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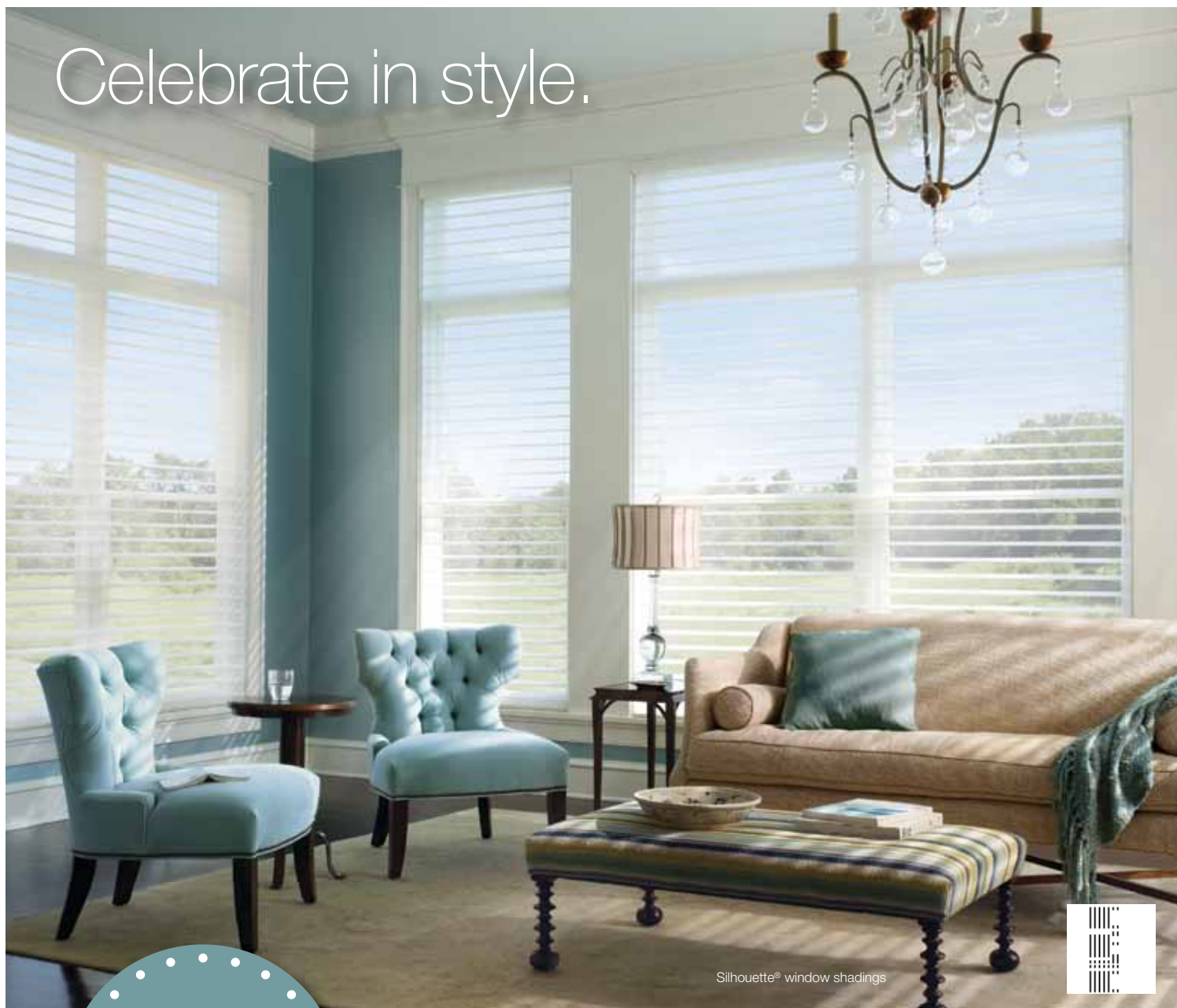
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SOPA SQUARE

