkerville is a small world indeed. Attilla Kallai, the lively, loveable drunk we dubbed Johnny Depp, turned out to be engaged to Tracy Froese, the lady in red. And James Douglas (no relation to the former colonial governor), who manages the place, has produced twin actors-of-the-future with Danette Boucher—The Bride of Barkerville.

Talk about entertainment with lots of laughter and a few tears. Danette's one-woman show depicting the life of Florence Wilson so enthralled me that I came home and bought a book about the bride ships. Yes, Florence's tale is the story of a woman brought to this country to help stabilize the overwhelmingly male society by providing wives so the men could settle down to family life. But Florence had other ideas. What a story!

A session in court where Judge Matthew Baillie Begbie (Timothy Sutherland) soundly upbraided me for taking a photo without asking, "May I," wrapped up in the saloon where we shared a pint with his honour and his clerk Peter O'Reilly (Stewart Cawood), both long-term Barkerville veterans and passionate about their roles. Like the other players, they've meticulously researched their characters and these two were quick to defend Begbie, who they assert was unjustly known as "the hanging judge," but who did bring law and order to the colony,

For great family entertainment and easy-learning history, no British Columbian should miss Barkerville.

Vital Link

BC Ferries operates crucial links for any Northern BC circle tour. For me, the 15-hour Inside Passage cruise from Port Hardy at the northern tip of Vancouver Island to Prince Rupert on the North Coast was a voyage I'd longed to make. And I was equally excited about the crossing of the potentially wild Hecate Strait from Prince Rupert to Skidegate on Haida Gwaii.

A heavy overcast and remnants of a light drizzle didn't augur well for the scenic element of our trip on Northern Expedition as we boarded in the dark. The vessel felt different from the short-trip ferries between the mainland and the Island as we sought the passenger lounges via passages lined with numbered cabins. I was kicking myself for not investigating this option, then gave in to a sudden impulse and headed for the purser's desk. What a difference it made to abandon laptops and at least some of our camera gear and move freely on deck throughout the day. And I can't say enough about the opportunity to stretch out on a comfy bunk to write my notes and snatch a little nap. In future, I'll definitely book a cabin in advance.

Apparently the stars were in perfect alignment that day, because an hour into the voyage, patches of blue began to appear behind rips in the clouds. From then until the dazzling sunset, we sailed under clear skies. For a time we lounged on the sheltered sun deck, chatting with passengers we would meet again the next day on the run to Haida Gwaii. One family was on a combination of BC Ferries Vacations package tours that included their shore accommodations.

We dashed to the railings to watch eagles, porpoises, humpbacks and, to me the biggest thrill, a rare sea otter lolling on its back in the gentle swell.

We didn't bother taking in the afternoon movie in The Raven Lounge, but I did browse the well-stocked gift shop, we ate breakfast and lunch in the Canoe Cafe and treated ourselves to table linens, Okanagan wine and a top-drawer buffet in the Vista Restaurant for dinner, complete with dolphin sea-show beyond the expansive windows.

After a shoreside overnight in Prince Rupert, I got us fixed up with a cabin first thing when we boarded Northern Adventure heading for Haida Gwaii. This voyage offered less mountain scenery, but I did get to know one particular humpback very well. We sailed from sunny warmth in Port Hardy through a cool damp wall of fog to more sunshine beyond. The waters of Hecate Straight remained obstinately peaceful (I love a good blow) and sunset gold touched the totems on the shoreline near Skidegate seven hours later. It was great knowing we still had the return trip to look forward to.

