

★ RED CARPET STAR PARTY — VALLEY STYLE

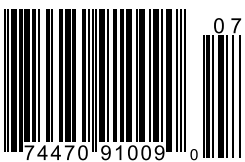
OKANAGANLife

JULY-AUGUST 2011

TEEN
MENTAL
HEALTH

RetroMUSIC

PM40028474



July-August 2011 3.95

www.okanaganlife.com

WE'RE GROWING

Peacock Sheridan Group has once again added to our team to better serve our clients' needs.



Doug Deschner

CFP

*Investment
Advisor*



Greg Carter

CFP, GBA, RHU

*Employee Benefits
Consultant*



Marc Gaucher

MBA

*Management Consultant/
Business Advisor*

At the Peacock Sheridan Group we share our clients' passion for all areas of life; from family and business ventures to strategic wealth accumulation. We deliver innovative and individualized investment, consulting, insurance and employee benefit strategies to business owners, professionals and high net-worth families.

Learn more at www.peacocksheridan.com



**PEACOCK SHERIDAN
GROUP**

WEALTH ACCUMULATION | INSURANCE INNOVATION

Prosper through **innovation** | www.peacocksheridan.com

#205-1180 Sunset Drive, Kelowna B.C. • Phone 250.869.1451

YOUR PSG TEAM:

Brent Peacock, BA, RHU
Grant Sheridan, BA, RHU
Dustin Serviss, CFP, RHU

Marc Gaucher, MBA
Doug Deschner, CFP
Greg Carter, CFP, GBA, RHU

Sasha Carter, B. Ed
Krystal Herie
Michelle Muhlbach

CLASSICAL WORLD JAZZ

*Come for the scenery,
stay for the music!*



MusicFest
VANCOUVER

August 5 – 14, 2011

***Book a hotel stay and
save on concert tickets!***

musicfestvancouver.ca/hotels

Regina Carter

Mariangela Vacatello

Lorraine Desmarais

Suzie LeBlanc

Joe Chindamo

Chai Found Music Workshop

Swingle Singers

Borealis String Quartet

Bobs & LoLo

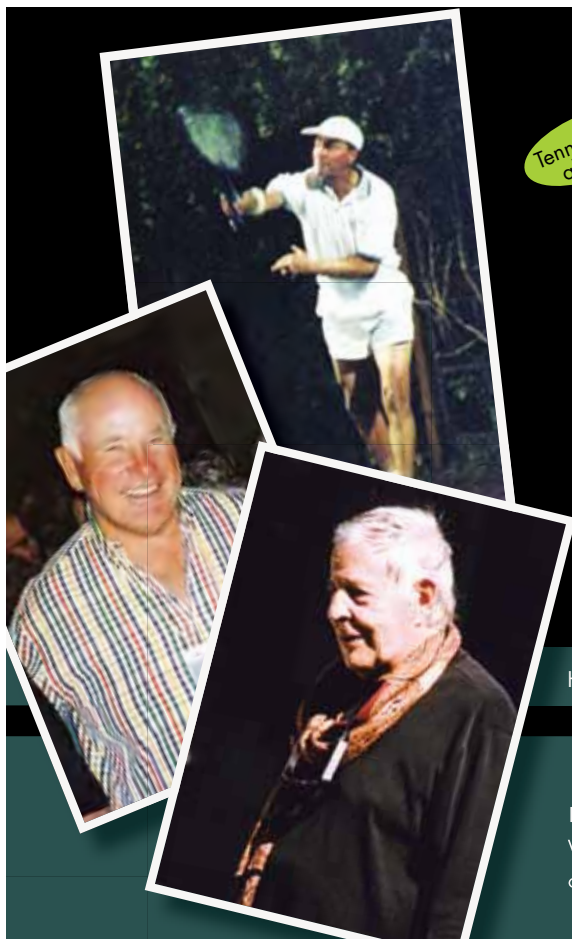
Lafayette String Quartet

World Vision Korea Children's Choir

and many more!

Canada





Tennis Play at all levels!

Kelowna General Hospital Foundation

presents the
**TENTH ANNUAL CELEBRITY
TENNIS CLASSIC
& BOCCE BALL TOURNAMENT**

All proceeds dedicated to the Cardiac
Care Centre at KGH and the establishment
of a full Medical Cardiac Centre

CENTRE COURT
2302 Abbott Street, Kelowna
September 16, 17 & 18, 2011

Honouring **HON. W. R. (BILL) BENNETT, HERB CAPOZZI AND DAVID RITCHIE**

For further details contact

Walley & Marietta Lightbody 250.762.2783 luxcorpus@shaw.ca

or the KGH Foundation Office 250.862.4438



**Find your local
community food bank
and contribute today!**

**SALVATION ARMY
FOOD BANK**
191 2nd Ave. NE
Salmon Arm BC
250.832.9194

**LAKE COUNTRY
FOOD ASSISTANCE
SOCIETY**
3130 Berry Rd
Winfield BC
250.766.0125

**PEACHLAND
FOOD BANK**
6490 Keyes Rd
Peachland BC
250.767.3312

**THE OKANAGAN
BOYS & GIRLS CLUB
ARMSTRONG**
3459 Pleasant Valley Rd
Armstrong BC
250.546.3465

**KELOWNA
COMMUNITY FOOD
BANK SOCIETY**
1265 Ellis St.
Kelowna BC
250.763.7161

**SUMMERLAND
COMMUNITY FOOD
BANK**
United Church
13204 Henry St
Summerland BC
250.488.2099

**VERNON &
ENDERBY
SALVATION ARMY**
3303 32nd Ave
Vernon BC
250.549.4111

**WESTSIDE
COMMUNITY FOOD
BANK SOCIETY**
2545 Churchill Rd
Westbank BC
250.768.1559

**SALVATION ARMY
COMMUNITY FOOD
BANK**
2399 South Main St.
Penticton BC
250.492.4788

CANNED PRODUCTS:
Vegetables, Fruit, Soup,
Mushrooms, Tomato
Products, Pork and Beans,
Meat, Tuna/Salmon

OTHER FOOD SUPPLIES:
Pasta Sauce, Pasta, Peanut
Butter, Soup Mix Base,
Rice, Crackers, Cereal
(Hot or Cold), Juice, Olive
Oil, Dry Soups, Apple
Sauce (unsweetened),
Coconut Milk

**PRODUCTS WE
CAN'T USE:**

Rusted or Unlabeled Cans,
Alcoholic Beverages,
Dented Cans, Expired
Products, Open Products,
Homemade Items

Cash donations are a very large part of the local food banks;
anything over \$10 and you will get a tax receipt

OKANAGANLife's guide to your local food bank... Because we care!



PLAY WITH VISION

www.twoeaglesgolf.com



features

- 16 RETRO MUSIC**
We're not talking 50s and 60s here—at least not the 1950s. Join our search for antique instruments in the Valley and the amazing musicians who play and even craft them
- 41 TEEN MENTAL HEALTH**
Kids on the brink of suicide aren't the only ones feeling extreme anguish when it comes to mental health issues among young people

contents

departments

- 7 PULSE**
Scratch attack
- 8 PAUL'S VOICE**
- 10 EVENTS**
- 12 IN PERSON**
Dean Goodine
- 13 CULTURISTA**
Art in the open
- 14 CHARITY OF CHOICE**
BrainTrust Canaga golf marathon
- 25 COMMUNITIES**
Guide to the Okanagan and Shuswap
- 46 MOUNT KOBALU STAR PARTY**
Astronomers' show 'n' shine
- 48 COUCH NEGLECTER**
New age explorer discovers Okanagan trade route
- 50 VALLEY VOYEUR**
This lofty show home is tailor made for serious entertaining
- 55 HIGH SPIRITS**
Black Sage Bench produces big, bold reds
- 58 WHO AMONG US**
Humble food with Lorraine Pattison
- 62 REARVIEW**
Literary aspirations of the undead

ON THE COVER:
FELIX POSSAK: AN OKANAGAN
MUSICAL TREASURE

THE 2011 OUTBACK

Loaded with everything.

(And still has room for your stuff)

Standard features: • Symmetrical AWD • 170HP 2.5L BOXER engine • Lineartronic® Continuously Variable Transmission w/Hill Holder system • Driver and front passenger front- and side-impact airbags • AC • Power windows, mirrors • Vehicle Dynamics Control system and Traction Control • Heated front seats • Satellite-ready radio • Steering wheel-integrated audio controls • Roof rails • Top Safety Pick • Residual Value Award • Best Mainstream Brand • And more

2011 Outback 2.5i Convenience
Drive over 1000km per tank!

TOP SAFETY PICK
The only manufacturer with 2011 IIHS Top Safety Picks for all models.
2011 ALG-Residual Value Award.
Best mainstream brand*

Anthony's SUBARU

Well equipped plus AWD from
\$30,945* MSRP
Visit Subaru.ca

2670 Highway 97 N, Kelowna • 250.861.6163 • 1.877.861.6166 • www.anthonys.ca

*Model shown is a 2011 Outback 2.5i Convenience Package (MT) (B21) CFI with MSRP of \$30,945 including freight & PDI (\$1,525), documentation fees (\$395) and battery and tire tax (\$30). License, taxes, insurance and registration extra. **2.9% Lease and Finance APR valid on new 2011 Outback 2.5i Convenience Package (MT) (B21) CFI models for a 24 month term. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. Dealers may sell for less. Dealer order/trade may be necessary. **Offer valid until July 31, 2011. See your local Subaru dealer or www.westernsubarudealer.ca for complete details. Roof rack and kayak equipment shown are not included in the price of the vehicle. ▲Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 25-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). ▲"Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2011 Top Safety Pick. ●Based on ALG's 2011 Residual Value Award for any mainstream brand. *It is possible to travel up to 1,014 km on one tank of fuel based on estimated fuel consumption figure rating posted by Natural Resources Canada of 6.9L/100 km (highway) for a 2011 Subaru Outback equipped with continuously variable automatic transmission and a 70L fuel tank capacity. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load.



WOOD LAKE

Resort and Marina

Located in the Heart of Lake Country

Open March through October



2930 Woodsdale Road, Winfield, BC V4V 1Y1
T: 250-766-1881 F: 250-766-1883
E: info@woodlakerv.com www.woodlakerv.com

service Excellence



Voted One of the BEST
Finalist 2010
BEST OKANAGAN
BRANDS SERVICE
AWARDS
OkanaganLife.com

When you need it done right.
Uncompromising service the Okanagan has relied on since 1986.

Automatic & Standard Transmission Service Specialists

#6-1987 Kirschner Rd. 250.762.0191 www.springfielddautotransmission.com



OKANAGANLife

magazine

OKANAGAN BUSINESS
Your Business Information Source

publisher/editor J. Paul Byrne
senior editor Laurie Carter
managing editor Karen Slivar
creative director Mishell Raedeke
graphic designer MaryAnn McCooney
administration Wendy Letwinetz

account executive Jim Murphy

contributing writers Michael Botner
Laurie Carter
Bruce Kemp
Dawn Renaud
Gillianne Richards
Barbara J. Shave
Karen Slivar
Shelley Wood

contributing photographers Michael Botner
Laurie Carter
Rick Cogbill
Colin Jewall
Bruce Kemp
Wendell Phillips
Dawn Renaud
Gillianne Richards
Karen Slivar
Voth Photography
Andrea Williams

cover photo Bruce Kemp

okanaganlife.com Laurie Carter
editor

Okanagan Life is published by
Byrne Publishing Group Inc.

To subscribe or advertise:
Call 250.861.5399

Toll-free 1.888.311.1119

Email info@okanaganlife.com

Write to: #10-1753 Dolphin Avenue
Kelowna, BC V1Y 8A6; or visit

www.okanaganlife.com

Okanagan Life is available at several newsstands
throughout the Valley. For a full list, please visit
www.okanaganlife.com/wheretobuy.php

© 2011, All rights reserved. Opinions and perspectives
expressed in the magazine are those of the authors and
do not necessarily represent the views of the ownership
or management. Reproduction in whole or in part
without the publisher's consent is strictly prohibited.



PUBLICATIONS MAIL AGREEMENT NO. 40028474
RETURN UNDELIVERABLE CANADIAN ADDRESSES TO
BYRNE PUBLISHING GROUP INC.
#10-1753 DOLPHIN AVE.
KELOWNA BC V1Y 8A6
email: info@okanaganlife.com



SCRATCH ATTACK

How to ditch the itch

■ I'm often asked about eczema, a chronic lifelong condition that causes skin dryness and leads to inflammation. It's very challenging to treat because this is a genetic problem that makes the skin dry out very easily and become quite sensitive. The skin also gets very itchy. Not surprisingly, scratching just makes the problem worse.

My key advice includes keeping your skin hydrated—use that moisturizer.

If the condition gets out of control, you'll likely have to resort to medicated creams and ointments to calm the inflammation and other symptoms.

Eczema FAQ

Q: How do I know if my child has eczema?

A: The most telling sign is your child constantly scratching itchy skin.

Q: How do I find a doctor who knows how to treat this condition?

A: Any family physician or general practitioner should be able to help you manage eczema. But if he or she is uncomfortable or you're not seeing the results you hope for, then it makes sense to ask for a referral to a skin specialist or dermatologist. The most common reason for treatment failure is not using enough skin hydrators and topical medicines. Another problem is the failure of healthcare providers to properly educate patients or, in the case of children, their parents. —Dr. Craig Crippen

PHOTO CONTRIBUTED

Now your window shadings and your wallet get a lift.



Silhouette® with UltraGlide®

\$275 Rebate Limited Time Offer!

UltraGlide® is the unique retractable cord feature that never detracts from the appearance of your Silhouette® window shadings.

Visit this dealer from May 1st, 2011 until August 31st, 2011 and receive a \$275 Manufacturer's Rebate with the purchase of 4 Silhouette® with UltraGlide® and \$60 for each additional unit purchased.



HunterDouglas
EXTRAORDINARY WINDOW FASHIONS

SHOWCASE
HunterDouglas

SELECT
HunterDouglas

SELECT
HunterDouglas

Details Details Interior Design Studio

#100-395 Penno Rd.
Kelowna, BC
250-765-4045
www.detailsdetails.co

Designers Gallery

#304 2520-53rd Ave
Vernon, BC
250-542-5955
designersgallerycanada.com

Grandview Flooring and Design

3004-39th Ave
Vernon, BC
250-542-1468
www.grandviewflooring.ca



Because your **smile**
can be **amazing** too...

simply. amazingsmiles[™]
and aesthetics



www.simplyamazingsmiles.com 250.762.2521

www.westwoodfinecabinetry.com

WESTWOOD

FINE CABINETRY




The winner of *The Best of the Okanagan* since 1999
www.westwoodfinecabinetry.com

Phone: 250-860-3900 | Toll Free: 866-337-0755
2140 Leckie Place | Kelowna | BC | V1Y 7W7 | Canada

paul'svoice



We Are the Okanagan

■ We can only guess at the full extent of the musical talent in the Valley. To my knowledge, no real accounting has ever been done. We don't report on it like the stock market, the dollar or the price of gold, but a musical community is invaluable.

In the past I've parodied songs for this column so readers could sing along in their heads. This time, I've included the chords so you can pound it out on piano or guitar. *We Didn't Start the Fire* is a great Billy Joel tune and that is the melody to read by:

Chorus

**[G] We are the Okanagan [D]
Music's [Am] burnin' — Talent's [C] churnin.
[G] Music in da Okanagan [D]
We love [Am] to light it —
And we [C] will excite it**

[G] Ok Life's catalogue,
[D] Daniel Powter, Pappa Dawg,
[Am] Scotty Gamble, Ryan Donn,
[C] Jam with Dougie Sonju.
Pauline Kyllonen,
"Lightning fingers" Theilmann,
Great choice, Kim's voice, We Are The City.

Random Act, Grace Kim, Salmon Armenians,
Paul Rodgers, Floyd Vedan,
Grapes of Wrath, Musica.
Ellen, Kong Khoo, Trinity's Tattoo,
Panich & da Rusty Nails, Gitano Lansa.

Chorus

Andrew Allen, Afterglow, Dennis Letourneau,
Grateful Dads and The Groove,
Danielle and Katie.
UBC, Johnny Vee, Other Johnny might be me,
Bowman-Bernie-Jacyzyn, "Okanagan's heaven."

Grooveyard, Suderman,
Learning how to think again,
Teddy Okas, Chardonnay,
Manfred and Glory Days.
Moni Funk, Dalgleish,
McBride and Raminsh,
Maestra Thomson, loves Okanagan,
[Am] How much do I have to do,
[C] To get to jam with Jim LeGuilloux!

Chorus

Calum Hughes, symphony,
Saunders and Ari,
Fugitives, Greg Sczebel,
Show yo' bidness, show and tell.
Rann Berry, Robert Fine,
Major Mombo, Just In Time,
Leah West, Fields of Green,
Got a great magazine.

Marlarkeys, Madsen, Jervais, Esson,
Babbel and Leigh-Ann,
Phoenix and Eamon
Paul & Melina Moore.
Roslyn – play some more
Nameless in Naramata, Jeff Piatelli.