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magazine

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

**account executive** Jim Murphy

**contributing writers** Michael Botner  
Laurie Carter  
Bruce Kemp  
Patti Shales Lefkos  
Maureen McEwan  
Dawn Renaud  
Gillianne Richards  
Karen Slivar

**contributing photographers** Michael Botner  
Laurie Carter  
Barry Hodgins  
Colin Jewall  
Bruce Kemp  
Photographic Excellence  
Dawn Renaud  
Gillianne Richards  
Terry Ross  
Karen Slivar

**cover photo** Contributed

**okanaganlife.com** Laurie Carter  
**editor**

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Call 250.861.5399  
Toll-free 1.888.311.1119  
Email [info@okanaganlife.com](mailto:info@okanaganlife.com)  
Write to: #10-1753 Dolphin Avenue  
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## IN THE RIGHT VEIN

### TLC for lower legs

- Lower leg ulcers are no joke. Essentially, the covering layer of skin is lost, so that the tissues beneath are exposed. The most common cause of leg ulcers is varicose vein disease, which, fortunately, is very treatable.

For years doctors relied on ointments and medicines, but we now know that the most effective way to tackle the problem is by dealing with the underlying vein disease.

We don't take a one-size-fits-all approach. Treatment needs to be customized to individuals depending on their own unique situation. Your family doctor can treat a small venous ulcer with very mild disease using compression therapy alone. This usually works well and in most cases the ulcer will heal completely.

But for larger or more extensive disease, you should ask to be referred to a doctor who deals with this on a regular basis. A board certified phlebologist would discuss options such as endovenous laser therapy, known as EVLT. This is a minimally invasive procedure that can be done in the office. If the choice is sclerotherapy, we use a thin needle to inject the veins with a special solution. Phlebectomy is also minimally invasive. It involves making tiny punctures or incisions in the skin near the offending varicose vein, which can then be completely removed. —Dr. Craig Crippen

PHOTO CONTRIBUTED



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paul'svoice



## A 9-11 tribute

■ So much can happen in 10 years. As a magazine writer, there are times that I struggle to find the right subject, words and emotions to create a column worthy of your time. As a songwriter, the words and emotions seem to come together much quicker as my brain accepts and craves melodies that seem to make sense of this paradoxical world.

I have returned to a song written 10 years ago about the 9-11 disaster because it has replayed itself thousands of times in my head. Life is—fragile.

These are the original lyrics, just as it was recorded on Sept. 11, 2001, in Keith Hunter's studio in Kelowna. You can also hear it on iTunes under John Paul Byrne, *Fragile—A 9-11 Tribute*.

### Fragile

Music & lyrics by John Paul Byrne

September morn, my plane is on its way,  
East Coast neighbours start a brand new day.  
The man with knives believes that he is strong,  
He is mistaken defines right and wrong.

Young mom: Cell phone's last dial,  
"They've taken us for awhile.  
I miss you darling and I want to go home."  
Flight plans already been filed.  
We're fragile.

I'm in my office—it's my working place.  
A silver bird is closing in my space.  
Am I a target—I'm society.  
Why won't he turn, it's like he's coming for me.

"I've called to say they planned it,  
taken life for granted.



I'm trapped here darling  
and I want to go home."  
"I love you's" now being filed.  
We're fragile.

We're fragile,  
So fragile.

Here we come, salvation's with my son.  
Here we are, freedom's shining star.  
Why the hate? Unsure of our fate,  
Wish with all your might,  
Then try to make it right.

The call came in,  
I'm heading up the stairs  
to help the hurt,  
Provide much needed care.  
Can't believe destruction's  
come this way.  
The last time, I'll see my daughter's face.

I can't understand it,  
Taken life for granted  
"I miss my family and I'm so all alone."  
Humanity is now on trial—  
We're fragile.

We're fragile,  
We're fragile,  
We're fragile.