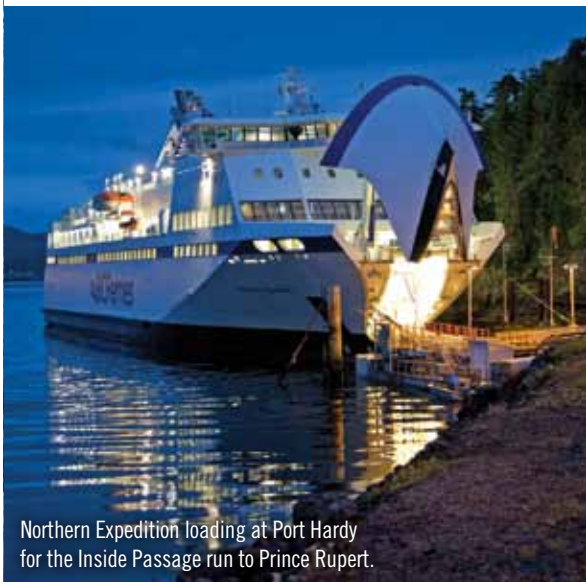
On this trip I ticked three items off my bucket list—the Inside Passage, Haida Gwaii and Barkerville—and realized that other stops should have been on it. In BC, there's just so much to discover. OL

One of several whale sightings aboard Northern Adventure sailing from Prince Rupert to Haida Gwaii.

Sailing into a fog bank as we leave Prince Rupert.

Lighthouse stations on the Inside Passage.

Taking in the scenery from the sun deck.



Northern Expedition loading at Port Hardy for the Inside Passage run to Prince Rupert.

Dr. Richard J. Lewis, MD, F.R.C.P.(C)

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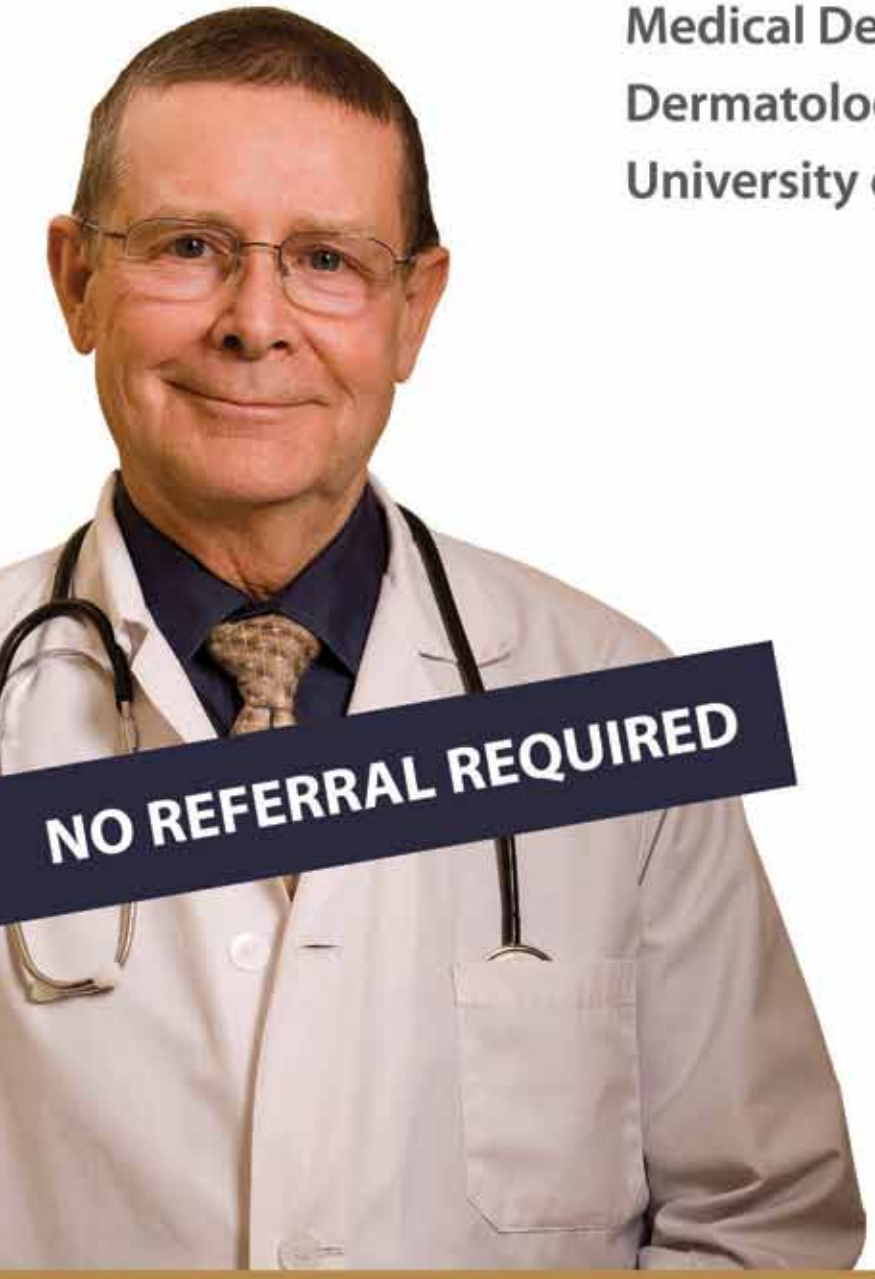