Chorus

Doucette, Steppin' Out,
Billy's kilt—check it out.
Kinship, TomKats, Phiniotis, Possack.
Vitas got recording toys,
Sista' B and da Boys,
Hot Tamales, Stu's a peach,
Juan and Pablo on da beach.

Okanagan—good decision,
Listen to our great musicians.
How much do they get to play?
Listen to them every day

[Am] If I missed you—please don't fret,
I just haven't heard you yet!



John Paul Byrne
publisher

paul@okanaganlife.com
for comments or suggestions

Nietzsche said, "In music the
passions enjoy themselves." Enjoy!



PRESTIGE COLLISION

250.868.9190 👑 WWW.PRESTIGEKELOWNA.COM 👑 1960 KIRSCHNER RD

Medical Dental Specialists





A'Lana Rains, CMA Angela Bailey, CA Jena Friedrich, CA

MackKay LLP Professional Advisors

Working with the Medical and Dental Community

- Providing corporate and personal tax planning
- Specializing in working with professionals and owner-managed businesses
- Corporate re-organizations and planning strategies
- Estate, retirement and tax planning
- Providing valuable solutions beyond typical compliance reporting

mackay.ca
Chartered Accountants - Business Advisors

"Your Business is our Business"

MackKay LLP, Chartered Accountants | 500-1620 Dickson Avenue | Kelowna, BC V1Y 9Y2
www.mackay.ca | toll free 1.866.763.5021 | tel 250.763.5021 | fax 250.763.3600

events



GLOBAL IMPRESSIONS

Kelowna: Sept. 17, 2011

Join the Central Okanagan Photographic Society for a show of global images by award-winning photojournalist Wendell Phillips at Okanagan College Theatre (1000 KLO Rd). Wendell takes audiences through a photographic journey of his international assignments to 70 countries on five continents. 7:30 p.m. Tickets are \$10 and available at the door (cash only). Proceeds benefit the Central Okanagan Search and Rescue Society. For a sneak peek visit www.wendellphillips.com.



FESTIVAL OF THE TOMATO

Oliver: Aug. 20, 2011

Make plans to attend this homegrown tomato event. Compete in a bit of family rivalry with the tomato toss, tug of war and more. Then take a wine and beer tasting break. For the culinary inclined there's a chef competition. Bring your dancing shoes and lawn chair and enjoy the musical lineup with Five Alarm Funk, Lobo Blanco, Emily Spiller, Corey Douglas Mclean Project and more. Free overnight camping included in package. For tickets and info visit www.covertfarms.ca.



A SPLASH OF RED

Vernon: Aug. 25, 2011

Calling all art collectors and enthusiasts for a fundraising event under the stars. The evening begins with an aperitif reception and art viewing, followed by a three course Italian meal complete with wine pairings, served family style in the gardens of the Caetani Cultural Centre, accompanied by local musicians Judy Rose and Jim Leonard. The artwork will be auctioned off after the dinner. Tickets are \$100 and on sale at the Bean Scene in Vernon. www.okanagansplashofred.wordpress.com/

MORE CHOICE HAPPENINGS

RAVENSCROFT

Penticton: Sept. 8 – Oct. 1, 2011

Inspector Ruffing investigates. Cannery Stage Thursday, Friday and Saturday nights at 8 p.m. Sunday matinees 2 p.m. Tickets at Wine Country Visitor's Centre, phone 250.493.4055. www.manyhatstheatre.com.

MURDER MYSTERY DINNER SHOW

Vernon: Sept. 9-10, 2011

Expect a lot of fun and laughs as you follow the acts around Historic O'Keefe Ranch, then sit down to a meal at the Cattlemen's Club Restaurant and examine the clues to uncover the culprit. Advance tickets call 250.542.7868 or visit www.okeeferanch.ca.

PENTASTIC HOT JAZZ FESTIVAL

Penticton: Sept. 9-11, 2011

What's your pleasure: Benny Goodman-style, swing, big band, Dixieland, Cajun, zydeco, two-step? You can hear it all at this event with bands from around the globe performing at various locations throughout town. Purchase single- or three-day pass. For tickets and more info stay tuned to www.pentasticzazz.com.

LAKE COUNTRY ART WALK

Lake Country: Sept. 10-11, 2011

Mingle among Okanagan painters, sculptors, photographers and fibre artists at this year's exhibition of over 3,000 works at Lake Country Community Complex. Open 10 a.m. to 5 p.m. Admission is \$2. www.artwalk.ca.

6TH ANNUAL ORGANIC OKANAGAN FESTIVAL

Kelowna: Sept. 18, 2011

There are two locations for this year's green living expo. At Summerhill Pyramid Winery sample and shop for organic wine, food and goods, take in the consignment fashion show and enjoy storytelling in the pyramid. Attend eco-conscious lectures and tour green building displays at Okanagan College's Centre for Learning. Doors open 11 a.m. to 5 p.m. Park 'n' ride on a bus from the college to the winery. www.okanagangreens.ca.



PHOTOS BY WENDELL PHILLIPS AND CONTRIBUTED



OKANAGAN VALLEY
EXNIHILLO



Okanagan Life People's Choice Award 1st Merlot • 3rd Riesling

Thank You For voting us your Favourite Red Wine
Experience our Tasting Room 10:00 - 5:30 Daily

1525 CAMP ROAD, LAKE COUNTRY BRITISH COLUMBIA V4V 1K1
TEL: 250 766 5522 exnihilovineyards.com



OVER 50 BRANDS • OVER 50 YEARS IN BUSINESS • MASSIVE LIVE SHOWROOM

Whirlpool LG
Maytag AEG
Kitchenaid AGA
Jenn Air Alfresco

Genier's
A P P L I A N C E S
Asko Viking Wolf

Miele SubZero
Heartland Thermador
Bosch Fisher & Paykel
DCS Gaggenau

2205 - 48th Ave. Vernon

P: 250.545.0664 1.888.545.0664

WWW.GENIERS.COM



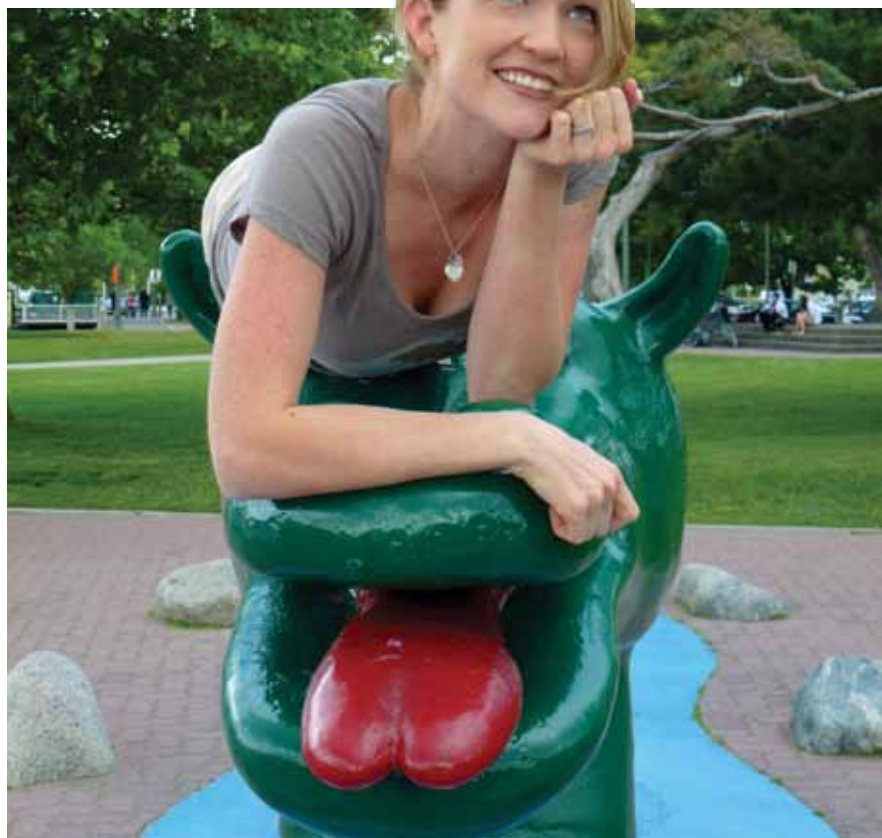
PROP MAN

■ Property master Dean Goodine learned hands-on from some of the best in the industry on sets like *Unforgiven*. He ensures anything an actor moves or uses is ready, era-authentic and fits how the character. It can be nerve-racking to pick up the phone and call screen legends he's admired for years, but the actors see him as an essential part of their team.

While Dean enjoys working with the likes of Robert Duvall, Anthony Hopkins, Brad Pitt, Morgan Freeman and Paul Gross, he also works with people whose everyday lives are outside the industry: law enforcement officials for *Mayerthorpe*, a specialist in plate glass photography for *The Assassination of Jesse James*. "The historical detail that went into every single item we put on that set was unsur-

passed by anything that I've done," he says; even the actors' daily newspapers were reprints from the archives. Other career highlights: standing at the foot of a crane while 800 samurai on horseback charged past him (*Ten to Chi to*), and understanding Canadian valour during the First World War (*Passchendaele*). "Any time you get to dig into your own history...that's a pretty amazing experience." —Dawn Renaud

PHOTO BY DAWN RENAUD



ART IN THE OPEN

Private thoughts on public art

■ I'm sitting on a local piece of public art. Don't try and guess which one just yet, as you can see I've taken special care to distort its silhouette by lying awkwardly across it as if I was a bikini clad barista on a break at hot sands beach. I'm performing a little trick I learned while studying art at university called site specific symbiosis. It's when you become one with public art in ways that make sense for that location, or, if you're a tourist/reckless local, it means trying to do cool poses on any random sculpture you can climb. While it may not get accolades for form or style, this statue is perhaps one of the most visited in the Okanagan. Most of us have a snapshot of some family member clinging to one of its daring undulations.

Public art means different things to different generations. Today I see the downtown sculpture *Spirit of the Sail* as a landmark, a destination, white wings

holding blue sky. In my adolescence, however, they were the backdrop to cola-fuelled rebellion. We littered around them in droves after the teen night club let out across the street. "Why are we all just standing around here?" someone would finally ask. "Because it's a party at the sails, man!" And we'd go back to bobbing our heads to leftover beats and trying to find a way to climb the sculpture. Glad I don't have too many snapshots of that. The fact is, whatever your age or viewpoint, the public art around you is part of the set on the stage of your life, and each piece, in its way, plays its part.

After spinning my daughter on *Natural Language* (the giant metal Möbius strip in front of the library), which gets her wound up just enough to run inside and excitedly pick out books but not enough for her to try to eat them, I open a paper to read about how a piece of art valued at close to \$200,000

was recently offered free to the city of Kelowna. It was rejected over installation costs, committee disputes and all sorts of other exhausting details. I check out the picture of the artist working on the piece. It's a sculpture of a really cool heron that looks extremely dangerous and fun to climb. I imagine its place in potential family portraits, with mom swinging around its neck, little Janie pretending to fly and dad holding his eye, the victim of a gruesome mock run-in with the bird's magnificent, lethal beak. I begin to miss the statue we never had.... Do we struggle with art approval because of things like the great *Baggage Handler* brouhaha of 2005, when a sculptor in Penticton dared to expose a giant naked guy? Part of the population felt they could not relate, some especially so, and the sun came up one morning on "Frank" — without his beans. It was a costly controversy, but one that got people sharing opinions, reading about the art world and thinking for themselves. Under the eye of national media attention, it forced locals to consider how they wanted to be viewed. So do we feel hesitant around art funding because of situations like this, or do they hopefully help encourage more involvement in the process?

Personally, I want public art lining the streets, igniting wonder, invoking rebellion! Or at least kindling jabs at creative picture-taking and deviant climbing attempts. That's why the sculpture I'm on works so well. Its impact, and that of the many great pieces across the Okanagan, is as much a part of our landscape as it is our cultural identity. For the rest of my life wherever I live or travel, I take these impressions with me.

In fact, just this spring, while shopping in Paris, I had trouble talking to the sales lady in French, so I tried the next best thing. Reaching out, I smiled, said, Canadian, and made a sign of the Ogopogo. She lifted her arms into the shape of the sails. Public art belongs to all of us, when no words can be shared; it is a connection that needs no translation. —Gillianne Richards



The Harvest Dining Room is Available for your Special Event or Meeting
Contact The Harvest at 1.800.257.8577 or 250.862.3109 or visit www.harvestgolf.com for more information

OwnerDirect 
VACATION RENTALS

With over 8,200 vacation homes worldwide, the only question is where to go first.

www.OwnerDirect.com
1.888.869.6377

For all your irrigation, pond, and landscape lighting!

With 3 store's to serve you!

 **ProSource**
IRRIGATION SUPPLY LTD.

Kelowna #2-1977 Kirschner Rd 250.862.9424
West Kelowna 1868 Byland Road 250.454.9424
Rutland 207 Asher Road 778.753.9424

ON SIDE RESTORATION There's a little hero in us all.



CALL **310 24-07** Emergency 24/7 www.onside.ca

charityofchoice

GOLF MARATHON

Drive, chip and putt to support brain injury prevention

■ From dawn 'til dusk, 100 holes of golf. On Sept. 9, 2011, BrainTrust Canada is holding its annual Pihl Law Corporation Golf Marathon at the Bear at Okanagan Golf Club to raise funds for brain injury education and prevention in the Okanagan.

Brain injury is the leading cause of death and disability for persons under the age of 45. In October 2002, Ron was returning home from a day of hunting in Ashcroft when the unthinkable happened. His truck left the pavement and rolled, pinning him in the wreck. He sustained serious brain injury and was in a coma for nine months. When he awoke he could not walk, eat or talk. He remembered nothing of the crash or of his life in the year prior to the accident, not his baby son, not the woman he shared his life with. But he could remember the man he had been.

"I was an athlete, golden gloves boxer and a private detective," says Ron.

His doctors believed he would be permanently disabled and transferred him to a brain injury rehabilitation facility. Against all odds, Ron has come a long way in rebuilding his life. Today, at age 44, he lives in Kelowna on his own in a rental suite. He's able to walk. His speech contains remnants of his injury but he can talk and be understood easily. His main goal is to find employment.

"(I) just thank God there are nice people out there to help me along the way like the folks at the brain injury society," he says.

BrainTrust Canada is a charitable organization that provides rehabilitation services to people with brain injury as well as prevention and education programs. This year's goal is to raise \$80,000. All the funds stay in the Okanagan. To pledge a golfer, sign up as a golfer or be a hole sponsor call 250.762.3233 or visit www.braintrustcanada.com. **OL**



PHOTO CONTRIBUTED

Dr. Craig Crippen discusses Preventing and Treating Sun Damaged Skin

The term "sunburn" is an inflammatory reaction by your skin to the damage caused by ultraviolet light exposure. Symptoms include painful red areas of skin which are exposed to excess UVB radiation and this reaction normally starts 4-6 hours after exposure and peaks at about 24 hours. The result of this ultraviolet light exposure is

- a) immediate darkening of the skin and
- b) production of melanin which leads to the tanning effect a few days later

Years of excessive ultraviolet light exposure and "tanning" not only increases the risk for a non-melanoma skin cancer, but it also accelerates the development of wrinkled, thin, discoloured looking skin.

Avoiding prolonged direct, intense sunlight combined with an effective sunscreen (SPF greater than 30) can delay skin aging and

decrease the risk for developing skin cancer.

Treating photo-damaged skin is individual and unique to each patient as each person experiences aging skin in a different way. ie. some people develop brown spots, some develop only wrinkles and some develop superficial blood vessels which can make the skin look red.

The most effective and popular method to reverse the signs of skin aging is a fractional CO2 laser peel which not only removes damaged skin, but it promotes new collagen formation which leads to tighter, firmer and younger looking skin. Speak to an experienced and well-trained laser physician who can discuss this and other options in depth. This is an exciting time in medicine as there are many safe and effective treatments to reverse the signs of aging.



Craig Crippen MD ABPh DPD

Email: info@dermmedica.ca

Website: www.DermMedica.ca

Phone: 250-868-3070, Toll-free: 1-866-861-3070

OKANAGAN'S LARGEST ART SHOW

the 18th annual

LAKE COUNTRY ArtWalk

presents

UP TUNES

A Rhapsody of Art

ArtWalk offers a unique display of original artworks from **Artists, Fibre Artists, Photographers, Sculptors, Galleries** and an exciting range of **musical and theatre performances** which enrich this arts festival.

**Saturday & Sunday
September 10 & 11 2011
10am-5pm**

Lake Country Community Complex
10241 BottomWood Lake Rd,
Lake Country, BC

Admission: a toonie

SPONSORS

District of Lake Country

peelinweb.com

Arrowleaf Cellars • Holiday Park Resort • Kelowna Flightcraft • The Jammery
Capri Insurance • Opus Framing and Art Supplies • Rona Vernon • Lake Country Building Centre

"Rhapsody in Blue" by Greg Metz

La Roca
WATCH & JEWELLERY

2915 Pandosy Street, Kelowna, BC • (250) 862 9287

Introducing

TISSOT
SWISS WATCHES SINCE 1853

to the Okanagan

DO YOU OWN A HIGH QUALITY WATCH?
WHY RISK DAMAGE BY NOT TAKING IT TO A WATCHMAKER?