**John Paul Byrne**  
publisher

[paul@okanaganlife.com](mailto:paul@okanaganlife.com)  
for comments or suggestions





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## events



### LIGHT IN EARTHEN VESSELS

**Kelowna: Oct. 8, 2011**

Join Kelowna's Candesca vocal ensemble of young women ages 16 to 23 for an unique evening of song that blends ancient, classical and modern sound. Directed by soprano Alexandra Babbel, the musical maidens are joined by Brian Wiebe on flute, Andrew Smith on guitar, Scott Gamble on percussion, David Sproule on piano and Darren Roesler baritone. Performance at the Kelowna Community Theatre. Showtime 8 p.m. For tickets phone 250.762.5050 or visit [www.selectyourtickets.com](http://www.selectyourtickets.com).



### THE FALCON'S TRUMPET

**Okanagan Symphony: Oct. 21-23, 2011**

Ballet Kelowna is pleased to perform with the symphony in a new ballet choreographed by artistic director David LaHay to the work of renowned Canadian composer R. Murray Schafer. The work is performed in surround-sound with the musicians situated throughout the theatre while the dancers perform on stage. Guest trumpeter Guy Few. Kelowna Oct. 21 (1.855.985.5000 or [www.ticketmaster.ca](http://www.ticketmaster.ca)); Vernon Oct. 23 (250.549.7469 or [www.ticketseller.ca](http://www.ticketseller.ca)).



### OKTOBERFEST

**Penticton: Oct. 22, 2011**

The Penticton Trade and Convention Centre will once again become Munich's famed Hofbrauhaus for a night to celebrate Oktoberfest with food, entertainment and beer. Enjoy traditional oompah music and German drinking songs with the likes of the Beer Barrels. Peter Juric and the Continentals also performing. Tickets are \$25 and include a beer mug. [www.valleyfirsttix.com](http://www.valleyfirsttix.com) or 1.877.763.2849. For more info visit [www.pentictonoktoberfest.ca](http://www.pentictonoktoberfest.ca).

## MORE CHOICE HAPPENINGS

### OKANAGAN FUR BRIGADE TRAIL CELEBRATION

**West Kelowna: Sept. 23-24, 2011**

Join the Historic Westbank Association and Westbank First Nation for a bicentennial celebration of the Okanagan Fur Brigade Trail (1811-2011). The event features historical presentations both days. On Saturday see the arrival of the horse brigade followed by a narrated re-enactment of fur trading with native dancing and singing. Share an Indian taco supper on Saturday from 3:30 to 6:30 p.m. See you at Johnson Bentley Memorial Field adjacent to the aquatic centre. Opens at 8:45 a.m. For more info call 250.768.9989.

### MATT ANDERSEN

**Penticton: Oct. 2-9, 2011**

This New Brunswick native has a larger than life showmanship that has been earning him a fervent and steadfast audience wherever he goes with his soulful voice and sprawling blues, roots and rock music hybrid. Performances at the Dream Cafe, reservations are a must, phone 250.490.9012. For more info visit [www.thedreamcafe.ca](http://www.thedreamcafe.ca).

### A STREETCAR NAMED DESIRE

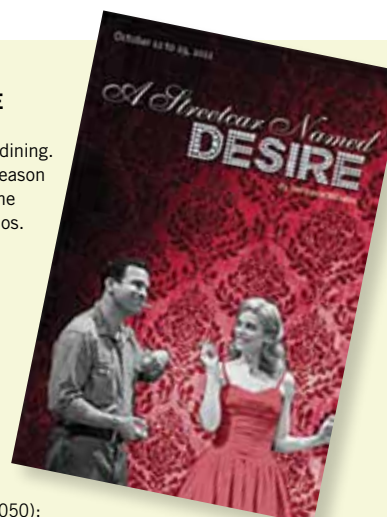
**Kelowna Actors Studio: Oct. 12-29, 2011**

Newly renovated to add more seating and better dining. The Kelowna Actors Studio celebrates its ninth season with a lineup of Broadway divas beginning with the adventures of faded southern belle Blanche Dubois. For more info and tickets call 250.862.2867 or visit [www.kelownaactorsstudio.com](http://www.kelownaactorsstudio.com).