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Tee up for great golf

Just when you think you've finally managed to tackle every challenge that local golf courses can throw at your drivers, wedges and putters, another course opens up. In little more than a decade, the Okanagan has evolved from a good place to work in a round on the weekend to a full-fledged international golf destination.

Course designers must think they've died and gone to heaven with the wealth of varied terrain. I personally wish they'd stick to wide flat fairways on the Valley floor, but it's easy to see why they can't resist the potential for elevated tee boxes, tumbling water hazards, pine forest or sagebrush roughs, and accuracy-testing approaches dog legging around rocky outcrops and canyon walls.

Fabled names among course designers like Nicklaus, Furber, Cooke, Trent Jones and Norman are linked with our links and they've tested the best in the sport. I can still feel the thrill of seeing Garcia, Couples, Mickelson and Weir tee up for the first of two PGA Skins Games hosted by one of the Okanagan's premier venues.

Options for play are as varied as the landscape with enough friendly 9-hole layouts and tee placements on even the toughest championship courses to give us high-handicappers a chance to save a little face.

Our great climate means we're used to a long season here. At this time of year we face some pretty tough choices when the links are open and there's still great snow in the alpine. But really, you know you're ready to start warming up that swing.

It's easy to get into the habit of playing the neighbourhood course, but that leaves so many fairways and greens unchallenged. Now's the time to make a New (Golf) Year's resolution to try at least a few different courses throughout the Okanagan—and there's even more variety when you trek a little north and check out venues in the Shuswap where a whole different array of lake and mountain views make it tough to keep your mind on the game.

Courses throughout our region provide a wide range of amenities to complement your golf experience. Highly qualified pros (including a former LPGA player), offer private and group instruction. Whether you're picking up a club for the first time, trying to correct that nasty slice or honing your short game, there's nothing like a lesson from an expert to ramp up your play.

Our courses offer well-stocked pro shops, excellent practice facilities and food service options from snack shacks to fine dining. Time to polish up the clubs and start swinging. —*Laurie Carter*

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Murray Jones, Platinum Bench Estate Winery, Black Sage Road.

Meritage backgrounder

by Michael Botner

When you know the origin, it's easy to say the word. Skip the fancy French inflection. Meritage rhymes with heritage.

The name "meritage" originated in California when a group of wineries wanted to create their own unique name for red and white Bordeaux-style wines.

Bordeaux as a brand is akin to Champagne, jealously guarded and strictly regulated by the French Appellation d'Origine Contrôlée system, which covers everything from grape varieties used, viticultural methods and yield restrictions to minimum alcoholic content and winemaking techniques for each area. In principle, the standards—and quality—are highest for wines at the top of the pyramid, which represent only one or two per cent of the region's total production.

Rules in the United States, enforced by The Bureau of Alcohol, Tobacco, Firearms and Explosives, allowed for single varietals such as Cabernet Sauvignon or Merlot as long as the wines contained at least 75 per cent of the grape on the label. But they did not recognize high quality Bordeaux-style blends made by meticulously combining different varieties to get the best out of each. The result, which varies depending on vintage, terroir, barrel aging and so on, reflects the skill and talent of the winemaker, the highest expression of the winemaker's liquid art.

When a small number of Napa Valley wineries formed The Meritage Association in 1988, they selected the name (an amalgam of merit, for the best quality wines produced by the winery, and heritage, for the Bordeaux tradition of blends) by way of a contest. By 2009, it had grown to over 250 members, primarily in California, and changed its name to The Meritage Alliance.