La Roca Watch & Jewellery specializes in battery replacement and mechanical watch service for all high quality watches (Gucci, TAG, Cartier.... now Tissot)
The only place in Kelowna where you can get your battery professionally replaced.

TOUCH EXPERT™



Retro music

*We're not talking 50s and 60s here —
at least not the 1950s. Join our
valleywide search for antique
instruments and the amazing
musicians who play and craft them*

By Barbara J. Shave
Photos by Bruce Kemp



I call him Collard. He's a gorgeous hunk of piano, an 1864 product of the British piano maker Collard and Collard Company. When we met, the choice was this parlour grand or a molar implant. I don't miss the tooth.

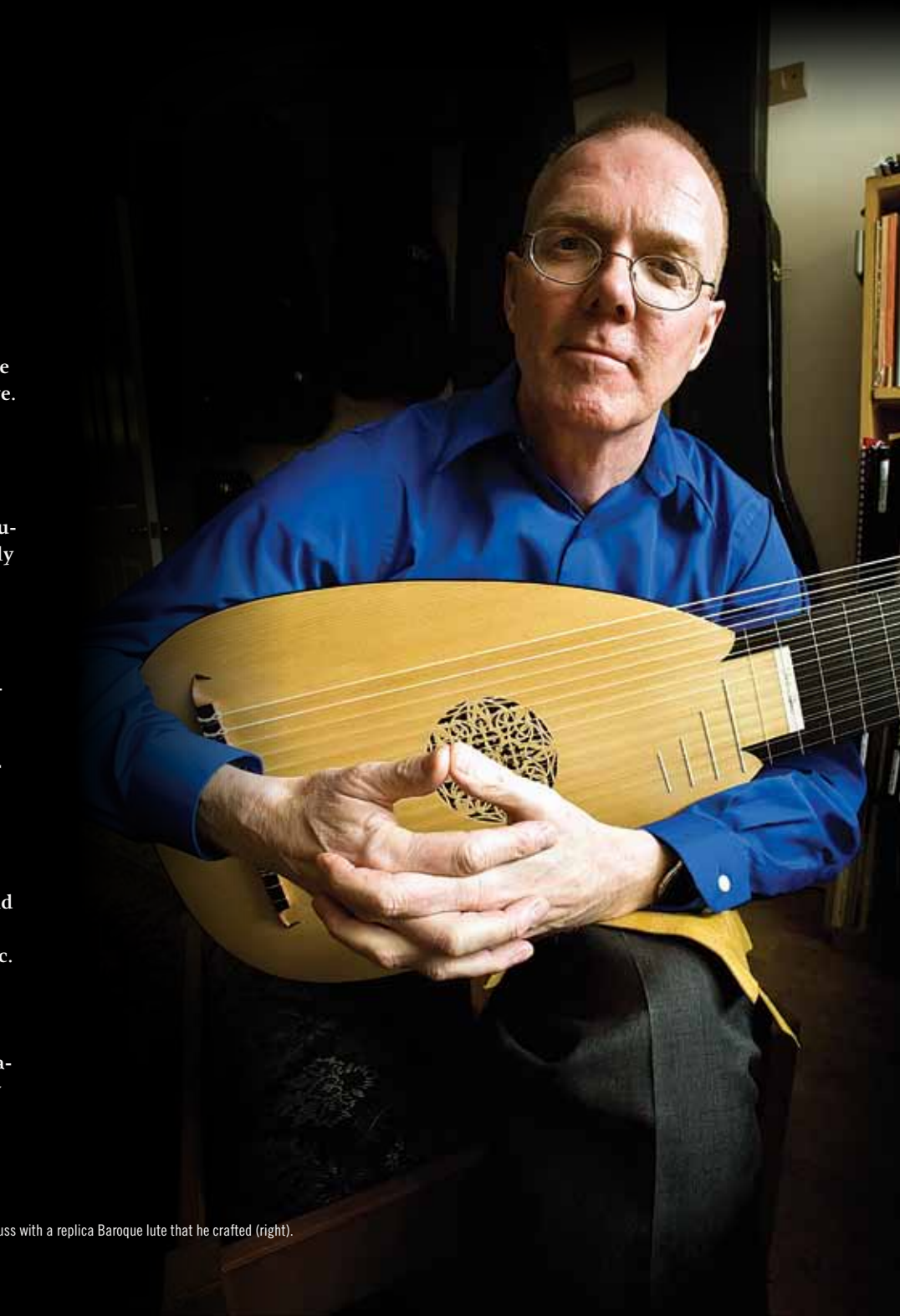
I speak of Collard as a living entity because in many ways, he is. His character and appearance are unique. He has his own room. He's responsive to touch and satisfies my legato longing. Besides, we make beautiful music together. I'm in love.

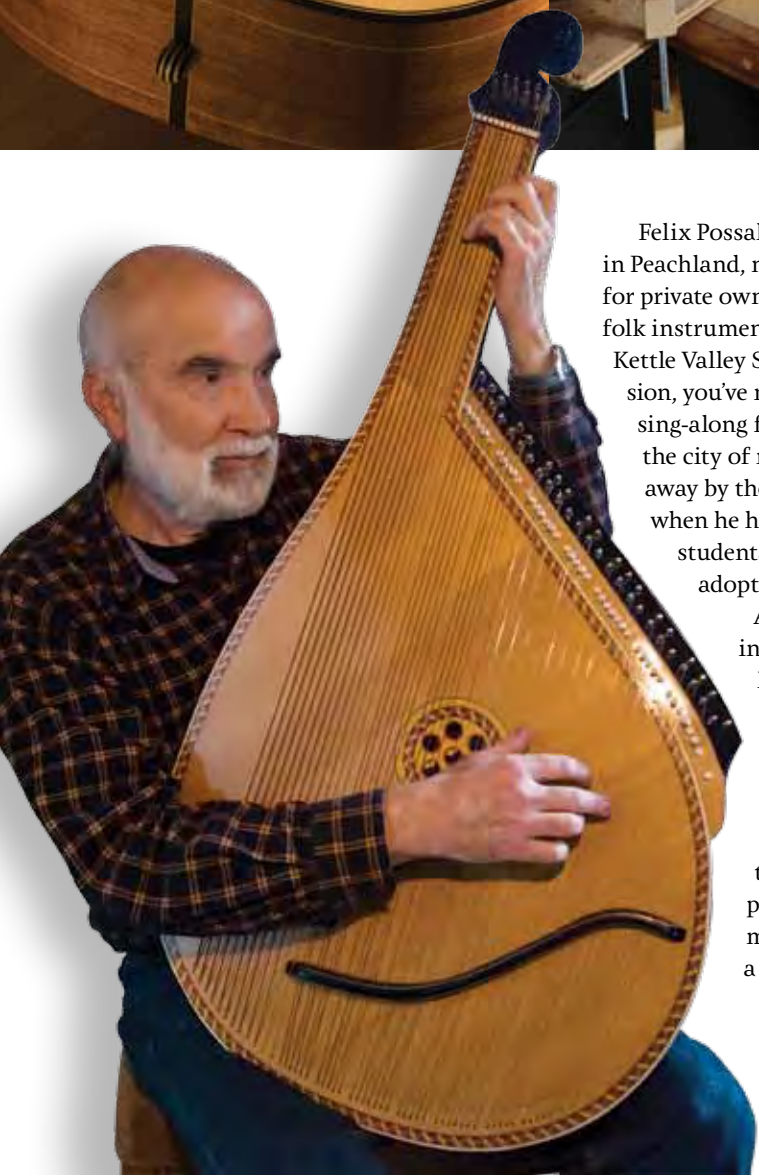
Through Collard's connections, I've learned of a close community of locals who conserve, craft and collect an astonishing variety of weird and wonderful musical instruments while recreating their equally weird and wonderful sounds.

I'm talking about harpsichords and hurdy-gurdies, viola da gambas and vihuelas, about banduras, balalaikas and bouzoukis. I'm talking about curtals and even odder things. The names of these instruments intrigue me as much as their appearance, history and sound.

Period instruments are classified by era: Medieval (before 1450), Renaissance (1450-1600), Baroque (1600-1750), Classical (1750-1825) and Romantic (1825-1900). You'll note that Collard is officially a Romantic. That's not my imagination.

All sizes, shapes and ethnicities are further defined. The concert instruments with orchestral adaptations and written scores are mostly Western European. Folk instruments generally have ethnic associations but no written traditions.





Felix Possak, who makes his home in Peachland, must set some record for private ownership of stringed folk instruments. If you've taken a Kettle Valley Steam Railway excursion, you've met Felix, the congenial sing-along fellow. From Vienna, the city of music, he was swept away by the Kingston Trio in 1966 when he hung out with American students at the university and adopted the guitar and banjo.

After moving to Canada in 1967, Felix toured the Maritimes with an Irish group. Into the 1980s, his Banjo Palace Band was a fixture at conventions and grandstand shows across the nation. Felix even pulled together 15 concert musicians to tour with a Viennese orchestra.

All the while, he's

been collecting stringed folk instruments. At last count he owns a violin, two autoharps and numerous mandolins. He also has two classical guitars, a guitar lute and a harp guitar, which has two necks with separate sets of strings. When he pulls out his rare ukelin, it lies across his lap and he uses a bow to play its 16 strings.

Felix's hurdy-gurdy could be called a mechanical cello. But where a cellist drags a bow across the strings, a hurdy-gurdy player uses a right-hand crank to turn an internal, resin-coated wheel that rubs the strings continuously producing a drone like a bagpipe. Left-hand levers adjust the pitch.

His Ukrainian bandura is a huge lute with about 50 strings, while his long-necked, bulb-bodied Greek bouzouki, played with a pick, sounds metallic. Think *Zorba the Greek*. Russian balalaikas are triangular and three-stringed. Felix has the regular size and a granddaddy called a domra. The



haunting quaver of balalaika music is often associated with *Dr. Zhivago*.

Felix is nearly always pictured with one of his seven American banjos. With strings basically stretched across a tambourine, banjos combine features of both string and percussion instruments. His oldest was probably used in one of the minstrel shows that popularized banjos over a century ago.

Felix shifts from one instrument to the next with hardly a break in the melody, remarking with wry understatement that he achieved this mastery with "a lot of practice."

His collection also includes two lap dulcimers. Medieval in origin, this instrument is still associated with Appalachian folk music. Players pluck or strum the strings with a feather quill in the right hand while the left positions a rod on the struts to change pitch. The folk dulcimer was the forerunner of the harpsichord.

Harpsichord strings are also plucked

via keyboard action, sometimes with feather quills but more frequently now with a plastic plectrum. Harpsichords are the only instruments that can accurately reproduce 18th century music. Bach (1685-1750) and Mozart (1756-1791) composed works that raced all over the harpsichord keyboard.

In the Valley, when a harpsichord is set on stage for an Okanagan Symphony Orchestra (OSO) concert, Susan Adams is at the keyboard. She personally owns two replicas. The Italian is based on a 1694 original in the Smithsonian Institute. Its keys are colour-reversed, with the dominant naturals in black and the narrower accidentals in white.

Before keyboard standardization, keys varied in number, shape and size. Susan's harpsichord keys are shorter and wider than those on her pianos. "At first I was grabbing handfuls of wrong notes," she admits.

Her 1769, French model,

*"It's a religion,"
says Clive.*

*"An avocation,"
says Susan.*

*"A passion," I say.
Collard is the
crescendo
climax to my
closing years.*

Left to right: Ron Wall piping up his Celtic sounds and playing the hammered dulcimer; Jim Mendenhall playing a traditional oboe; Elizabeth Lupton with her Baroque violin.

with double keyboard, was built from a kit by her partner, Clive Titmuss. An artist painted delicate Alberta wild roses on its soundboard. “She’s adorable, irresistible,” I say, thinking to myself, “She’s a French floozy and the less Collard knows about this little harpsi, the better!”

Susan also collects pianos, which she refers to by the formal term—pianofortes—meaning “soft-loud” in reference to the instrument’s ability to produce both soft and loud tones, while the harpsichord is limited to just one dynamic for each string. Of her three pianos, the Broadwood is her pride. An 1809 original, it is virtually identical to one given to Beethoven in 1817. Unlike today’s pianos, this instrument has a double-damping mechanism, making it possible to play sustained tones on part of the keyboard while pecking staccato tones on the other. Because Beethoven composed his piano sonatas on this kind of instrument, his music cannot be authentically replicated on any other. Susan’s Broadwood was in pieces when it was discovered, but former Peachland resident, Marinus Van Prattenburg accomplished a complete restoration. Marinus was Collard’s doctor too.

Another noteworthy keyboard instrument is the old pipe organ at St. Saviour’s Anglican Church in Penticton, which also attracts harpsichordists. McGill music graduate, Christine Purvis retired hers when she moved to Oliver and became music director and organist for the church. She describes that pipe organ as “the king of instruments.” Really a series

of massive wooden flutes, a different length and diameter for each tone, it produces sound when a bellows delivers the necessary air that the player keyboards to the appropriate flutes.

Harold Lupton is remembered around Penticton for his years playing the St. Saviour’s organ. He’s also remembered for the harpsichords he built at home and his musical legacy links him to another Pentictonite, Ron Wall.

Ron loves Celtic folk music and the instruments that produce those lively, *River Dance* sounds. “Celtic” is the term used to describe the common cultural origins of predominantly Western Europeans. The popular revival of Irish, Scottish and French folk music, with its echoes in Eastern Canada, necessitated a commercial identity and Celtic is the most common term. With the same common beginnings, country and western, bluegrass, Cajun and Métis fiddling all share historical connections.

Ron’s love of the music is so elemen-



tal that he was moved to build Celtic harps and over 20 years has constructed close to 200 in various sizes. These harps make key changes by hand-operated levers, which pinch and shorten the vibrating length of independent strings. In contrast, the pedal, symphony or classical harp uses a number of foot pedals to raise or lower the pitch of each of the seven musical notes in groups.

Felix Possak has a pedal harp. So does Ingrid Shellenberg. In fact, she owns 16 harps ranging from one to two metres in height. She operates La Muse Harp Studio near Penticton and plays pedal harp with the OSO. It's no easy matter to transport such an instrument. Besides size and awkward dimensions, it also has 2,000 moving metal parts, which are easily damaged and ultra-sensitive to temperature change. Consequently, Ingrid's prized 1913 gilded Lyon and Healy never leaves home.

Back to Ron and his connection with Harold Lupton. Harold's

granddaughter, Elizabeth Lupton, is Ron's partner and a core member of the OSO. Inheriting her grandfather's reverence for period instruments, Elizabeth's joy is the Baroque violin that she has played for recordings and performances with period music groups such as Toronto's Tafelmusik, Winnipeg's Musick Barock, Pacific Baroque of Vancouver and the South Okanagan's Masterworks Ensemble.

Crafted by English luthier, Kai Thomas Roth, and on loan from the Douglas Kuhl Foundation, this instrument has a shorter fingerboard than her modern violin and lacks both chin and shoulder rests. The strings are gut rather than metal and the bow is slightly shorter with a convex curve. She describes the tone as "dark honey."

Elizabeth co-directs the Strings the Thing summer music camps and shares Ron's love for Celtic fiddling. The partners perform and teach under the banner Heritage Fiddlings with styles ranging from lilting Irish and foot-stomping Cape Breton to sonorous Gypsy.

Elizabeth studied with Jim Mendenhall at Brandon University. Jim founded Brandon's Collegium Musicum and was its director for over 35 years. He also founded and conducted a Baroque chamber orchestra there and published numerous articles about Baroque music. His studies took him to the University of Vienna. (That makes three of us with a Viennese connection.)

When he retired to Kelowna, Jim brought several dozen





period instruments with him. These are primarily double-reed woodwinds (bassoons and oboes), replicas of Medieval and Renaissance models. Many he built himself. He performs on a shawm, a rackett and four sizes of curtals. "The term curtal means short," he explains. "Curtals are shorter than the bassoons."

His Baroque bassoon and oboe are labeled D'amore. Italian crooner Dean Martin explained the word. "When the moon hits your eye like a big pizza pie...you're in love."

Jim explains the musical adaptation: "All D'amores have swollen sections in the tubing." Apparently the musicians of yore had a sense of humour.

Jim also owns a 15th century viola da gamba. Also called a viol, this large stringed instrument might be mistaken for a cello because it too is held between the knees. But the viol has more strings, is tuned differently than a cello and the bow grip is backwards.

Susan Adams' partner, Clive Titmuss, builds stringed instruments. He calls himself a lutherie, crafting

lutes and guitars like those of 300 to 600 years ago. Delicate carvings decorate the bodies of his Renaissance and Baroque models. Recently he's been working on four 16th century Spanish guitars, called vihuelas. The openings of these guitars are finished with exquisite lace rosettes tatted by Susan.

The couple first merged their musical interests during their studies at the University of Calgary where they met Richard Walker whose specialty was horn performance. Richard furthered his experience with various involvements in England where he discovered natural horns. Returning to Canada in 1979, he taught music in Comox until he retired to Oliver.