### BREAKING BOUNDARIES

**Okanagan Valley: Oct. 14-15, 29 & Nov. 19, 2011**

Ballet Kelowna presents four works: Marius Petipa's timeless and classical choreography; Paul Destrooper's *Le Banc*; D. A. Hoskins' lyrical and neo-classical choreography with hauntingly beautiful music; and new work by artistic director David LaHay. Kelowna Oct. 14-15 ([www.selectyourtickets.com](http://www.selectyourtickets.com) or 250.762.5050); Summerland Oct. 29 (phone 250.404.0392); and Vernon Nov. 19 ([www.ticketseller.ca](http://www.ticketseller.ca) or 250.549.7469).



PHOTOS CONTRIBUTED



## Dr. Craig Crippen discusses Fractional CO2 Lasers: How to treat scarred skin

Skin can scar due to many different conditions. Severe acne causes inflammation and may result in scarring of the skin over time. Any type of force or trauma to the skin can also cause scarring if it is severe enough to disrupt the network of collagen below it's surface.

Although scarring does not cause any health risk, the aesthetic result can be quite detrimental to the psychological well being of the patient. Treatments are varied but there are newer ones today which work quite well to reduce the visible nature of many types of skin scarring.

The SmartXide DOT fractional CO2 laser is a relatively new device for delivering laser energy

onto the skin. Essentially, this laser emits light energy in small packets to the skin and as a result only treats a fraction of the skin each time. This is done because it results in a much safer treatment that requires minimal (2-5 days in most cases) downtime compared to older laser skin surgeries which took months to heal properly.

The SmartXide DOT laser by DEKA is able to reach deep levels of the skin to stimulate new collagen growth which tightens, smooths and reduces signs of skin scarring or aging. It is an exciting time in the field of aesthetic medicine with so many great options to choose from, make sure you choose a qualified physician to perform your treatment.



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JANICE BLACKIE-GOODINE



## SET STYLIST

■ Janice Blackie-Goodine is thrilled that her next project, *Flicka*, is shooting in the Okanagan. She recently returned to Summerland after several months filming *Twilight* in rainy Squamish. A talented painter, Janice realized the movie industry could be a practical career choice. She says it was tough getting in: "I was the first woman in Alberta working in film in any capacity other than hair, makeup and wardrobe." Early

in her career she worked with some of the best in the business, earning an Oscar nomination for her first western, *Unforgiven*. Passchendaele, "the most demanding film I've ever done," earned her both a Genie and a deeper understanding of our country's past. To source items for sets, Janice deals with local retailers, fabricators and random strangers. She's knocked on doors to offer new trash cans for old and cash for a farmer's pig-chewed

troughs. "That's half the charm of what we do," she says. "It is a lot of fun." While it's Janice's job to make movies look picture-perfect, she still enjoys watching them. Good thing: each year, as a voting member of the Academy of Motion Picture Arts and Sciences, she views 50 to 60 movies in just two months. Janice also continues to paint, recently branching out from her western theme to tackle Okanagan landscapes. —Dawn Renaud

PHOTO BY DAWN RENAUD





Carol Munro at work on her hotplate melting wax.

insights with a lovely bottle of their Three Blancs and I head on my way.

Barb Hofer, a renowned painter and head coordinator of the tour, happily invites me into her studio, also part of her home. Every painting Barb does comes with a little story of its own. Moments first captured on film, then translated to canvas, become painted snapshots of life among Okanagan flora and fauna. I fall in love with a finished piece of an owl in a plum tree and watch while she works on a new one of birch trees unfurling spring leaves on an orange sky. "I like to see how different colours sit together," she says, as if, like me, she is getting to know this picture for the first time. She talks like a friend sharing thoughts and inviting questions, all without looking for approval or applause, making it easy to converse and be inspired by the work. I consider suggesting she add an angelic woman riding a pony through the trees—a blond, journalist perhaps? In the end I trust her instinct to keep my portrait out of it. I look better among cedars anyway.