A number of BC wineries have bought into the Meritage concept and a few have joined the alliance. As long as the BC wineries are part of the Vintners Quality Alliance program, they can describe a wine as Meritage on the label if the wine is composed of a blend of two or more of the named varieties and one of those varieties does not exceed 90 per cent.

For a red wine, the blend includes Cabernet Sauvignon, Cabernet Franc, Merlot, Malbec, Petit Verdot, Carmenêre and two others of minor significance. Similar rules apply to white Bordeaux-style blends, using Sauvignon Blanc, Sémillon and Muscadelle, sometimes called Sauvignon Vert. OL

PHOTO BY MICHAEL BOTNER

Highlighting a selection of red wines inspired by traditional Bordeaux varieties, sometimes called Meritage reds, the five star rating system stresses value for price.

HEAVEN'S GATE
2010 REVELATION
Summerland, Okanagan Valley
★★★★1/2 **$24.90**
Recently-minted winery has hit a home-run with this sensational blend of Cabernet Sauvignon, Malbec and Merlot. Complex palate delivers richly-textured, concentrated, layered flavours of fruit and nut cake with butterscotch and mint. Pair with filet mignon.

PLATINUM BENCH
2010 BENCHMARK RED
Oliver, Okanagan Valley
★★★★1/2 **$24.90**
Spicy elegance is the hallmark of this intriguing blend, which includes a small quantity of Gamay Noir with the usual varieties. It features nuances of cassis, black cherry, cocoa, chili pepper, tobacco and leather backed by chalky tannins. Try beef in a mole sauce.

3 MILE
2010 CABERNET MERLOT
Penticton, Okanagan Valley
★★★★ **$24.90**
Delectable blend of Merlot, Cabernet Franc and Cabernet Sauvignon features succulent plum, black cherry and raspberry fruit, and notes of milk chocolate, white pepper, cedar and tomato purée, framed by ripe, round, creamy tannins. Pairs with poultry, pork and lamb.

CHÂTEAU LA GORCE
MÉDOC, CRU BOURGEOIS
Blaignan, Bordeaux
★★★★1/2 **$24.95**
Splendid, non-classified Bordeaux red from Médoc's northern tongue shows plump fruit, refined personality. Flavours suggest blueberry, black currant, black cherry, olive, mocha, cedar and pencil shavings, supported by chalky tannins. Accompanies roast lamb or beef.

MC WATTERS COLLECTION 2009
MERITAGE, SUNDIAL VINEYARD
Oliver, Okanagan Valley
★★★★1/2 **$29.99**
Reflecting Black Sage terroir, classy red Meritage serves up richly-textured plum, black currant and fruit, notes of mocha, licorice, black pepper, cedar, tobacco and vanilla, bolstered by fine, ripe, puckery tannins. Recommended with raspberry cured duck breast.

SEVEN STONES
2008 STANDING ROCK MERITAGE
Cawston, Similkameen Valley
★★★★1/2 **$32**
A small dose of Petit Verdot, one of the five main Bordeaux varieties, adds depth and spiciness to this superlative blend. It features layered, velvety, concentrated raspberry, plum, black currant, violets, mint, cigar box and tar. Likes rich meat or tomato sauce.

PHOTOS BY MICHAEL BOTNER

MICHAL MOSNY

Winemaker and viticulturist
Sonoran Estate Winery

The Okanagan lures winemakers from around the world, but Michal Mosny, who arrived in April 2012, is likely the only one from Slovakia where winemaking dates to the seventh century BC. With courses in business and economics under his belt, his experience includes running a small family-owned "hobby" winery and working as an international standards analyst and internal quality auditor at Hubert J.E., Slovakia's largest wine company and said to be the first outside France to make sparkling wines using the original champagne method. After a stint at Kettle Valley Winery in Naramata, he moved across the lake to Summerland's Sonoran Estate Winery. A challenging year, Michal spent 2012 "visiting a lot of wineries and learning about the different wine styles and growing conditions," while navigating a new, more open and friendly work arrangement. "Here I am the winemaker, but I also work in the vineyard with the owner, Arjan Smits, who likes to do most everything by hand." The use of irrigation was the biggest difference for him. "When to turn it on and off is crucial," he says. Pouring some samples of his promising 2012 wines, still in tank or barrel, is the best indicator of his skills: an off-dry Gewürtzraminer with incisive tropical fruit, spice, floral and mineral; a ripe, rich Pinot Blanc showing tropical fruit, tree fruit and grapefruit; a stylish, exuberant Rosé; and a knock-out Merlot suggesting black forest cake.