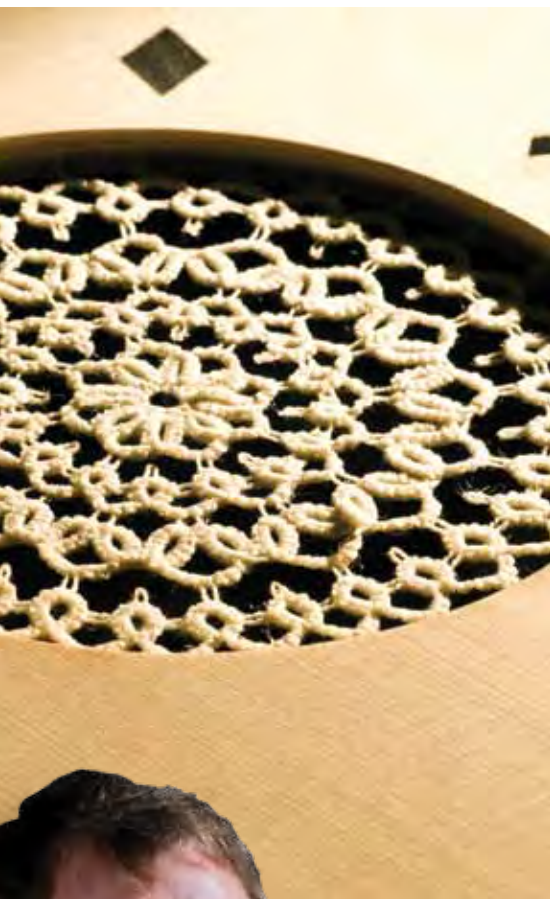
"Playing instruments of the past gives me an appreciation for the extraordinary skills of past musicians," he says. Like those pipes at St. Saviour's, played by his partner, Christine Purvis, the sound of the horn also relates to the length and diameter of the tubing. By Mozart's time, natural horns were common orchestral instruments. Richard's

horn dates to about 1830, before valves were added to create the modern French horn. "Without valves, pitch was varied through hand-stopping within the bell of the horn, but these movements are difficult to describe and difficult to perform. Playing a natural horn is tricky," he says.

To keep the repertoire and techniques of these earlier musical eras alive, Clive and Susan have founded The Early Music Studio (www.earlymusicstudios.com). That's what it's about in this close community of rare musicians and rarer instruments. **OL**



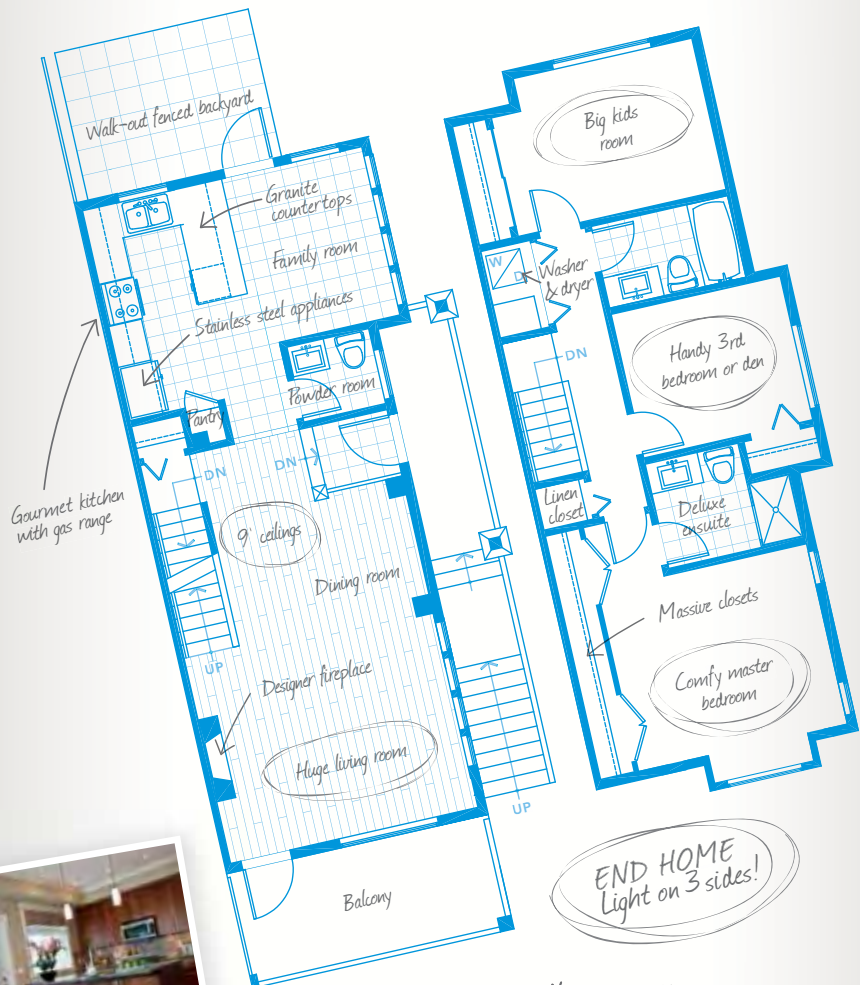
Barbara Shave with Collard, her 1864 parlour grand; Richard Walker playing a natural horn.



**GRAND
OPENING
ON NOW**

Crystal Heights

at THE LAKES



OPAL PLAN
3 BEDROOM 2.5 BATH
1,420 SQ. FT.

Limited release
of move-in ready
Opal homes priced from

\$339,900

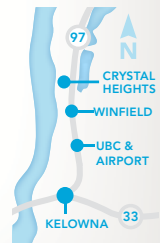
Grand Opening Special:
We pay the HST and include
at no extra cost a washer & dryer,
alarm system & built-in vacuum!*

* Net HST only. Limited time offer only. Ask a sales representative for full details.

CRYSTAL HEIGHTS SHOWHOMES

Open 11 - 4 daily
(except Fridays)
Stillwater Way @ The Lakes

George Wilson
250-764-1102
250-718-3388



Citimark **WESTERN** **RE/MAX**
KELOWNA

Full information at
www.crystalheightsliving.ca

FINAL PHASE NOW SELLING

Visit our Award Winning Show Homes Today!



OPEN DAILY
Noon - 5:00pm



In 2010, the Final Phase of Bridges at Glenview Pond was awarded a total of 14 prestigious Tommie Awards.

2 Gold Tommie Awards in the New Home 2000 - 2999 sq.ft. category for "Excellence in Single Family Detached Home" and for "Excellence in Master Suite Design."

3 Silver Grand Tommies were garnered for "Residential Development of the Year," "Single Family Home Builder of the Year" and "Home of the Year."

In addition, we were recognized with 9 Silver Finalist Tommie Awards.

1358 Glenview Avenue, Kelowna, BC

Bridges
at Glenview Pond

James Hardie

ColorPlus Technology

www.bridgesliving.com

250.763.7209

DOCKSIDE

MARINE CENTRE

Sea Ray *BAYLINER* *TROPHY* *WHALE* *Suzuki* *PRINCECRAFT*

Experience the Dockside Difference

www.DocksideMarine.com

BC's Trusted Source for New and Used Boats,
Outboard Motors, Trailers, Parts and Service

770 Finns Road, Kelowna, BC V1X 5B5
250.765.3995 | info@DocksideMarine.com

Get the story on an institution...

- where nine of every 10 students surveyed would recommend their program to others
- that has helped more than 10,000 people achieve their diplomas, degrees, and certificates over the past five years
- that enrolled more than 21,000 students in 2009-10



Okanagan College
Five Years Later

Read **Okanagan College's Community Report** and find out how the fastest-growing college in B.C. is helping transform lives and communities. Visit okanagan.bc.ca/communityreport

OCRTO 2012



CITIES & TOWNS

Urban buzz and
village calm ...

Okanagan communities fall into three loosely defined geographic regions. The Central Okanagan has emerged as the commercial and transportation hub. Kelowna has a sophisticated urban appeal while Peachland, Lake Country and West Kelowna retain more of a small-town feel. Extending into the rolling farmlands beyond Vernon at the head of Okanagan Lake, the North Okanagan is different from its southern neighbours. Life reflects the region's cattle ranching and agricultural foundations. The South Okanagan is unique in Canada with rare ecosystems and a relaxed lifestyle. Communities include Summerland, Naramata, Penticton, Oliver and Osoyoos. Beyond the Valley to the north, the Shuswap region blends agriculture, homegrown arts and a zest for outdoor recreation.

Lifestyle · Views · Peace of Mind



250.861.8989
Showhome 569 Harrogate Lane



250.491.2918
Discovery Centre 1705 Tower Ranch Blvd.
www.mytowerranch.com

Lot and Home packages
from **\$499,900**

Lot and Home packages
from **\$439,900**



*We Build Communities...
One Home at a Time*

www.dilworthhomes.com

evolution of fashion

bringing you today,
fashions of tomorrow

I TORINO

"Confidence you wear!"

250 Victoria St., Kamloops • (250) 314-0168
Orchard Park Mall (New Location), Kelowna • (250) 869-0168

*bras &
lingerie
Petite
to Plus*

*lingerie
française*
PARIS

Chantelle
PARIS

Fashion Foundations

New Location 1385 Ellis Street, Kelowna 250.763.1473

Our business is uplifting!



Kelowna

High-power, high-tech, high-rise...Kelowna is getting all grown up with a population over 121,000 and the urban amenities you'd expect in a community this size. If you want to be in the thick of the action, this is the place to be. As the regional shopping hub, Kelowna offers malls, big box stores, quaint shops, funky boutiques, many clustered around downtown Bernard Avenue and Pandosy Village in the Mission district, and a lively farmers' market. An array of hi-tech companies has chosen to locate in Kelowna while opportunities for higher education include UBC Okanagan and Okanagan College.

Kelowna has also been designated a cultural capital with many events and activities focused in its vibrant downtown Cultural District. Notable venues include the Rotary Centre for the Arts, a multi-purpose facility for artistic and cultural experiences; the Kelowna Community Theatre, which hosts the Okanagan Symphony Orchestra, concerts and the performing arts; and Prospera Place, 6,000-seat home of the Kelowna Rockets hockey team

and site of performances by major touring entertainers.

Also scattered throughout the Cultural District are museums, art galleries, unique restaurants, the ornamental Kasugai Gardens and 11 intriguing sculptures on permanent display. Further afield, early European settlement is remembered at the Father Pandosy Mission and Guisachan House.

The city's fast developing culinary culture has attracted a cohort of top chefs whose restaurants are dedicated to preparing locally sourced foods and spotlighting Valley vintages.

Downtown, wine lovers head for The Rotten Grape and nibble tapas with a boggling selection of wines by the glass. Stop by the Bohemian Cafe & Catering Co. It's popular with everybody from artists to lawyers and hosts a great Sunday brunch. Bouchons Bistro presents a wine list rated by *Wine Spectator* as one of the most outstanding in the world to complement regional French cuisine. Select the daily chef's table or dine à la carte. At RauDZ the look is sleek and a little flip. The menu celebrates local bounty and offers some surprises (you won't believe the grilled salmon "blt") and you'll still find chef Rod Butters signature dishes. Stop by the Yellow House Restaurant for lunch or dinner in a 1906 heritage home. If your taste runs more to the exotic, sample authentic East Indian at Dawett Fine Indian Cuisine, Japanese at Ginza and Momo or Thai at Bai Tong.

In the Pandosy/Lakeshore Road area, Hector's Casa serves Mexican. Celebrity chef Ned Bell presides over the open kitchen at city chic Cabana Bar and Grille. Try a hand mulled Mangohito in the lounge. *Wine Spectator* magazine

wine storage specialists

manufacturers of
wine racks
cooling units
complete cellars

Wine
Cellars
by
design

1495 Dilworth Dr., Kelowna

250.763.0201

www.winecellarsbydesign.com

Kelowna's best fish & chips!

Gluten-free chowders

Daily seafood specials

Lunch: Monday - Saturday
11:30 - 2:30

Dinner: Thursday - Saturday
5:00 - 8:00

Closed Sundays and Holidays

Codfather's Seafood Café

Eat in or take out (250) 861 7060

Guisachan Village, 2355 Gordon Drive (Inside Codfather's Seafood Market)

ONE STOP
ONE SOURCE

Westkey

PRINT • LABELS • FORMS

250.762.6663

KELOWNA, BC • westkeygraphics.com



gave an award of excellence to the Hotel Eldorado and locals say it has the best patio in the city. Check out the appies and lively music scene at the Minstrel Café & Bar.

For excellent knoshing with your shopping stop by the Kelowna Farmers' and Crafters' Market Saturday mornings. For a comprehensive list of the Valley's Best Restaurants, as selected by the readers of *Okanagan Life* magazine, log in to www.okanaganlife.com.

Wine lovers find plenty of scope for touring and tasting. Drop by the visitors centre or download a copy of the Kelowna Wine Trails brochure for maps and listings of the area's five distinct wine trails. Start with the roots of the Okanagan wine industry on the Downtown Heritage Trail with a visit to Calona Vineyards Winery, established in 1932 as BC's first commercial winery. Head north for a drive in the country through Lake Country's Scenic Sip wine route. More spectacular views and excellent wine tasting will attract your attention on the Lakeshore Wine Route, while the wineries of the East Kelowna Wine Trail display a distinctly artistic flair. Finally, cross the lake and taste the difference volcanic soil produces at wineries on the Westside Wine Trail.

The largest city in the Okanagan also offers plenty of great outdoor escapes. One of the beauties of Kelowna is the ability to go from a busy city street corner to a mountaintop experience in a matter of minutes.

One such spot is Knox Mountain Park, located at the north end of Ellis Avenue on the shores of Okanagan Lake. Covering 580 acres of environmentally sensitive ponderosa pine forest and grassland, its well-maintained trails attract hikers, joggers and mountain bike riders. Two parking lots offer easy access to the trails, with the upper lot providing the added benefit of washroom facilities next to the caretaker's residence.

You can also enter the park through points in the Magic Estates subdivision or by boat at the cove below the historic site of Paul's Tomb, built by early pioneer Rambler Paul in 1910. This area is also home to an underwater diving park, where a seven-metre model of Ogopogo lies submerged eight metres below the surface.

The Mission Creek Greenway is a popular walk/bike linear park in the heart of the city. Phase one, from Lakeshore Road to Ziprick Road, is a wide, flat and mostly shady seven-kilometre trail accessible to all. The nine-kilometre phase two is a tougher climb, taking you through canyons and over bridges as you ascend into the hills. In autumn, bridges spanning the creek are great platforms for viewing spawning kokanee salmon.

For auto enthusiasts, the Knox Mountain Hillclimb takes place every year in May, pitting cars and drivers against the winding paved road course that climbs 800 vertical feet in 2.2 miles.

Kelowna's downtown waterfront area offers a more level stroll. Parking

PHOTO BY LAURIE CARTER

is plentiful near Prospera Place, putting you right at the entrance to Waterfront Park, an amazing collection of lagoons, knolls and pathways jutting into Okanagan Lake. Walk north to a walkway through the rehabilitated Brandt's Creek wetlands where you can watch the water birds and nesting ospreys from the viewing platform. Head south past the marina and you'll soon find yourself in City Park, home to a children's water park, playgrounds and gardens. Many concerts are held in the park each year.

A short drive in any direction presents orchards and farm markets to explore, mountain trails to hike and bike and golf courses to conquer. Swimmers, boaters, water sports enthusiasts and anglers head for the sunny beaches of Okanagan Lake and for winter fun, three major ski hills beckon within a one-hour drive of downtown.

At Big White Ski Resort, the powder is deep and dry and you'll find the full cold weather experience with downhill and cross-country skiing, snowboarding, snowshoeing, snowmobiling and ice skating. Ride and glide forest glades and gentle slopes or attack deep powder and moguls. With 118 marked downhill trails and 16 lifts—line-ups are reasonable and the slopes feel uncrowded even at peak times. Precision riders check out the Telus Park.

The nearby Nordic Cross-Country Ski Club challenges every level of free-heeler with 68 kilometres of groomed trails. The club is located near the KVR Trail/Trans-Canada Trail. The parking area is adjacent to the heated main cabin where you'll find an overall trail map. Ski long or short loops through the forest and warm up at the Log Cabin or the Meadow Cabin. If you're up to it, climb to the summit at 1,420 metres.

Add all these amenities to the fantastic scenery and mild climate and it's easy to see why many consider Kelowna the central attraction of the Okanagan Valley.



adventure + fitness centre

■ 3 Waterslides

■ Wave Pool

■ River Run

■ Children's Water Play Area

■ Olympic Length 50 metre Pool

■ Fitness Centre

Featuring
Canada's 1st
FlowRider®
An Ocean Wave Surf Simulator

FUN
FOR THE
WHOLE
FAMILY!

h2okelowna.com

4075 GORDON DRIVE, KELOWNA 250.764.4040

A city owned facility proudly operated by



- gorgeous cast iron outdoor furniture- sets and individual pieces
- wide variety of stunning statuary in various themes
- an impressive range of outdoor planters, pots and urns
- outdoor lighting including magical solar lanterns and firepots
- fabulous gifts for gardeners, hostess, clients, house warming
- home decor for both indoor and outdoor
- unique wall art

THE IRON GARDEN

250-860-4766 • Suite 103-2040 Springfield Road
Summer Hours: Monday to Saturday 10 am - 5 pm

SEE OUR NEW
SHOW HOME &
HOME SITES

IT'S TIME FOR YOUR DREAM HOME TO BECOME YOUR ACTUAL HOME.