Just around the mountain is Carol Munro's magical world of beeswax painting. Also called encaustic, this type of art has a growing following in the Okanagan. Warm pots of vivid hues line a giant heat plate in her studio. Carol coaxes wax into puddles, running melted reds and yellows across paper with sponges and spatulas. She radiates a kind of youthful splendour that leaves me one step away from sticking my hands in the wax and patty caking them wildly in the air. The glint in her eye tells me she could handle it.

Despite my enthusiasm, I wonder how often moments of distraction and vulnerability occur for her and the other artists on the tour while strangers watch over shoulders. Does it hinder the spontaneity or create the unexpected? Is it fuel for artistic improv? Her unwavering faith in what unfolds suggests that interruptions can offer insight and let process trump outcome. And that is how the best of art is made. —Gillianne Richards

## SHARING THE SPONTANEITY

### Lake-to-Lake Artist Studio Tour

■ I love improv. Seeing people spontaneously come up with fresh ideas lets me not only feel like there's a bit of genius in all of us, but that it's quite normal to have ideas that flop. For example, acting like an epileptic penguin on stage is only funny for so long. It's all about trial and error. When it comes to the finer arts however, where there's less comedy, more critics and a lot of sensitive souls, inviting an audience in to watch ideas get tossed around isn't always welcome. We often only get to take part in the final product; we buy the painting, watch the show, listen to music, wear the design. Visiting an artist in the studio however, in the messy unpolished process of trial and wonder, allows me not just to be a buyer, but to bear witness. I get to become an indelible part of the process. And so, I am off, on a cool summer afternoon, to visit some open door studios in the South Okanagan. It's a

free ticket to watch the improv of art, along one of the nicest drives in BC.

The places I'm visiting are part of the newly formed Lake-to-Lake Artist Studio Tour, a self-guided adventure to see an eclectic group of established artists in their workspace. For those who also love their whites and reds by the bottle, it conveniently runs along the wine route that weaves through Vaseux and Skaha lakes. The guide, available at many tourist destinations, features mini-bios, art samples and maps.

I head to Tangled Vines Winery. Their tasting room is also a gallery, with work from all the stops on the tour. The blend of art on the walls lends the place a heady charm, with undertones of playfulness and a sweet, colourful palette. One of the owners, Craig, goes canvas to canvas with me, talking about the importance of local art being supported by local business. He pairs his

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## pulse



Odie supervises as Maureen Sieg demonstrates CPR on CasPeR the specially designed St. John Ambulance CPR dog.

## PET FIRST AID

### Skills that could save your best friend's life

■ Carefully and expertly pet first aid instructor Maureen Sieg demonstrates how to muzzle a dog with a roll of gauze, a sock or the shirt off your back—anything will work in an emergency, she says. A retired animal health technologist and registered St. John Ambulance instructor, Maureen explains that muzzling is often the first step when treating an injured pet.

"It's to provide proper, safe restraint so you don't get hurt," she says. Even the gentlest of pets will react and may bite, when they're injured and in pain. "It's nothing personal," she adds, "but it's often necessary, especially if you're trying to save your best friend's life."

Maureen has been teaching the pet first aid course through St. John Ambulance for nearly 10 years. Her faithful companion, Odie, an English toy spaniel and

accomplished therapy dog, naps in his crate, ready to assist when needed. Maureen calls upon him when she's ready to demonstrate muzzling, bandaging, the Heimlich manoeuvre and other first aid techniques.

Under Odie's watchful eye, pet first aid students practice on stuffed dogs and CasPeR, the plastic demo CPR dog. With an air tube that runs from his mouth, down his throat and into his belly, he's the ideal partner when trying to perfect CPR and artificial respiration techniques. Maureen also teaches students the skills required to assist animals that are choking, have gone into shock, are experiencing seizures or convulsions, have spinal, bone or joint injuries and a number of other health complications.