PHOTO BY BRUCE KEMP

by Bruce Kemp

Eat a rainbow, today

Colour-coding is a terrific way to get picky kids to make healthy food choices. Nine-year-old Hannah Robertson and her parents, Kia and Jamie, have dreamed up some cool ways to show kids and parents how it works

As international news headlines warn of childhood obesity and related diseases, an Okanagan nine-year-old and her mom are taking action to help kids achieve a healthy attitude toward eating, with their *Today I Ate a Rainbow* books and videos.

Kia Robertson admits that it's tough to get kids excited about eating fruit and vegetables. Even though daughter Hannah isn't a picky eater (she was already choosing carrots over carrot cake at the age of two), Kia confesses to struggling with her own leftover, childhood pickiness.

Then she read that kids really benefit from eating multiple colours of fruit and veggies during the day—and that started it.

Kia and her husband Jamie produced a chart with magnetic stick-ons because at the time Hannah was into charts. "Little kids really like the motivation and feeling of accomplishment they get from completing everything on a [daily progress] chart," says Kia.

From there the project just seemed to evolve. The mom and daughter duo wrote *The Rainbow Bunch*, the first book in a planned series, to back up the message of eating different colours.

The basic message is that all plants contain phytonutrients, chemicals that help to keep people healthy if eaten regularly. Different plants contain different phytonutrients as indicated by the colour of the fruits and vegetables they produce. So to get a balanced diet it makes sense to eat a rainbow of the five different colour groups—red, orange, yellow, green and purple—daily.

Today I Ate A Rainbow is a family adventure in good health, publishing and videography. Public interest grew from posts on Facebook and Twitter. Because Jamie was already in the commercial Internet video business, it wasn't a big leap to videos on YouTube and eventually their own website.

Hannah is a nine-year-old cutie with real Pippi Longstocking appeal, making her a natural on camera. So far they've made six videos and attracted the attention of celebrity chef Jamie Oliver, who asked them to appear in a clip last spring (www.todayiateainbow.com/videos/featured-videos) for his Food Revolution program to teach kids (and adults) about the benefits of eating good foods.

But Hannah also developed her own fan base and started making personal videos for other kids to help them with private eating issues. Her biggest fan is Ellie-May from Ireland, but she has also made short videos for kids as far away as Australia and as close as Calgary.

Private videos can sometimes be as little as two minutes in length, but they inspire and offer alternatives to junk food. In one case she introduced a girl in Calgary to frozen bananas as a replacement for some of the junk food she was eating.

The family have now created a kit containing the chart, with colour tracking magnets, and the book. Plans are in the works for a new book to be released this summer called *Picky, Picky Pippa* about a picky eater and how she overcomes her unhealthy habits.

Eventually, the goal is to produce six more publications based

Shooting day: Hannah and Kia have breakfast then select outfits for the shoot, trying not to duplicate clothes that have been seen on previous videos.

Work out a rough script and develop shooting schedule.

Shop for ingredients for the day's recipe. Prepare the set (family kitchen) and gather props needed for the broadcast. Rehearse the day's production.

Hannah and Kia appear on camera while Jamie handles videography. After the shoot, clean up the set and have family dinner.

Hannah heads to bed while Kia and Jamie edit the day's footage. Kia sends their work to independent Kelowna film editor Neil Slattery to finish the process.

Kia writes promos for Twitter, Facebook and Pinterest.

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Ad donated by Okanagan Life Magazine

Check out the agenda on our website www.wheelsforacure.ca

on the characters in the first book in the series. The characters will offer kids strategies that they can adopt to address issues like cooking, gardening, fitness and obesity.