HOMES STARTING AT JUST \$399,900^{+tax}
HOME SITES FROM JUST \$99,000^{+tax}

Beautiful views, homes and neighbourhood. You want it all – a gorgeous new home in a beautiful new Vernon neighbourhood with spectacular lake and city views. Close to it all, yet also away from it all. Backed by Wesbild, that's what Turtle Mountain offers right now: the best value in Vernon, with a master plan rooted in quality architecture, spectacular views and just seconds to downtown. With show homes open now, it's easy to envision yourself living here.



Our Information Centre is open Tuesday to Sunday 12-5 pm
Call 250-545-3999 www.TurtleMountainVernon.com



Turtle Mountain
VERNON, BC



West Kelowna

Vineyards and high-country lakes, housing tracts and burgeoning commercial space—there seems to be room for it all in this fast-changing area. Rich in culture and history, from the Westbank First Nation (WFN) to the early pioneers, today West Kelowna is home to over 28,000 people with another 8,000 native and non-native residents on band land.

New residential neighbourhoods are popping up everywhere—at golf courses, on the lakeshore and in the woods. Commercial complexes along Hwy 97 provide big box store shopping and places to meet for coffee or gather for dinner without crossing the bridge to Kelowna. Meanwhile, traditional orchards still dot the landscape and offer fresh fruit in season at roadside stands. And the community hosts the Mount Boucherie wine region where long established names like Quail's Gate, home of the renowned

Old Vines Restaurant, and Mission Hill, with its iconic 12-storey bell tower and carillon, are joined by newcomers such as Kalala, Rollingdale, Little Straw and Beaumont Estate.

West Kelowna and the west side of Okanagan Lake provide a wide range of activities for outdoor enthusiasts. Hikers can take their pick from a leisurely stroll along the waterfront to a mountain trek. Recommended trails include Rose Valley, Glen Canyon, McDougall Rim, Kalamoior and the flanks of Mount Boucherie, the remnant of a dormant volcano. At Bear Creek Provincial Park, the attractions include waterfalls, looping trails, fabulous views and spawning kokanee salmon spotting. For downhillers and boarders, Crystal Mountain Resort is only 15-minutes from town. Nearby, the Telemark club offers extensive cross-country ski and snowshoe trails, also used by mountain bikers and hikers in summer.

Gellatly Nut Farm is a unique heritage park. Over 100 years old, it was the homestead of one of the area's earliest pioneer families. In the fall visitors can buy nuts by the pound or harvest them from the ground. Nearby, the Gellatly Heritage Regional Park features historic buildings, an interpretive walking trail, century-old family cemetery, picnic area and a very close view of the aftermath of the 2009 Glenrosa wildfire.

Country meets city in West Kelowna.



Vernon

Strongly connected to its deep historic roots, this city maintains a sense of time and place that anchors a vibrant and growing community. Vernon nestles between Swan, Kalamalka and Okanagan lakes on Hwy 97 in the North Okanagan. Incorporated on Dec. 31, 1892, Vernon was settled by gold miners and cattle ranchers during the 1860s and '70s. With the benefit of irrigation water from nearby rivers and streams, the area prospered as a major ranching and orchard centre by the turn of the century. The agricultural tradition continues and evolves, with popular attractions like Davison Orchards and Planet Bee providing a fun way to connect with food production.

The city of about 38,000 celebrates its past with preserved heritage buildings, a comprehensive museum, the popular O'Keefe Ranch historic site, a collection of 25 outdoor murals depicting various aspects of Vernon's past and an array of heritage homes in the East Hill area. Vernon also embraces the future with destination golf courses, lakeview subdivisions and the expansion of the Vernon hospital, which will see a new intensive care unit, operating rooms and a maternity and pediatrics ward when completed in 2011. Big box shopping on the north edge of town and continuing revitalization of the downtown core are further indicators of forward momentum.

Vernon hosts a variety of annual events ranging from the Funtastic slo-pitch tournament and Creative Chaos arts and crafts show to the family-centred Vernon Winter Carnival. The city supports an active cultural community

with concerts by the Okanagan Symphony Orchestra, shows by touring performers at the Wesbild Centre, a multi-purpose facility that also hosts the Vernon Vipers hockey team, and shows at the artist-run Gallery Vertigo. The dining scene encompasses a broad range of styles and cuisines with perky Tex-Mex, traditional steak house fare and a choice of Italian eateries.

And there is even more to this community than its active urban centre. Vernon offers outstanding parks, sandy beaches and extensive hiking trails. The surrounding lakes invite all forms of water sports from swimming and wakeboarding to kayaking and scuba diving. Silver Star Mountain Resort northeast of town is known for superb skiing, boarding and snowshoeing in winter plus mountain biking and hiking to wildflower carpeted alpine meadows in summer. The adjacent Sovereign Lake Nordic Club adds still more winter trails.

Past and future connect in Vernon.

BARN PHOTO BY RICK COGBILL, OTHER PHOTOS BY LAURIE CARTER



Lake Country

Bountiful orchards, reflective lakes and hikeable hillsides — so much inspiration, you may just find your inner artist. Lake Country, a municipality of just over 11,000 people formed by the amalgamation of the formerly independent communities of Carr's Landing, Okanagan Centre, Oyama and Winfield, is forging a new identity of its own.

Orchards and vineyards fill the Valley floor and climb the lower slopes of the ridges between the area's three defining lakes: Okanagan, Wood and Kalamalka. Continuing its long agricultural tradition, fresh produce is sold at roadside stands and a farmers'

market that runs Friday evenings from June to September in Swalwell Park.

There's no need to travel far for the finer things in life. Lake Country boasts a number of wineries and notable eateries along with a flourishing arts community.

The annual Spring Splash art exhibition and sale runs in May, while Lake Country hosts Art Walk each September. Many artists call Lake Country home and invite visitors to their studios. Public parks host public art and the performing arts take centre stage at the Creekside Theatre. Golf, hiking, birdwatching and water sports round out the good life in Lake Country.

Peachland

Life's a beach...and with one of the best waterfronts in the Valley, this town has the life. But it was actually a peach that gave developer John Moore Robinson the idea to buy ranch land, develop it into orchards and sell it to easterners. The municipal district was incorporated in 1909. Today it counts more than 5,000 permanent residents and many more in the summer.

Being sandwiched between Okanagan Lake and the mountains, many homes come with a view. The winery comes with a view...even the golf course (currently under development) has a panorama from its plateau a mile from the lakeshore.

The Beach Avenue waterfront

attracts sun worshippers, swimmers, boaters, picnickers, shoppers and diners who want to watch the show from sidewalk tables or patios. History stands still at the eight-sided Baptist Church, built in 1910, that now houses the Peachland Museum, while Hardy Falls, at the south end of town, is an easy-access, stroller friendly park with spawning kokanee salmon and waterfalls.

Peachland hosts the annual World of Wheels classic and antique car show and the seven-kilometre Rattlesnake Island Swim. During the growing season, buy fresh produce at the Peachland Farmers' and Crafters' Market on Sundays at Heritage Park.

TURTLE ISLAND GALLERY & GIFTS



Canoe Bentwood Box
Troy Bellruse



Harmony in Motion
Petula Pettman



Sterling Silver
Bracelets
Leanne Helin



Salty Isles Otter - April White



NATIVE ART

115 - 1295 Cannery Lane,
Kelowna's Cultural District

250-717-8235

www.turtleislandgallery.com

Penticton

Tucked between Okanagan and Skaha lakes and framed by dramatic bluffs and scenic slopes, Penticton is the economic and cultural hub of the South Okanagan. A city with aboriginal beginnings, it was once a large Okanagan Nation settlement on the east side of the Okanagan River, called Snpinkten, which translates as "a place to stay forever." Early European settlement was based on beef production, but the cattle ranches eventually gave way to fruit orchards and today Penticton is known as The Peach City.

Although mountains on both sides and lakes north and south confine the municipality to a relatively compact area, Penticton is still a growing concern that maintains its small town feel. At some 33,000 residents, this community is big enough to provide loads of amenities, but avoids the breakneck pace of large metropolitan centres.

The waterfront on Okanagan Lake is known for its wide sandy beach, walking paths, Ikeda Japanese Garden, public art gallery, casino, varied restaurants and

the historic S.S. Sicamous sternwheeler. Skaha Beach is home to muscle and bikini contests, sandcastle-building competitions, water parks and playgrounds. Penticton also hosts a diverse array of events like the Okanagan Fest-Of-Ale in April, Peach City Beach Cruise and Elvis Festival in June, Penticton Peach Festival in August and the Pentastic Hot Jazz Festival in September while ultra-athletes from near and far converge on the city every year for the popular Ironman Canada Triathlon.

Shoppers can tune up their skills at the mall or take a break from the chains with a stroll downtown and among the trendy shops of Colourful Front Street. This vibrant section of town takes full advantage of the brick exteriors and distinctive architecture of the city's early 19th century architecture. Today the brightly painted facades, banners, murals, trees and flowers decorate popular cafés and restaurants, galleries, bookstores, clothing boutiques and gift shops. Around the corner, the foot of Main Street shuts down for the

Penticton Farmers' Market on Saturday mornings from May to mid-October.

Diversity is the key to this appealing town. With cultural events and international hockey schools, fruit orchards and manufacturing plants, great beaches and a world-class ski resort plus housing options ranging from heritage bungalows to view condos to multimillion-dollar lakeside mansions and retirement communities next to family apartments, Penticton is a place to come for a visit and quite possibly stay forever.



Ken Gillespie : 'Marichel Evening'

Bill Hibberd : 'Windfall'

FEATURING: GILLESPIE & HIBBERD

SEPTEMBER 20 - OCTOBER 15 2011

view the entire exhibition on line at www.tumbleweedgallery.ca

OPENING THURSDAY SEPT 22 5:30 - 9:00 PM

RECEPTION | THE ARTISTS WILL BE IN ATTENDANCE

tumbleweed gallery

101 - 207 MAIN STREET . PENTICTON . BC 250-492-7701

Tuesday to Saturday 10am-5pm www.tumbleweedgallery.ca



Shop Fair Trade

A connection to the world is closer than you imagine

Our globally-friendly product line features everything from handcrafted jewellery and personal accessories, to home decor made of natural materials, to food and skin care products that are as kind to your body as they are to the earth.

**8-1470 Harvey Avenue, Kelowna
(Harvey at Burtch Avenue) 250-861-4010**

25 Front Street, Penticton 250-493-3161

www.TenThousandVillages.ca





Summerland

This town earns its name with summertime abundance and sleepy ambience. Known for its orchards and vineyards, beaches and Tudor style, Summerland's agricultural roots date to the late 1800s. Fresh fruits and vegetables are as close as the nearest stand. And the latest evolution of the fruit industry is turning this quiet burg into a happening wine region known as the Bottleneck Drive.

Summerland is home to the Pacific Agri-Food Research Station where the first orchard and ornamental gardens were planted in 1916. You're welcome to wander through the gardens and museum. Other heritage attrac-

tions include the Kettle Valley Steam Railway and Trout Creek Trestle Bridge.

The district claims over 11,000 who enjoy its lakeshore, hiking trails and golf courses. Summerland boasts one of the best beaches in the Valley at Sun-Oka (for Sunny Okanagan) Beach Provincial Park. Downtown, chic restaurants take their place next to art gallery and museum while specialty boutiques surprise savvy shoppers.

Take in all the sights from the summit of Giant's Head Mountain, an extinct volcano with a 360-degree panorama. This is a great place to feel the spirit of Summerland.

Naramata

In many ways time stands still in Naramata and locals like it that way. More than a century after the settlement began, this place retains the quiet charisma that earned it certification by the international Cittaslow movement (think Slow Food on a community level). The village first bloomed as a cultural centre when lake steamers brought visitors. The opening of the Kettle Valley Railway along the ridgeline above the village in 1914 forged an even stronger link. Ironically, the age of the automobile left Naramata an isolated enclave — and that's not a bad thing.

To get home, village residents (some 1,800 of them) must drive the

scenic route among orchards and vineyards above Okanagan Lake, resisting the temptation to stop at too many of the Naramata Bench wineries.

The village centre is the quietest in the Valley with just a few shops and eateries. Stroll the elm-lined avenues and explore the Naramata Heritage Museum. Manitou Park hosts May Day and Naramata August Faire festivals, and Wharf Park hosts the farmers' market on summer Wednesday afternoons. The labyrinth at the Naramata Centre is perfect for meditation, while the Trans Canada Trail on the abandoned Kettle Valley Railway (KVR) provides an easy route to signature views. Now that's the slow life.

THE LLOYD GALLERY

18 Front St. Penticton BC
Exceptional Art



Sharon Clarke Haugli



Frances Harris



Robyn Lake



Glenn Clark

Tel. 250-492-4484
www.lloydgallery.com

UNRIVALED TRUST.
UNSURPRISING VALUE.
UNCOMPROMISED
QUALITY.



Per capita... one of the
best read magazines
in North America!

paul@okanaganlife.com
jim@okanaganlife.com
250.861.5399



Oliver

Oliver calls itself the Wine Capital of Canada. A significant proportion of Canada's grape-growing acreage surrounds this town and two of the Okanagan's best known wine routes, Black Sage Road and the Golden Mile, run south between Oliver and Osoyoos.

And there's plenty of other action for the seriously sports minded. The hot summers and mild winters make this an outdoor enthusiast's paradise. The area has two 18-hole golf courses; nearby lakes to drop a fishing line; and kilometres of hiking, biking and walking trails. The multi-use International Bicycling and Hiking Trail runs for 18 kilometres

alongside the Okanagan River Channel. Forbes Marsh and nearby Vaseux Lake are great places to bird watch.

Located in the arid region known as Canada's only desert (part of the Great Basin Desert), the area is home to many unique species. Beyond the orchards and vineyards look among the sagebrush and cactus for lizards, snakes, bats, toads, deer, coyotes, bighorn sheep and rare birds like the burrowing owl.

Oliver is a small town with a population around 4,500, but there's lots going on. Throughout the year events includes concerts, holiday celebrations, festivals, art shows and dances.

Osoyoos

Extending "Canada's warmest welcome," this desert gem boasts the warmest lake, about the lowest rainfall and highest temperatures in the country. This arid zone is part of the huge Sonoran Life Zone, which stretches all the way to Mexico. The climate makes Osoyoos a warm weather playground and a winter nesting spot for snowbirds.

The main drag of this relaxed community of about 5,200 takes you through the commercial section of town. Cross over to the east side of Osoyoos Lake, the warmest fresh water lake in Canada, and you're in holidayland where the beaches are lined with campgrounds and hotels.

Local residents also have close ties with the Osoyoos Indian Band, one of Canada's most financially independent and business savvy aboriginal communities. The band's Nk'Mip complex includes a winery and the renowned Nk'Mip Desert Cultural Centre where you can learn about the Okanagan People and the flora and fauna of the desert. For a different take on the local environment, stroll the boardwalk at the Osoyoos Desert Centre, the wetlands of Haynes Point Provincial Park or the Osoyoos Oxbows.

Agriculture is big in this area with many roadside fruit stands and award-winning wineries offering local wine tours and tastings.

PHOTO BY LAURIE CARTER



Shuswap

Summer in the Shuswap is practically a cliché. Shuswap Lake and its smaller cousins, Mara Lake and Little Shuswap provide more than a thousand kilometres of shoreline with beaches, parks and great communities including Sorrento, Salmon Arm and Sicamous strung along the Trans-Canada Highway. The lakes anchor the family fun with friendly beaches, city piers and vast areas

of wilderness seclusion. But there's lots more to the region than boating and barbecues. Those same lakes and communities, farmlands and mountains take on new character with each change of season.

Salmon Arm is a busy regional commercial centre. The highway leading into town is chock-a-block with all the regular big-box and fast food suspects, while a row of jelly

bean coloured shops and the ivy-covered art gallery give the town centre a more personal small town feel. Anchoring the main shopping street is a welcome relic from the past, the locally owned Askew's Food store that's been serving Salmon Arm and Sicamous since 1926.

Food is a central theme in the Shuswap where the agricultural roots grow deep. Throughout the

MOOSE MULLIGAN'S
Marine Pub & Dining Room
Sicamous, BC

LIQUOR STORE 9AM-11PM • ATM • ICE • PAYPHONE
WIRELESS HOT SPOT • FREE COURTESY SHUTTLE 250-253-9999

Canada's Premier Waterfront Pub and Restaurant

1122 Riverside Avenue, Sicamous, BC
thepub@moosemulligans.com • (250) 836-3603

Site Features:
*Children's Area
*Artisans
*Camping

www.rootsandblues.ca
Call 250-833-4096

Aug 19, 20, 21
Salmon Arm
19th Annual
roots&blues
festival

3 Days - 6 Stages - Over 45 Artists!

Broken Social Scene **John Butler Trio**

Jonny Lang **Taj Mahal** **Sharon & Bram**



summer, weekly farmers' and crafters' markets in Salmon Arm and Sorento provide an ideal opportunity to meet the people who produce the food and to stock up on fresh fruits, vegetables and preserves along with a striking array of locally crafted items ranging from jewelry and dolls to hand-carved bears and woven rugs.