For prospective students who worry about feeling queasy or panicking at the site of blood, pet



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PHOTO BY TERRY ROSS



first aid training breaks you in gently. The course begins with an overview of preventative care and basic safety tips — things all pet owners should think about. Topics include properly storage of electrical cords, keeping chemicals and medications out of reach, making sure compost heaps are contained (onions can be deadly for dogs) and being aware of poisonous plants.

“Prevention is always the first thing to do,” says Maureen. She reminds students about the importance of regular checkups with the veterinarian, keeping vaccinations current, regular grooming, teeth, gum and nail care, parasite checks and spaying and neutering.

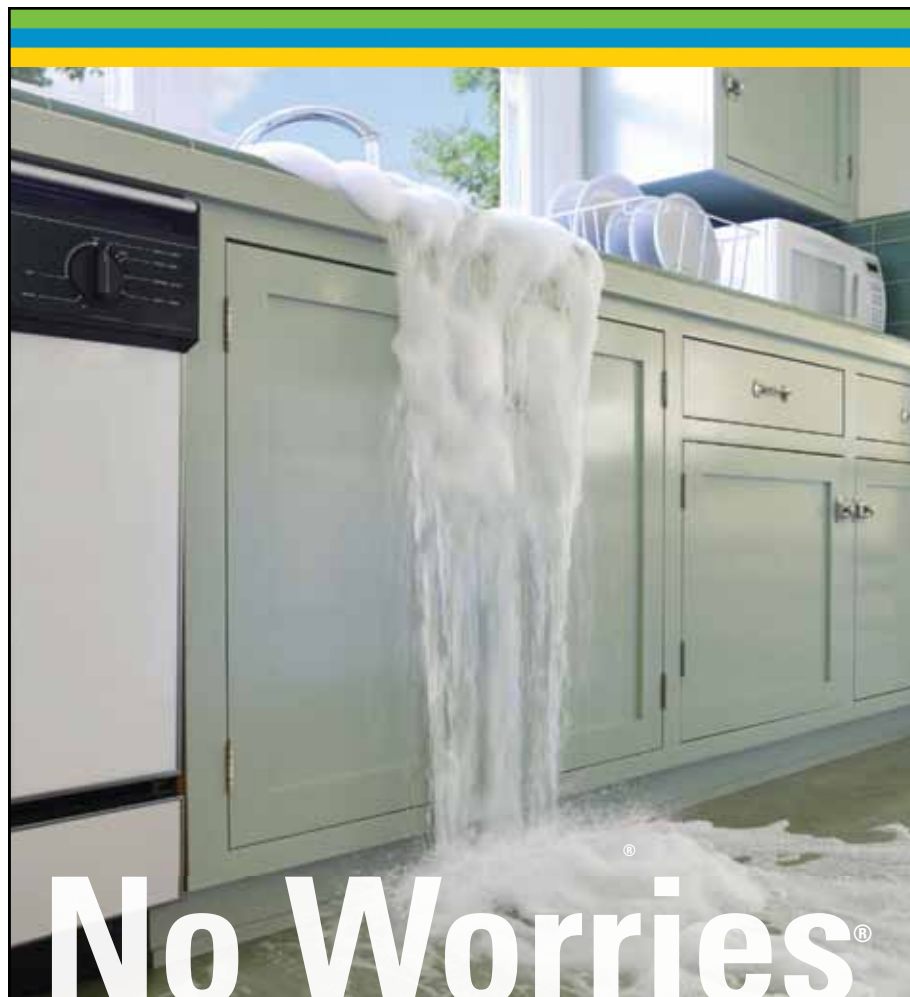
She also recommends having a pet first-aid kit and offers helpful suggestions for what should be kept in it. Gauze, tape, tensor bandages, scissors, a mask and pet-friendly medications, like an antihistamine, Pepto Bismal, charcoal and peroxide — always with dosages recommended by your veterinarian. Maureen says, “A little bit can do a great job; a lot could really hurt them.”