New books will follow the style of the original with rhyming text and colourful illustrations. Kia does most of the writing and Hannah consults. Kia arranges to print her work with a print-on-demand company in Kelowna.

Kia was trained as a professional massage therapist prior to her collaboration with Hannah. She had no writing or video experience and turned to husband Jamie for advice on both videography and printing (he worked at a printing company before setting out on his own).

Hannah attends North Glenmore Elementary School, which she loves, and says her Grade 4 teacher, Mrs. Letkeman, is "the best teacher in the world. She's nice and funny and we do awesome projects."

Hannah already knows she would like to work in the newspaper business when she finishes her education, but for the moment she contents herself with her online celebrity. Work on her food-related projects—like the videos—is relegated exclusively to Saturdays. That way Kia and Jamie have the time to work with her, and the pressure of homework can be dealt with on Sunday.

Look for links to Hannah's videos and learn more about helping your kids to healthy eating habits at www.TodayIAteARainbow.com. OL

PHOTO BY BRUCE KEMP

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by Shannon Linden

Happy camper

Roof and a loo spell luxury in the great outdoors

Let me tell you about the Taj Mahal. I'm not talking about the world-renowned jewel of cultural and architectural heritage in Agra, India. I speak of the colossal and architecturally past-its-prime purple-striped travel trailer adorning our driveway.

I've camped all my life. Growing up, we went to a remote river location on Vancouver Island. The water was icy cold but crystal clear. There were trails to hike and an old suspension bridge we mercilessly terrorized my mother with, running, jumping and fearlessly flinging ourselves from side to swinging side.

Mom spent days stocking our camper with life-saving provisions from antibiotic cream and bug spray to the most delectable junk food known to child-kind. There were chips, Cheezies, marshmallows and—gasp—pop! But we kids celebrated the cereal most.

Greedily garnering the baby-sized boxes, my brother and I scoffed at token healthy selections like Rice Krispies and Raison Bran, ripping into the Fruit Loops, magically delicious Lucky Charms and any other candy-coated crunchiness that turned the milk pink. Such delicacies were not permitted in our pantry at home.

Is it any wonder I grew up to marry an avid outdoorsman? There's just one petite problem. My kind of camping includes a solid roof over my head and a door that locks. My husband's version? You pack in what you need—shelter and camping cereal included.

Say what?

I've laid my smoky head to rest in some remote places, but I'm no mountain mama. Despite my outdoor experience, I am a girl governed by two overriding fears: hungry bears and bad outhouses.

I can't sleep for fear of some grizzly kneading at my nylon tent. And don't even get me started on "the facilities." If it doesn't flush…

My husband says I fooled him with tales of catching crayfish clinging to river walls and plopping them into a boiling pot over a roaring fire (that may have been my brother). I say he tricked me with his fashion-forward shirt and fast car.

"You said your name was Paul," I like to remind him. "You left off the Bunyan part."

Imagine my joy, then, when he surprised my son, daughter and me with a very used, but well loved and meticulously cared for—trailer. I excitedly outfitted it with matching plastic plates and cups and bowls and real wine glasses from the Dollar Store.

There's a little fridge with a little freezer and, best of all, a little loo. Complete with a single sink and a tiny toilet, there's even a small shower stall. Mind you, if you take the time to shave your legs, the water tank drains pretty fast.

On our maiden voyage we hit Dutch Lake, intent upon exploring the Wells Grey area with good friends. Confined to a tiny camper with two teens, Jillian made her way across the double site to our spacious abode. Sitting across from one another at my kitchen table, chopping sweet peppers for salad, stirring a little tonic into gin, she waved her drink into the air. "Would you look at this place?" she said. "I'm in the (bleeping) Taj Mahal." It wasn't holy water, but the Taj was christened.

Five years later, the Taj has taken us places. We've traveled internationally, but some of the best trips have been exploring our backyard, in the veneer-walled, green shag carpeted, slightly musty, but entirely magical Taj.