Any time you can pop into DeMille's farm market, family owned, part fruit stand, part deli,

part gourmet boutique, part petting zoo. Take time to commune with the calves, admire the llamas and check out the old farm tractors, and in the fall, challenge the corn maze.

Another contributor to the region's down home feel is the Salmon Arm Roots & Blues Festival. August 19-21, 2011, marks the event's 19th season with a line-up of headliners from across Canada, the United States, Europe and Australia. It's a one-of-a-

kind experience to sit in front of the main stage and listen to world music with the backdrop of Mount Ida silhouetted by a spectacular sunset.

Nature's beauty is a constant wherever you travel in the Shuswap, with concentration robbing views along the highway, cedar-scented hidden bowers at Margaret Falls and Albas Falls, and the spectacle of millions of spawning sockeye in the Adams River.



...Take a Drive to the Shuswap

Shuswap Lake ESTATES

Healthy Active Living

You know your dream home,
now where are you going to put it?
Choose one of our Stunning Lake View Sites
(Starting at \$144,000 including HST)

NOW SELLING - HIGHLANDS PHASE 2
"The British Properties of the Shuswap"

All of Shuswap Lake Estates building sites are Freehold Interest and Fully Serviced with Sewer, Water, Hydro, Natural Gas, Telephone and Cable Hookups.

Call For More Info:
Toll Free: 1 • 888 • 675 • 2523
www.shuswaplakeestates.com

But those concentration-robbing views aren't restricted to scenic drives, they also come into play on drives of another kind. Golfers beware, Shuswap courses present more of a challenge than just undulating terrain, water hazards and sand traps. Keeping your eye on the ball at the Salmon Arm Golf Club, rated among the top 50 courses in Canada, can be a real trial. In fact, you may find the appeal of local courses so strong, that you just give up and stay. Shuswap Lake Estates Golf & Country Club is a great example of living the dream, with 18 holes laid out in the midst of a planned resort development overlooking Shuswap Lake in Blind Bay.

When you're through shooting for birdies, you can switch to watching the birdies from the Salmon Arm pier and a string of concrete boardwalks suspended over the delicate marshes. The show starts in May with the water-walking mating dance of the western grebes and carries on through the summer with nesting ospreys, wading herons and a host of other waterfowl. A longer nature trail rims Salmon Arm Bay to the east.

The Salmon Arm Pier is also a popular stop for boaters on Shuswap Lake. Houseboats are ideally suited to exploring the upper reaches of the lake's different "arms" with many boat-access only provincial campgrounds and innumerable secluded beaches where you can nose the boat in to shore and commune with nature all on your own.

Sicamous is known as the Houseboat Capital of Canada for good



ALBAS FALLS PHOTO BY LAURIE CARTER



Askew's

Quality & Service Since 1929



A full selection of groceries, quality meats & a full deli. Freshest selection of produce available from the exotic to locally grown. Easy parking & fast service.

Free delivery to
Houseboats
in Salmon Arm
and Sicamous



STORE HOURS
 Salmon Arm 832-2064
 8am to 7pm daily • 8am to 9pm Thurs. & Fri.
 Armstrong 546-3039
 8am to 7pm daily • 8am to 9pm Thurs. & Fri.
 Sicamous 836-4899
 8am to 9pm 7 days a week
 View our current specials at: askewsfoods.com



DeMille's

Farm Market

Open All Year!



The locals shop with us!

- Awesome Fresh Baking Daily
- BC Fruit & Farm Fresh Vegetable Market
- Organics • Dairy • Ice Cream • Gift Items
- Picnic Area • Spices • Beef
- Unique Dressings & Jarred Goods
- Frozen Products

GIFTS & COLLECTIBLES

Antique Tractors • Animal Display
• Walking Maze

3710 TransCanada Hwy SW, Salmon Arm
1.250.832.7550

7702 Hwy 97A, Mara (gas, liquor)
1.250.838.7682

Hwy 97A & Powerhouse Rd., Armstrong
1.250.546.9100
www.demillesfarmmarket.com

Golf

A BRITISH COLUMBIA CLASSIC

Ranked #9 in Canada by *Score Golf Magazine*
for exceptional green fee value.

~ RANKED 2010 ~



18 Hole Championship Course • 9 Hole Executive Course
 HWY 97B • 250.832.4727 • SALMONARMGOLF.COM



GO HOUSEBOATING

If you love the water, hangin' out, exploring or just spending the days floating along then get your group together for one of the most memorable vacations you'll ever have! You're the Captain of this adventure!

Experience one of BC's legendary adventure vacations this summer! You'll see why it's one of the best vacations you'll ever have! Choose from 3, 4 or 7 nights!

SUMMER 2011 DATES AVAILABLE!

TWIN-ANCHORS
HOUSEBOATS

**Good Friends.
Legendary Service.
Luxurious Houseboats.**

WWW.TWINANCHORS.COM 1.800.663.4026

reason. This is the place to board your Twin Anchors houseboat and start making family memories. These vessels are floating cottages with unbelievable amenities like fireplaces, full-size appliances and onboard hot tubs, everything you need for a self-contained vacation partying with friends or alone in the wilderness.

If you prefer a little more speed and excitement in your water adventures, you can trailer in your own boat and stock up on supplies at The Marina on the Sicamous Channel. And further down the channel, boater or landlubber, Moose Mulligan's pub/restaurant is the place for waterside food and fun. Along with an extensive menu of burgers, sandwiches, soups, salads and appies, this pub stocks locally produced wines and ales.

Summer and the Shuswap are made for each other, but there's still more action in the white months. The Larch Hills Nordic Society maintains 150 kilometres of cross-country trails and hosts a slew of events throughout the season. The shorter hiking trails in Eagle River Nature Park and Roderick Haig-Brown Provincial Park are ideal for snowshoeing and skiing.

The Shuswap is also famous for sledding from groomed alpine trails to deep powder bowls and you'll find day use chalets in six of the region's seven sledding areas. Favourites include Fly Hills Area, near Salmon Arm; Sicamous Area and Eagle Valley; Spa Hills near Falkland and the Crowfoot Mountain Snowmobile Trails. —LC

THE MARINA

Stop in and see us! First on the Channel!
•Gas & Diesel Sales •Boat Moorage & Storage

•Water Toys & Accessories •Propeller Exchange
•Parts & Service •Premier Mercury Dealer

One-stop Marine Shop with Certified Service to:

MERCURY **FORCE**

1218 Young Street, Sicamous, BC
250-836-3131 • themarinaweb.com

"I was tired of
being alone."
"I don't wanna be afraid
of myself anymore."
"It's like being churned
underneath a giant
wave. Spinning. Turning.
Flipping with no idea
which way the surface
is and struggling to
breathe all the while."

These haunting words are true statements made by young people who went on to commit suicide.

Their histories are collated as part of a piercing review of child and youth suicides between 2003 and 2007, conducted by the British Columbia coroners service. The aim, according to the report, was to look for themes and commonalities in the tragic deaths, and what those might teach parents, teachers, health-care professionals and others about warning signs and preventive strategies.

Mental health disorders are misunderstood and stigmatized in society generally; in young people, the line between aberrant behaviour and "normal" teenage misconduct is even more blurred. Kids entering their teens — juggling physical and psychological changes, increased school and family demands, ever-intensifying peer pressure — tend to do what teens have likely been doing for millennia: they push back, they act out, they clam up.

That's one of the problems of recognizing and treating mental health problems in this age group. "They're not the easiest group to treat. They're smart-alecky, they talk back, they are often not very open: to come in and talk to a stranger about their inner thoughts and feelings is pretty foreign to most of them," says Kelowna psychiatrist Dr. Paul Latimer.

Mental health problems in youth are not uncommon: the BC Ministry of Children and Family Development estimates the rate of mental disorders in children and youth at 15 per cent. That means roughly one in seven young people are dealing with one or more issues ranging from panic attacks, depression and attention-deficit/hyperactivity disorder (ADHD), to schizophrenia, bipolar disorder and psychosis. At

Teen mental health

By Shelley Wood





the far end of the line, and every parent's worst nightmare, is suicide. Relatively rare — roughly 15 children and adolescents commit suicide in BC each year — suicide is still the second most common cause of death for youth age 12-18.

While ADHD is typically diagnosed in younger children, the most common mental health problems that manifest as kids hit their teenage years are anxiety and depression, according to Dr. Edward Taylor, director of UBC Okanagan's school of social work. Both, he says, are frequently seen hand-in-hand with what is considered a mental health disorder in and of itself: substance abuse.

Mental Health and Substance Abuse

"If a preteen is starting on a path of depression, in today's world where legal and illegal drugs are being introduced on a constant basis, it's very easy for someone to fall into substance abuse, and the same is true for anxiety," says Taylor. With either one "constantly blocking and controlling your life, it becomes very easy to start covering that up with some kind of substance."

Candice Henriques, program director for mental health and addiction services in the Okanagan's ARC program has some cold hard numbers on the entwined nature of mental health problems and substance use. Between Sept. 1, 2009, and Aug. 31, 2010, 196 youth accessed ARC's school-based substance-use/addiction services program: 184 used marijuana, 178 used alcohol, 86 used ecstasy, 28 prescription drugs, and 27 cocaine (with many kids reporting use of more than one substance). Of the 196, 47 reported having depression, 44 ADHD, 25 an anxiety disorder and 31 self-harming behaviour.

In Latimer's practice, it's the ubiquity of pot that poses the

most problems for teens also struggling with their mental health. "It's just a cultural norm now; everybody smokes it. It's amazing," he says. According to one of the longest running surveys in Canada, in Ontario, more than one in four school-age students had used marijuana in the last year, a number that rose to 46 per cent among grade 12 students; 12 per cent said they used pot on a daily basis.

If kids have an underlying mental health condition, says Latimer, those are going to be amplified and complicated by regular marijuana use. When he sees teenagers in his practice, convincing them that pot is harming, not helping, their anxiety, depression, panic attacks, hyperactivity, or social disorders is one of his toughest battles. "What I tell them is that it will sometimes make them care less, or feel more mellow, but it's not helping their underlying problem."

And Latimer says he just can't help kids move forward if they're not willing to quit. "I tell them the facts, I tell them the door is always open, I try not to be judgmental, but I say: I can't treat you if you continue to do this."

What's Normal, What's Not

For parents, watching their loving and compliant kids turn into moody, argumentative teenagers who experiment with alcohol or drugs is almost a rite of parenthood.

The problem, says Taylor, who has done extensive research in this area, is understanding what's normal, and what's not.

He directs parents to a website called Here to Help (www.heretohelp.bc.ca), that provides advice for family members trying to cope with a child (or other family member) with mental health problems. The website offers parents a tip sheet of "concerning behaviours" including a significant drop in grades, a palpable decrease in enjoyment of things the youth previously enjoyed, skipping school, changes in energy level and sleeping patterns, feelings

of hopelessness, anxiety, aggression or disobedience,” among others.

A list like that, Taylor agrees, “can scare the hell out of parents” to whom all of these might seem commonplace in their teenaged kids.

“Children have ups and downs,” he points out. “I tell people to look at mental health the same way you do any other health situation.” If your teenager spikes a fever, you wait and see what happens rather than rush to the emergency room. But if a sore ankle is still causing a limp after two weeks, it’s worth a visit to the doctor.

The Kelowna branch of the Canadian Mental Health Association, in collaboration with the BC Ministry for Children and Family Development has published a comprehensive guide to help parents and other grown-ups understand what’s normal, and what isn’t, across different “categories” of mental illness, and what resources are available, locally, for parents and youth seeking diagnosis or care.

Trust Your Intuition

Keli Anderson knows first-hand the kind of second-guessing that can ensnare a parent worried about changes they see in a child. She first sought psychiatric help for her son when he was five years old, but only managed to get the attention of specialists when he became suicidal at age nine. He was ultimately diagnosed with bipolar disorder and hospitalized for seven weeks, but not until he’d spent eight months on the waiting list. Hard as that was, she says, so too was the uncertainty and self-doubt she felt when she first became concerned about his behaviour.

“There is tremendous stigma, embarrassment and self-blame,” she says, “and blame directed at other people who treat you as if (your child’s behaviour) is a result of your parenting. Often people won’t seek help because they’re ashamed, and they end up losing out on valuable information and valuable time that would have helped their child.”

Both Taylor and Anderson advise

“If a preteen is starting on a path of depression, in today’s world where legal and illegal drugs are being introduced on a constant basis, it’s very easy for someone to fall into substance abuse, and the same is true for anxiety”





“I tell them: ‘It may seem like you have all these problems, but these are all solvable, and this is what we’re going to do.’ ”

parents to trust their intuition: “I didn’t get put off by people who told me I was being overprotective,” says Anderson. “I listened to my instincts and I knew that something wasn’t right, and it wasn’t until I reached out to another parent who totally got my story that I thought, OK, finally, I have someone who can identify. It’s very, very lonely, and it’s a really hard thing to know, is it him? Is it me? Is this normal?”

Anderson’s experience prompted her to found the Families Organized for Recognition and Care Equality (FORCE) Society for Kid’s Mental Health to raise support and awareness for child and youth mental health. Now in its eleventh year, the FORCE society helps connect families who are dealing with young people with mental health disorders. After lobbying the BC government to create a plan for child and youth mental health services, FORCE ultimately launched the first Child and Youth Mental Health Day in BC in 2007. The group has succeeded in getting the day recognized nationally and for the first time this year, events were held in Kelowna and other cities across Canada on May 7.

Help for Families

Across all of the mental health problems commonly diagnosed in children and teens, family support is a linchpin of healing and prevention. Latimer says that while he’s started seeing kids who’ve come of their own accord to his walk-in clinic, the majority come to him via a parent or family member.

The ARC program serving the North, Central and South Okanagan also provides a number of specific programs geared towards augmenting or leveraging family support, including family-based treatment for kids with autism spectrum disorder, fetal alcohol spectrum disorder and other developmental-behavioural disorders. Families who are referred via the Ministry of Children and Family Development’s child and youth mental health can then have an ARC counsellor meet with the youth and his or her family, in their own home.

“That way the family is able to build capacity for how to deal with the mental health issues, and can be a part of the change and healing process,” Henriques says. “The parents can learn some skills and strategies for understanding their child’s needs and for the youth, it’s low-barrier. It creates that comfort level, they are more likely to talk to you. You can get a picture of what’s going on, what the dynamic is like, right away, because there is not that sterile office environment.”

Street Kids

Youth without support at home or living on the street, are a tougher problem, particularly if they can’t access the mental health services provided through the school system.

Latimer tells the story of a teen-aged boy with a complex mix of mental health problems who came into his walk-in clinic of his own accord. “Here’s someone who is homeless, has no education, no family support, who’s living on the street, with no social assistance. So you start there, by getting him on social assistance and helping him access available resources, find a

place to live. Then you can talk to him about stopping smoking pot and lining him up with a doctor and counselor. But only once you get those basic things done can you start to address the depression and substance use."

The boy, now in his late teens, has continued to come in for help and has enrolled again in a school program. The starting point, says Latimer, is to make a plan and "to give them hope."

But in fact, he says, that's the same message he tries to convey to all of his patients. "I tell them: 'It may seem like you have all these problems, but these are all solvable, and this is what we're going to do.'"

Editor's Note:

More than a decade has passed since I was a parent facing the same struggle as Keli Anderson and I am saddened to learn that little appears to have changed in that time. Despite the help of a caring and receptive family doctor over the course of many months, it took my teen's attempted suicide to get any real action from the agencies charged with youth mental health care. It was the most anguished, frustrating and terrifying period of my life. No child or parent should have to go through what we did to get help.

So I was truly disheartened to receive this message from writer Shelley Wood, the quintessential professional journalist, when she submitted the copy. "This is one of the hardest stories I've ever done for you.... Not only was the subject matter hard, of course, but I've been really blocked by lots of folks who you'd think would bend over backwards to get this topic some better publicity. Both the school district, and the child and youth mental health department, locally, have stonewalled and directed me towards their 'media spokespeople' who have proven next-to-useless."

I welcome feedback from anyone who has experience with the issue of teen mental health. Send your comments to me at editorial@okanaganlife.com. **OL**

PHOTO CONTRIBUTED

1,053 PROVEN BUYERS ARE READY TO DEAL...



Recent circulation audit and survey information from the Circulation Verification Council reveals that 1,053 residential delivery readers of *Okanagan Life Magazine* plan to buy a vehicle in the next 12 months.

**That's real buyers.
Buyers you can reach with
your ad in *Okanagan Life*.**

Call Jim or Paul. They will show you how to claim your share of this valuable buying potential.