Students are taught emergency scene management, enabling them to respond quickly and accurately, providing the best possible care to the pet. They learn to survey the scene, check the level of animal responsiveness, provide ongoing care and determine the best way to move the animal to a veterinary clinic.

“This course is designed to provide emergency care until you can reach the vet,” says Maureen. Getting an injured animal professional care is imperative — it can mean the difference between life and death. “Emergency care is as important as obedience training, knowing what to do could save your pet’s life.”

More information on pet first aid visit [www.sja.ca](http://www.sja.ca)

—Maureen McEwan



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## BUDDY-UP

### Interactive program for child safety

- As a new school year ramps up, the Canadian Centre for Child Protection is reminding parents and educators to talk to their kids about personal safety strategies such as the buddy system. Whether a child is walking to and from school, heading to the park after school to play with friends or participating in extra-curricular activities, children should always be with a buddy.

"Children who go places alone are at a greater risk of being harmed. Teaching them to incorporate personal safety strategies into their daily lives reduces their risk of victimization," said Lianna McDonald, executive director for the Canadian Centre for Child Protection.

"Learning about the buddy system through the interactive Billy Brings his Buddies program is a fun way for kids to be taught about this important safety habit and an important step towards increasing their personal safety."

Sponsored by Honeywell Canada, the Billy Brings his Buddies program includes a lesson plan for Grade 1 teachers, a website ([www.billybuddy.ca](http://www.billybuddy.ca)) with interactive online games and a storybook, as well as downloadable activities that parents can complete with their child. The site also provides valuable information for parents and educators on other age-appropriate child personal safety strategies, resources and activities. —Staff

## RUN FOR THE CURE

### Make a difference in the fight against breast cancer

- Lace up your trainers for the annual CIBC Run For the Cure on Oct. 2, 2011, the largest single day, volunteer led event to raise funds for the Canadian Breast Cancer Foundation. You can choose to run (or walk) a distance of one or five-kilometres. This year the event is being held at two locations in the Okanagan Valley: City Park in Kelowna and Clarence Fulton school in Vernon.

The foundation was started in 1986 by a group of women who saw too many friends and family being diagnosed with a disease that most women were embarrassed to talk about. Their vision was to bring a voice to those affected by breast cancer and to dedicate funding to breast cancer research, education and awareness programs.

The first Run for the Cure was organized by Andrea Thomas Hill in 1992. It took place in Toronto's High Park, where 1,500

participants raised \$85,000.

Today, one in nine Canadian women are expected to develop breast cancer during their lifetime (men with breast cancer make up a little less than one per cent of all cases). Since 1986 the breast cancer death rate has fallen by more than 30 per cent as a result of improvements in screening and advances in treatment.

Last year the run took place in 60 communities across Canada and raised \$33 million for the cause. The monies go towards breast cancer research, education, awareness programs and improving the life of those affected by the disease.

Join the run and help create a future without breast cancer. Register or make a donation online at [www.runfortheCure.com](http://www.runfortheCure.com) or drop by your nearest CIBC bank. For more info on the run in Kelowna call 250.712.6266. In Vernon call 250.260.5355. **OL**



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# SUSTAINABILITY built in

**JoAnne Adamson,**  
development manager, Mission Group

JoAnne Adamson didn't know what she was getting into when she went to work for a developer. In 2002 she graduated from Okanagan University College with a bachelor of commerce degree and was working at a bank when Jonathan Friesen of the Mission Group was developing his vision of Kelowna's first luxury lakeside resort called the Mission Shores.

"I was in awe of his vision and passion," says JoAnne. From talking with him she knew she needed to be a part of it. She was one of the company's first hires and hasn't looked back since.

The Mission Group is responsible for several multi-family communities in Kelowna such as the Verve on Glenmore Road, Amberhill in Kettle Valley and Dwell located on Ambrosi within walking distance of Orchard Park Mall. JoAnne's favourite community to date is the Mode, an 87-unit urban condo project located in the Landmark neighbourhood and completed in 2009. She led the project from start to finish.