A couple of years ago my husband met up with the man whose family owned, loved and then outgrew the Taj before us. He was very sick. A short time later, he left this life; travelling, I hope, someplace spectacular, leaving us to savour the sweet simplicity of togetherness in the purple-paneled Taj. OL

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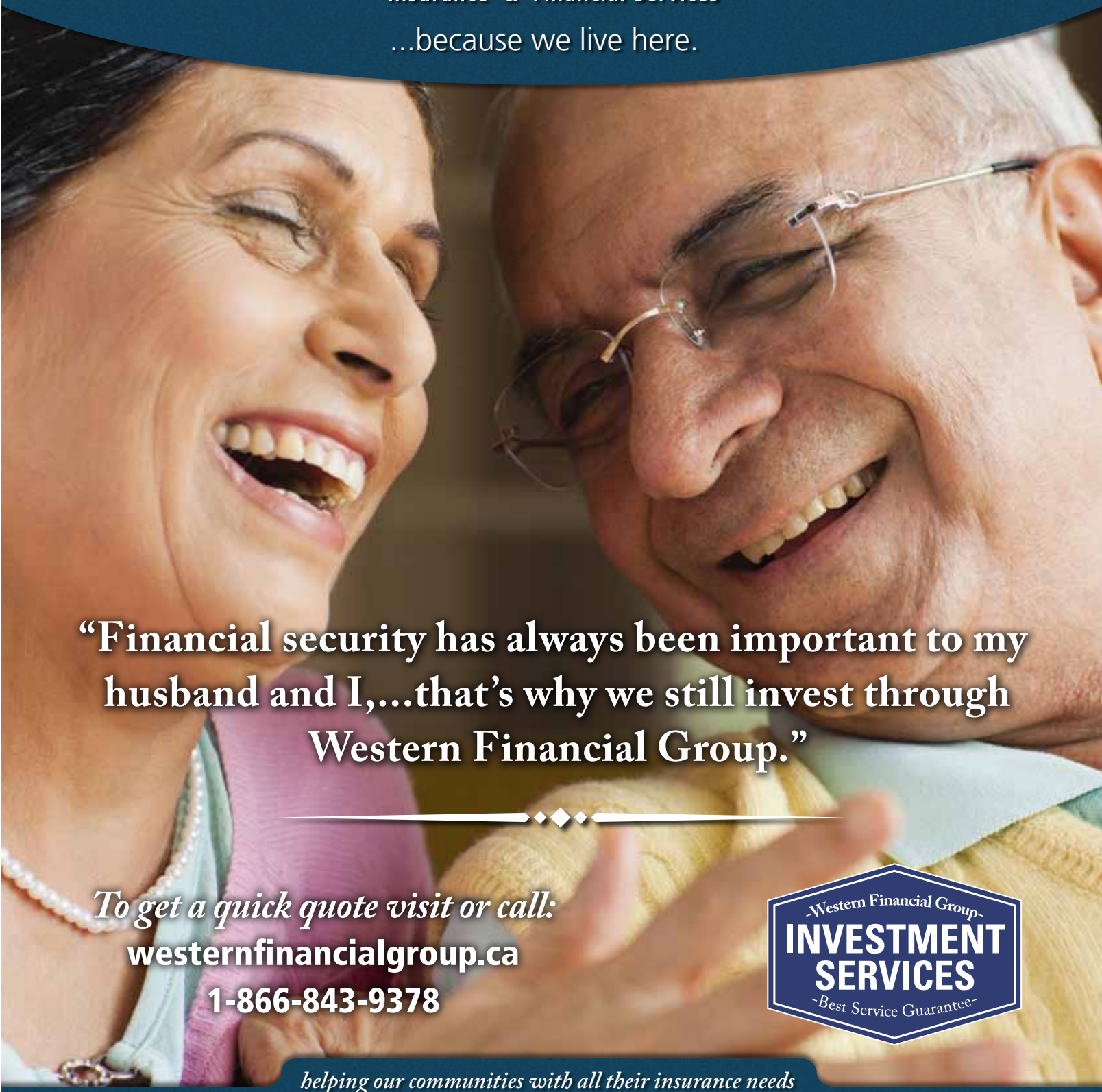

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