**Even more buyers read *Okanagan Life*
in business waiting areas**

OKANAGANLife

250.861.5399 | www.okanaganlife.com



Award Winning Custom Homes & Renovations

WOODSTYLE
H • O • M • E • S



250-558-9765 • www.woodstyle.ca • woodstyle@telus.net



Phill Oltmann looks through the eyepiece of one of three Dobsonian telescopes he built



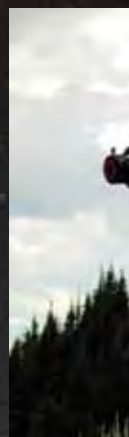
“Observe the Wonders of the Cosmos”



Dobsonian mount telescope built by Phill Oltmann from Airdrie, Alberta



Victor and Adriana Barbu with Dobsonian telescope that Victor built





Glen Peterman looks for sunspots



Refractor telescope

Astronomers show 'n' shine

Story and photos by
Karen Slivar

I'm always up for a new adventure, so when I heard about the Mount Kobau Star Party, near Osoyoos, I phoned a photo buddy of mine who has a camper van and we hit the road. Sleeping bag, foamy pillow, camera, tripod, scope and Klutz guide, *Backyard Stars*.

We made a pit stop at Tim Hortons and bought half a dozen muffins. I tried the mocha with extra cream, heavy on the chocolate, in anticipation of staying up late.

"Do you have directions?" asked Diane.

No problem, I'd looked it up on the Internet. "Follow Highway 3 west to the top of Richter Pass and turn north onto Kobau Lookout Forest Road."

We made a U-turn in Keremeos and stopped at a fruit stand to ask the owner for directions. "Never heard of it."

You'd think there'd be signage on the highway. We headed back the way we came keeping an eye out for the two-lane forestry road. I swear it wasn't there the first time we passed.

Cling. Clack. Crash. "What's that noise?" asked Diane.

It's just something loose in the cupboard I assured her. The potholes and short sections of washboard were dislodging her gear. I couldn't imagine packing a telescope with a 20-inch mirror up this road.

"Only about 10 kilometres to go," I said as I stepped on the gas.

"Observe the Wonders of the Cosmos," said a sign that greeted us near the summit. Below the title was a list of skywatcher rules including

"dim red lights only, dusk to dawn." Who knew? I guess we were going to be moving around in the dark.

Before the sun set we checked out the lay of the land. Glen Peterman, from Calgary, was only too happy to give me some tips on what to look for in the night sky. He let me take a peek through his mammoth scope and showed me Venus and Saturn, and the constellation Boötes, which reminded me of the sparklers you put on top a birthday cake.

The wind picked up as the sun went down. Glen shimmied into a snowsuit. The astronomers around me were donning winter jackets, toques, ski pants and Sorels. "You'll be wantin' to bundle up soon," said someone. Yeah, if I'd known I was going to be in danger of hypothermia on a summer night in the Okanagan.

Diane and I lay on a tarp, tucked inside our sleeping bags, as we watched the sky turn from brown to indigo to black. We fiddled in the dark with our cameras, guessing where infinity was on our focus rings. Counting to 30 for each exposure. Just above the horizon looking south we saw the teapot (part of the constellation Sagittarius) Glen had described to me. The Milky Way spilled from its spout.

I could get into this hobby. [OL](#)



VALLEY VOYAGEUR

New age explorer discovers Okanagan trade route

■ “Preparez!” I raise my paddle over the water. “En avance!” Down it goes in time with the lead stroke, Laurie Bowen, who sits alone in the bow. Jordie, her husband and partner in Selah Outdoor Explorations, is calling orders from the stern of a 29-foot freighter canoe that’s dressed in the finery of the Hudson’s Bay Company fur brigade. It’s timely that I’m paddling Okanagan Lake with the rest of the 11-person crew. This year marks the bicentennial of David Stuart’s trek through the Okanagan and the opening of a vital fur trade route that flourished for decades.

While the fur brigades made their way through this part of the Valley with unshod pack horses along the western shore of Okanagan Lake, Jordie tells us that some transport did take place by water, although the traders used smaller canoes on this route.

We’re paddling a freighter similar

to those used by the voyageurs on their epic journeys through the heart of the continent. Our outing is mercifully shorter (the most strenuous work these arms have recently faced is a tussle with some weeds in the garden) so our paddle from Sutherland Park in Kelowna to the beach below Paul’s Tomb in Knox Mountain Park (about three kilometres round trip—with a head wind on the return leg) is enough for me.

Jordie keeps up a steady commentary and we concentrate on paddling in unison. We glide through a patch of tule weeds that the Syilx (Okanagan People) harvested, dried and wove into mats to make their summer dwellings. Laurie is learning the language and impresses everybody with her ability to pronounce the Syilx word for Ogopogo, n’ha-a-itk. Don’t ask me to repeat it. I still haven’t got this monster of a word.

An environmental studies and outdoor education specialist, Jordie shares info bits like the origins of the name Douglas fir (naturalist David Douglas, who rode through the Valley in 1833 with Samuel Black and who also named the ponderosa pine for its ponderous size); the effects of interrupting the region’s fire ecology (invasion of species like mistletoe and ingrowth of fir trees); and the identity of a tri-leafed bush (poison ivy—found along our trail in the park).

We beach the canoe and follow Jordie and Laurie (avoiding poison ivy, snapping photos of the mariposa lilies and walking fairly comfortably given that I’ve traded my hiking boots for a pair of water-friendly surf shoes) to a picnic site near the swimming area below Paul’s Tomb. Laurie lays on snacks and Jordie lays on history. Armed with a portfolio of historic drawings, photos and maps he shoots out a backgrounder on Rembler Paul before we climb to see the tomb he had built in 1910.

One important point about this tour is the comfort of the canoes. I’ve spent enough time with my toes curled under, knees crunched to the point of crippling inability to stand, constantly wary of the slightest weight shift in conventional canoes to really appreciate a vessel in which I can sit on a seat and feel completely solid even with a little wave action. It says a lot that I didn’t panic about carrying my anything-but-waterproof camera. The only downside was constantly paddling on the same side. But we switched positions for the return run, so both arms are equally stiff.

The tour lasts three hours and I judge it time very well spent. Laurie and Jordie named their company Selah Outdoor Explorations. Selah means “stop and consider”—right on. The couple offers three voyageur canoe itineraries: Paul’s Tomb, Rattlesnake Island and Vaseux Lake. In the winter, they switch to another quintessentially Canadian form of transport and conduct snowshoe tours at Crystal Mountain Resort. —Laurie Carter



MEADOW RIDGE SIGNATURE HOMES

Your satisfaction is built in.

*Have you been to our Award
Winning Wilden Show Home?*

279 Clear Pond Place, Kelowna, BC

Show home hours: 1pm - 5pm
Saturday through Thursday

Bus: 250-861-3344

www.meadowridgehomes.com



Nature Inspired Living



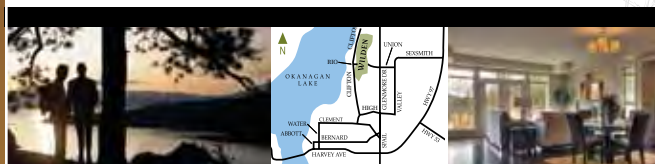
www.wilden.ca

Imagine life in a beautiful Okanagan sanctuary. Spacious hillside homes woven through 1,000 acres of parkland and forested trails. Lots and homes are available for all lifestyles and budgets. **This is Wilden - it's all natural!**

Valley View Lots from \$139,900

Lake View Lots from \$229,900

Four Bedroom Townhomes from \$429,900



Sales Centre and Show Homes open Daily 1-5 (except Friday)

Call **250-717-7966** or **250-863-4166** Toll Free **1-866-762-2906**



Specializing in Custom Home Design

3D & Colour Renderings

Stock Plans

Subdivision Development (Residential)

...Making your dreams reality!

250-717-3415

1964 Dayton Street, Kelowna BC

www.mullinshomedesigns.ca



- Site finished and prefinished wood flooring
- Wide plank, rustic woods and cork flooring
- Residential, commercial and restoration
- Greenguard certified/eco-friendly
- Atomic dust containment systems
- Call us today for a free estimate
- See our stunning new showroom



**OKANAGAN
HARDWOOD
FLOORING**

464 Adams Road, Kelowna **250.765.2610**

www.okanaganhardwoodfloors.com



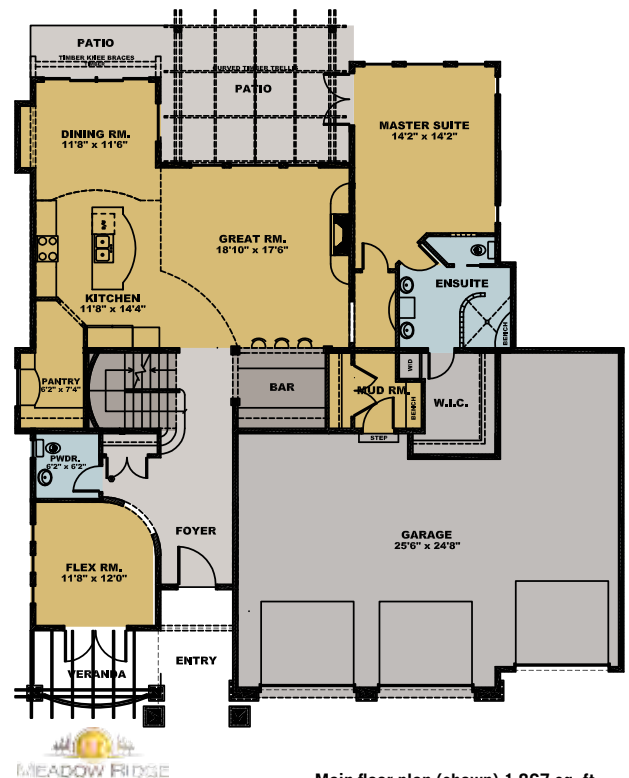


Wide open spaces

by Laurie Carter

Start shaking the cocktails, this lofty show home is tailor made for serious entertaining

Open concept is hardly a new idea, but Meadow Ridge Homes has taken the design to new heights in this home on Clear Pond Place in Kelowna's Wilden neighbourhood. The familiar layout of kitchen, dining and living areas flowing seamlessly together with outdoor living areas to create a feeling of space and community is hugely expanded by soaring two-storey ceilings and open galleries on the upper level. You can easily picture a lively cocktail party with guests mingling in the spacious gathering areas overlooking the great room, talking in the comfortable conversation area around the fireplace or perched on stools at the bar—wait—make that two bars. This trendy home presents not only the expected kitchen island, an anything but expected modern confection of glass and marble, but also boasts a separate fully outfitted wetbar that echoes the theme of designer glass and accent lighting. Even



Main floor plan (shown) 1,867 sq. ft.





the kitchen, with its professional grade appliances and adjoining butler's pantry is party-ready. On the lower level of this 4,500 sq. ft., five bedroom home, guests can slip away for a quiet game of billiards, take in big screen entertainment in the theatre or step up to yet another bar. When it's time to relax, overnights will appreciate unwinding in the main guest suite's soaker tub, while the host and hostess

find rejuvenation in the ground floor master suite's spa-like walk-in shower. The features that make this house ideal for entertaining work equally well for daily family living. This is a welcoming home from the African mahogany front door through to the pergola shaded rear patio. Merbau hardwood floors add warmth and functionality, designer light fixtures in every room provide drama and still more functionality. This Tommie gold award winner is built with an Energiguide 85 rating, premium control wiring and geothermal heating and cooling. For two years it has served to showcase Meadow Ridge Homes and is now being offered for sale. **OL**

Where your
days are
always
weekends.



Waterfront Vacation Homes

from **\$199,900**

Call, click or just get here!



Osoyoos, British Columbia

1.866.453.9797



ownwatermark.com

Discovering the Okanagan's *finest* neighbourhoods



1. Crystal Heights, located on a gentle ridge between Okanagan and Wood Lakes, offers modern, semi-detached homes in a beautiful, natural setting in the heart of Lake Country. Only 20 minutes north of Kelowna, Crystal Heights features 8 different floorplans starting from the low \$300s. www.itsclearuphere.ca



2. Located at 1697 Tower Ranch Boulevard, Kelowna. Dilworth Homes built show home has 4 bedrooms, 4 bathrooms and 3800+ sq. ft. finished. Backs onto the Club at Tower Ranch golf course. Now listed at \$899,900. www.towerranch.com



3. Wilden Model Homes are moving to a new location: 279 Clear Pond Place, Kelowna. An award winning show home featuring 4200 sq. ft. of luxury living. This open concept home gives you a feeling of being connected to the action. This entire home is designed around your satisfaction, and peace of mind. Price to sell \$799,900. www.wilden.ca



4. Bridges at Glenview Pond at 1358 Glenview Avenue, Kelowna. Heritage style homes with bright open interiors that maximize living space. Private courtyards connect to the blossoming private park with babbling creek and two ponds. Custom homes starting at \$565,000. www.bridgesliving.com

*With the most
spectacular
listings in the
Okanagan*



Call 250.861.5399
to be included in the
Okanagan's Finest
Neighbourhoods



Black Sage Bench

by Michael Botner

Unique features of climate and geography make this South Okanagan wine region one hot producer of big, bold reds

■ Recognized as one of Canada's best wine growing areas, particularly for reds, Black Sage Bench in the South Okanagan provides large quantities of fruit for wineries outside its borders such as Sumac Ridge, Tinhorn Creek and Mission Hill. Intensely planted in great tracts of vines marching up and down the slopes into the distance, the bench hosts relatively few wineries spread along its 25-kilometre length.

There are no other wine regions in Canada quite like it. Tim Martiniuk of Stoneboat Vineyards calls it, "A gorgeous drive, Black Sage Road features antelope brush lining both sides and wide vistas of vines. The bench is the northern limit of a unique, semi-arid desert eco-system."

The most prominent feature is

the deep, sandy soil. In the distant past, a vast inland lake covered the area, depositing a sandy beach, which now cuts across Black Sage Road.

At Quinta Ferreira, near Oliver, the subsoil consists of white silica sand with a 15-centimetre layer of volcanic ash one-and-a-half metres below the surface, from an eruption in Oregon 7,000 years ago. "But very few rocks," adds winemaker Michael Ferreira. Closer to the banks of the Okanagan River, the soil at Stoneboat is composed of 18 metres of tightly packed, calcium coated round river rocks, from a glacial moraine, topped by a layer of gravel. "It imparts a distinct minerality to our wines," says Tim.

Harry McWatters, who owns the 24-hectare Sundial Vineyard,

points to low rainfall at only 152 millimetres a year and high light intensity as key factors.

As Michael explains, "We get a spike in heat units from the southwest exposure and long daylight hours, which stretch from before 5 a.m. until after 9:30 p.m. in summer."

Contrasting the afternoon heat, temperatures fall sharply at night, allowing grapes to maintain acid levels, essential for balanced wine.

"We can ripen big, dark-skinned red grapes and get rid of herbaceousness in Bordeaux reds," says Church and State's Kim Pullen. With all of the ingredients for making knockout wines on Black Sage Bench, the trickle of wineries is sure to become a flood. **OL**



GRAHAM PIERCE

Senior winemaker/General Manager
Black Hills Estate Winery

"Good execution is essential," says Graham Pierce, winemaker at Black Hills. "Miss a step or do one in the wrong order and it won't work out. You have to plan the moves down the road, like chess, while using good practices in the moment." In 1988, he started out in the kitchen as a self-trained cook for Capers in West Vancouver, "a precursor to the whole foods empire." When Summerhill opened its Sunset Bistro, he moved to the Okanagan in 1995 to work as chef for the south Kelowna restaurant. Fascinated by wine, he changed careers in 2001, taking a position in the cellar at Mount Boucherie Estate Winery, while immersing himself in winemaking and viticulture at Okanagan University College. When the head winemaking job opened up in 2003, Graham was primed. Five years later, new owners of Black Sage Estate Winery (including actor Jason Priestly, who sits on the board of directors, and producer Chad Oakes) recruited Graham. He is now responsible for making Note Bene, a cult red in the Bordeaux style, Alibi, a white blend, Carmenère, Viognier, Chardonnay and a soon to be released Syrah. All are made from grapes grown on the sandy, 27-acre estate vineyard on the Black Sage Bench. Graham says the key to the best wine is high quality equipment for the winery and vineyard. "It gives me options."

highspirits

Showcasing fine wines of Black Sage Bench, the tasting notes list name, price, region or country and aging potential. The five star rating system stresses value for price.



BLACK HILLS 2010 ALIBI

Oliver, Okanagan Valley

★★★★ \$25

Blend of Sauvignon Blanc and Semillon stresses poise and complexity. Leesy nose shows pear, gooseberry, mineral, hay and vanilla. Dry, crisp palate exhibits grapefruit, peach, almond and flint with a note of spicy, creamy vanilla. It partners fruits de mers.



MCWATTERS COLLECTION 2007 MERITAGE

Black Sage Bench, Okanagan Valley

★★★★1/2 \$25

Harry's back with a premium red from Bordeaux varieties grown on Black Sage Bench. It showcases round, ripe, concentrated cassis fruit, notes of cinnamon, toast and cedar, silky tannins. Try with raspberry cured duck breast. Local Liquor in Summerland has it.



CHURCH & STATE 2007 MERITAGE COYOTE BOWL VINEYARD

Oliver, Okanagan Valley

★★★★1/2 \$34.90

Near flawless meritage red features complex aromas and seamless palate exhibiting concentrated dried plum and black cherry fruit, and nuances of smoke, leather, toasty oak and dark chocolate, followed by velvety tannins. Calls for lamb or beef.



STONEBOAT 2009 PINOT NOIR

Oliver, Okanagan Valley

★★★★1/2 \$25

Glorious Pinot Noir projects opulence and delicacy. Seductive palate delivers lifted strawberry, plum, beetroot, mineral, game, cola and licorice, cushioned by fine, velvety tannins. Partner this red with pork belly roast or grilled salmon.



OLIVER TWIST 2008 SYRAH

Oliver, Okanagan Valley

★★★★1/2 \$27.90

Smashing Syrah delivers a fabulous nose and a richly concentrated palate layered with succulent flavours of dark berry, black cherry, cloves, smoked bacon and toasty oak, and backed by spicy, silky tannins. Best bet with stews of beef, game or sausage.



QUINTA FERREIRA 2009 CABERNET MERLOT

Oliver, Okanagan Valley

★★★★ \$21.90

Brawny blend of Merlot and Cabernet Franc packs power and presence. Dense, concentrated black cherry and blackcurrant, dark chocolate, black pepper, caramel and tomato puree cushion tannins. Cellar five years, or serve now with rare game or beef.

PHOTOS BY MICHAEL BOTNER

BC Cancer Foundation Golf Classic In memory of Sindi Hawkins

Please join us for the annual Sindi Hawkins & Friends Golf Classic for Cancer supporting cancer research and care at the BC Cancer Agency's Centre for the Southern Interior. Fun activities, contests and prizes and every registered golfer is eligible to win a Toshiba 46" LCD HDTV.

Friday, August 26, 2011

Registration opens at 11:00 am

Scramble format – shotgun start at 1 pm

For more information or to register, please contact the
BC Cancer Foundation.

kimrie2@bccancer.bc.ca • 250.712.3921



Ad sponsored by Byrne Publishing

**NEW NAME
SAME GREAT PEOPLE**

NOW OFFERING

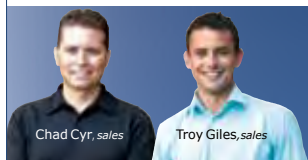
RICOH



stationary,
office supplies
and office
furniture



**OKANAGAN
OFFICE SYSTEMS**
Your Partner in Office Solutions A Division of TTG



Formerly **HARTMAN** Business Machines

523 Lawrence Ave., Kelowna

250.762.7722

www.okanaganofficesystems.com

Chad Cyr, sales

Troy Giles, sales

La Roca

WATCH & JEWELLERY

2915 Pandosy Street, Kelowna, BC • (250) 862 9287

Introducing

TISSOT
SWISS WATCHES SINCE 1853

to the Okanagan



TISSOT D RESSPORT

DO YOU OWN A HIGH QUALITY WATCH?

WHY RISK DAMAGE BY NOT TAKING IT TO A WATCHMAKER?

La Roca Watch & Jewellery specializes in battery replacement and mechanical watch service for all high quality watches (Gucci, TAG, Cartier... now Tissot)

The only place in Kelowna where you can get your battery professionally replaced.



Humble food

In a world seduced by the “convenience” of pre-packaged chemically enhanced foods, Lorraine Pattison is resurrecting the lost art of creating great meals that are simple, satisfying and inexpensive

■ Late last year, Lorraine Pattison was at a flea market hosted at Penticton's Salvation Army when a gleaming commercial kitchen caught her eye. It was a classic “aha” moment. “If I could use this kitchen,” she thought, “I could show people how to cook.”

Lorraine is passionate about cooking. “If someone invites me over for dinner,” she says, “I usually bring two dishes.” Her skills in the kitchen came naturally; her mother was a good cook, as were both of her mothers-in-law. But in the last few years, she has become equally passionate about nutrition.

It started with a heart attack in 2003. Lorraine hadn't felt unwell, but with three 90 per cent blockages she had angioplasty and was prescribed a variety of pills, which she has trouble tolerating. One affected her muscles. “I wasn't able to walk a block—it was just really painful, and it took about five years to get that stuff out of my system when I quit.”

Lorraine was told she would likely have the angioplasty repeated every five years, but so far she hasn't needed it. “I've changed my diet,” she says. “I've

been watching the food I eat, and I've been reading a lot about food and disease.” Then, two years ago, she discovered she had breast cancer. Again, she didn't feel sick, but the cancer had already begun to spread. “I had to have scans everywhere, tests for the lungs and bone and organs. I was lucky. It had stopped at the lung and I didn't need chemo.” This was a huge relief, because by now Lorraine had noticed that even the chemicals in processed foods didn't sit well.

She had also started noticing what was in other people's shopping carts: primarily processed foods—less nutritious and more expensive—and realized a lot of people might not know what to do with basic whole foods. Planning and preparing meals “from scratch” needn't be complicated or time consuming, she thought; someone just needs to show them how. She decided to put together a simple cookbook. Nothing fancy, just the basics: a few recipes for wholesome food, complete with easy meal plans and shopping lists.

And then she saw that kitchen.

Lorraine spoke with Barb Stewart, program coordinator for the Salvation Army Community Kitchen and suddenly she was teaching weekly classes on basic meal preparation. Usually they spend their time in the kitchen, where they also focus on planning. Spending a bit of time getting organized can save a lot of time and money later on: labelling and dating foods, making the most of limited freezer space and bulk buying. For example, mixing up a big batch of their own cereal to share, instead of buying the far more expensive boxed versions off the shelves.

On a grocery store “field trip” they compare prices and labels. Lorraine hopes to organize a literal field trip to a farm where they can pick their own produce. “We've got somebody coming in to teach canning,” she says; that's something she hasn't had to do, as others in her family always shared theirs, so she will be learning too.

In fact, Lorraine has been learning plenty. “Teaching has forced me to get organized,” she says. Her classes include students of all ages and a wide



Feed Brandi (the dog) and make breakfast—multi-grain toast, decaf coffee, and cereal with blueberries and banana. Gather items needed for the day's bread-making assignment.



At Salvation Army Community Kitchen; elk stew cooking in the pot. Set up to make grandmother's original bread recipe and an easy-to-make high fibre bread.



Coach participants in a hands-on experience in bread making—working with yeast, mixing ingredients, beating, kneading and shaping the dough. They all get to take their own loaf home.



Back home on the computer, learning to use PowerPoint for weekly Healthy Eating course. Figure out how to add photos, illustrations and data to slides for presentation.



Brainstorm weekly menu planning for nutrition course and cookbook-in-progress, *The WOW Factor of Humble Food*. Take Brandi for a walk and have a little play time.



Finish dinner with partner, Don. Scan recipes and plan next month's lessons: serving up nutritious meals using leftovers and preparing meals ahead.

spicy chili lime chicken + salt & pepper prawns
cabo wabo fish tacos + chong king emperor wraps

19's better cheddar burger + certified angus beef® dip + best steaks
roasted chicken + ocean wise halibut + short ribs

sinful chocolate ganache + apple turnover

TAPAS
APPIES

LUNCH
DINNER

DESSERT

at two eagles golf course

year-round
DELICIOUS

West Kelowna's ultimate choice for casual dining all year long. Enjoy friendly staff and fine food including hearty breakfasts, fantastic lunches and romantic dinners. Extensive wine offerings.

3509 Carrington Road
250.768.3133 dine19.com



whoamongus

FORMER LIVES: STARTED A DRAPERY COMPANY; HAS WRITTEN A SCREENPLAY ("CURRENTLY IN STEVE MARTIN'S HANDS") AND SEVERAL SHORT STORIES; WROTE AND PUBLISHED A BOOK ABOUT THE GARNETT VALLEY FIRE

PREVIOUS AMBITIONS: WOULD HAVE LIKED TO BE AN INVESTIGATIVE JOURNALIST OR A LAWYER

CURRENT PROJECTS: ALONG WITH HER COOKBOOK AND CLASSES, WORKING ON A COUPLE OF CHILDREN'S STORIES AND KEEPING AN EYE OUT FOR GHOSTWRITING OPPORTUNITIES

range of backgrounds, some with brain injuries and other disabilities. "It has been a bit of a challenge, but they're all so good. They work so hard. Give them a task and it's done." They're also amazed at how good it all tastes—as Lorraine puts it, this is "the 'wow' factor of humble foods," which she has chosen as the name of her cookbook.

"All I was planning to do is write a book," she says. She hopes to find a publisher, although self-publishing is a possibility—perhaps with a service club or other organization as a sponsor. She may be able to distribute the book across Canada through the Salvation Army, with partial proceeds going to their food banks. Lorraine hopes to get the book into the hands of anyone who wants to create satisfying meals for less. "The people I've met are hungry for nutrition, and willing to change their ways and learn how to eat healthier," she says, and she's found her purpose in life. "It makes me happy to do this." **OL**



PHOTO BY DAWN RENAUD

Dressed to IMPRESS Mens & Ladies
Designer Consignments

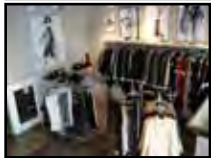
The Newest Designer Consignment Boutique in Kelowna



Business Wear:
For the office,
executive outings, &
special occasions!



Men's Summer Wear:
Golf attire, skate shorts,
short sleeve dress shirts,
& more!



Ladies Summer Wear:
Capris, shorts, skirts,
shirts, dresses & more!

Experience high-end fashions for a fraction of the cost of buying new!



Visit us on for Exclusive Specials!

778-478-0609 | 1956 Kirschner Rd. Kelowna, BC
mike@dressedtoimpress.ca | www.dressedtoimpress.ca

Did you know?

You can subscribe to
OKANAGANLife

1 Year \$ 19.99
2 Year \$ 29.99
3 Year \$ 39.98

ORDER ONLINE!



www.okanaganlife.com

ADdirectory

19 Okanagan Bar + Grill **60**
 Anthony's Subaru **6**
 Askew's **39**
 BC Cancer Foundation Golf
 Tournament **57**
 Bridges at Glenview Pond **24**
 Byrne Publishing **36, 45, 60**
 Celebrity Tennis Classic **4**
 Codfather's Seafood Café **28**
 Crystal Heights at The Lakes **23**
 DeMille's Farm Market **39**
 Design to Impress **60**
 Dilworth Homes **26**
 Dockside Marine **24**
 Ex Nihilo **11**
 Fashion Foundations **26**
 Food Banks **4**
 Geniers **11**
 H2O **29**
 Harmony Acura **63**
 Hunter Douglas **7**
 Kelowna Vein Clinic & Aesthetics **15**
 Lake Country Art Walk **15**
 La Roca Watch & Jewellery **15, 57**
 Mackay LLP **9**
 Meadow Ridge Signature Homes **49**
 Moose Mulligan's **37**
 Mullins Drafting & Design **49**
 MusicFest Vancouver **3**
 Okanagan Hardwood Flooring **49**
 Okanagan College **24**
 Okanagan Office Sytems **57**
 On Side Restoration **14**
 Owner Direct **14**
 Peacock Sheridan **2**
 Ponderosa **64**
 Presitge Collision **9**
 ProSource Irrigation Supply **14**
 Salmon Arm Golf Club **39**
 Salmon Arm Roots & Blues Festival **37**
 Shuswap Lake Estates **38**
 Simply Amazing Smiles **8**
 Springfield Automotive & Transmission **6**
 Ten Thousand Villages **34**
 Torino **26**
 Tumbleweed Gallery **34**
 Turtle Island Gallery **33**
 Turtle Mountain **30**
 The Harvest Golf Club **14**
 The Iron Garden **29**
 The Lloyd Gallery **35**
 The Marina **40**
 Twin Anchors Houseboats **40**
 Two Eagles Golf Course & Academy **4**
 Watermark Beach Resort **54**
 Westkey Graphics **28**
 Westwood Fine Cabinetry **8**
 Wilden **49**
 Wine Cellars By Design **28**
 Wood Lake Resort and Marina **6**
 Woodstyle Homes **45**
 Yamas **61**
 Yellow House **61**

Enjoy the Casual Fine Dining in Kelowna

Try our specialties: AAA Beef Tenderloin roast • Wild Mushroom Ravioli
 • Panseared Sable Fish and more



Open seven nights a week Lunch Monday through Friday.
 With two floors of private dining rooms and a charming courtyard patio,
 it's an ideal setting for specialty group parties.

The Yellow House Restaurant

#526 Lawrence Ave., Kelowna 250.763.5136 www.theyellowhouse.ca



Traditional Greek recipes • The best Greek luncheon buffets and fresh salad bar
 • Seafood platters • Ample free parking evenings and weekends • Featuring Tonics pub


 yamas
 greek restaurant.


 TONICS
 PUB

Right next door
 to Yamas

For reservations call 250.763.5823 • 1880 Ellis St. Downtown Kelowna

by Bruce Kemp

Zombie zinger

Literary aspirations of the undead

■ “You need to write about zombies.” It was my friend Rob’s dime so I continued to listen. We’ve been a dangerous duo for more than 50 years—more dangerous to ourselves than anyone else. “Your book needs a regiment of zombies.”

I’ve just finished writing a novel that covers some of the American Civil War and I’d sent Rob a copy. “Look,” he said, “everybody’s written about the Civil War and it’s boring. The problem with history is that everybody knows the ending. What you need is a regiment of zombies marching through Georgia with General Sherman.”

“Wha???”

“Dump the literary stuff and put in a regiment of zombies. Historical truth is out, zombies are in. Crap’s the new marketing tool. There’s already a book about Lincoln as a vampire killer. He goes around chopping on vampires with an axe. It’s selling like hotcakes. And what about *Pride and Prejudice and Zombies*? Huh? It brought Jane Austen’s reputation back to life.

“You could jump on this trend and instead of just one creepy creature you could have 600 of them. They could bite the Confederates on the necks and they can’t be killed unless you shoot them in the head.”

“But I don’t know anything about zombies. You’re supposed to write what you know and I don’t know a damned thing about the undead. No, let me rephrase that. I don’t know anything about zombies. As far as the undead go, I’ve seen you with a hangover.”

“I could be in it.”

Zombies were over the fence already, but there’s no way I could put Rob in the book. I tried that once back in the days when Dad controlled the keys to the dinosaur. I’d written a piece in a local entertainment rag about my friend’s lounge lizard phase. He used to play the piano in all the Holiday Inns around Ontario and do a spectacular version of Harry Chapin’s *Taxi*. It was magnificent in its improvisation and duration—going on for two complete 45-minute sets with a 10-minute break for a pee and a gargle. I don’t think I ever heard him play anything else.

“Look, you want to make some money at this writing thing or not? Zombies I tell you!”

“Suppose I do consider a rewrite, why couldn’t I go straight to vampires. I know something about vampires.” I’d read Bram Stoker’s original tome one dark and stormy night in a

cottage on Georgian Bay, my only companions the field mice who’d moved indoors for the winter and were busy setting up their deck chairs on the drain board surrounding the kitchen sink. I nearly wet the bed.

“Vampires are the teenyboppers of the netherworld. If you want to add some real meat to your story, go straight to zombies.”

“What makes you think vampires are short hitters?”

“Everyone knows that. Hell, my doctor draws more blood in a visit than those 90210 look-alikes suck in an eternal lifetime. No, zombies are the coming thing. You can even stick them through the heart with a wooden stake and they don’t blink an eye.”

“The zombies I’ve seen never blink anyway.”

“That’s beside the point. I’m telling ya, you need a regiment of zombies in the book. No matter which way you go with it, you can always blame everything on them. They could foil a Confederate secret weapon...”

“But there’s no secret weapon.”

“Well you could create one, then they could destroy it.”

“Writers have a term for that—*deus ex machina*—it means that a god comes up through the floor in a play and solves all the writer’s problems when he plots himself into a corner. Only Monty Python gets away with it. I can’t have the zombies solve my problems. I’ve got my literary career to worry about.”

“You have a literary career? With all this history stuff I thought it was deadlier than the undead.” **OL**



2011 RDX

Summer Drive Event

GREAT SUMMER SAVINGS

\$3,000* CASH PURCHASE INCENTIVE ON
ALL NEW 2011 RDX MODELS

LIMITED TIME OFFER



250-861-3003
2576 Hwy 97 N, Kelowna
www.harmonyacura.com

D30696



*\$3,000 Acura cash purchase incentive is available on all new 2011 RDX models. Acura cash purchase incentive will be deducted from the negotiated price before taxes and cannot be combined with special lease or finance offers. Retailer may sell for less. Retailer order/trade may be necessary. Acura cash purchase incentive is only valid for BC residents at BC Acura retailers. Offer subject to change without notice. See Harmony Acura for full details.



Peachland's Signature Golf Community

In a historic partnership with Treegroup and the Westbank First Nation, Greg Norman brings his love of the good life to the shores of Lake Okanagan. Introducing Ponderosa. A Signature Golf Community unlike anything in the Pacific Northwest. Featuring a premium estate winery, breathtaking lakefront vistas, world-class marina and a spectacular Signature Course personally designed by The Shark himself. Enjoy the very best the Okanagan has to offer. Everyday.

 REGISTER NOW FOR OUR V.I.P. OPENING AT
ponderosaliving.ca OR CALL 778.484.5253

Live the Good Life
PONDEROSA

treegroup™

LAKE OKANAGAN
REALTY

This is not an offering for sale, or solicitation of an offer to buy, as an offering can only be made by prospectus or disclosure statement.