"The vision for Mode was to create an environmentally sustainable community," she says. "It's the first multi-family condo building in Kelowna to use solar pre-heated domestic hot water."

As development manager for Mission Group, JoAnne is responsible for planning and managing all aspects of development. What she loves most about her work is that "every day is different." She also loves the passion and drive of all the people she works with especially the three partners:

Jonathan Friesen for his vision, Randy Shier for his brilliant ideas and Gerald Heinrichs for his ability to build a strong construction team.

Today, more and more people are becoming environmentally conscientious and that means, "Builders have to be smarter," says JoAnne. She leads the company's green approach and is a LEED accredited professional through the Canada Green Building Council.

Leadership in Energy and Environmental Design (LEED) is a national third-party certification system that recognizes high performance, green building solutions as does BuiltGreen, a Canadian program that certifies homes constructed to strict energy-efficiency and environmentally friendly guidelines.

Winsome Hill is the group's latest offering and a BuiltGreen community. Every aspect of the project from land selection to the choice of building materials and mechanical systems has been looked at in order to minimize



PHOTOS CONTRIBUTED



By Karen Slivar

New building projects are a common sight in the Central Okanagan. We decided to get to know some of the people behind the steel and concrete of today's forward thinking residential developments.



the environmental impact, says JoAnne.

For example, the location off Clifton Road and beside Knox Mountain makes it equally close to shopping and outdoor adventure. There's less of that new home smell with the builder's choice of green label carpeting and low-VOC (volatile organic compounds) paints, while drought tolerant landscaping with native plants and front-loading washing machines help reduce water usage. Further eco-friendly features include energy-efficient appliances, low-e double glazed windows, and air-source heat pumps for heating and

cooling. Built to last, the exteriors are clad with fibre cement siding made from 30 per cent recycled material.

Natural Resources Canada is about to make shopping for and comparing green homes easier for consumers. The building code that takes effect in 2012 will require new homes to have an EnerGuide rating of 80. Winsome Hill homes are ahead of the curve with a rating of 82.

For JoAnne sustainability means, "Properly managing one's resources." All resources: water, land, air, energy, financial and human. She's a strong believer in sharing her resources and has an unofficial co-op between friends and family to share things like a lawn mower.

On her days off JoAnne likes to spend time with her husband and riding her motorcycle. While the couple claims no kids of their own, they have a total of five nieces and nephews in town. "I'm a great auntie," she says. In the winter you can find her skiing and snowboarding.

**Andrew Gaucher,**  
operations manager,  
G Group of Companies

Born and raised in Kelowna, Andrew Gaucher says he got into house building “totally by accident.” When he graduated from high school he wanted to move out on his own while he attended Okanagan College to study business. He didn’t have the income to buy a home but came up with the idea of building one, living in the basement suite and renting out the top.

With the help of his dad Grant Gaucher, an established and successful developer behind the G Group of Companies, he was able to secure financing and armed with a list of contacts he set out to build his first house.

Andrew acted as the general contractor and gained a wealth of experience in construction management. He was hands-on where he could be, laying steel, stripping forms and cleaning the site. The hardest lesson

he learned was cost control. He spent more than he budgeted and had to sell the house when it was complete.

But the foundation was set. Andrew started Green Solutions Inc. in 2006 while he went to college. At 22 he knew he could build quality homes, but what he lacked was years of experience. At the time no one was doing green so he got accredited as a BuiltGreen builder to set himself apart from the hoards of other builders in the Valley. BuiltGreen is a provincial program that has become the driving force in the industry, it recognizes homes constructed to energy-efficient and environmentally friendly guidelines. On his own, he built about half a dozen houses.

After graduating from college Andrew joined his dad’s company, G Group, where he is exposed to all aspects of development from site selection and development to financing, project management and sales. The flexibility to do a little of everything is what he enjoys about his career.

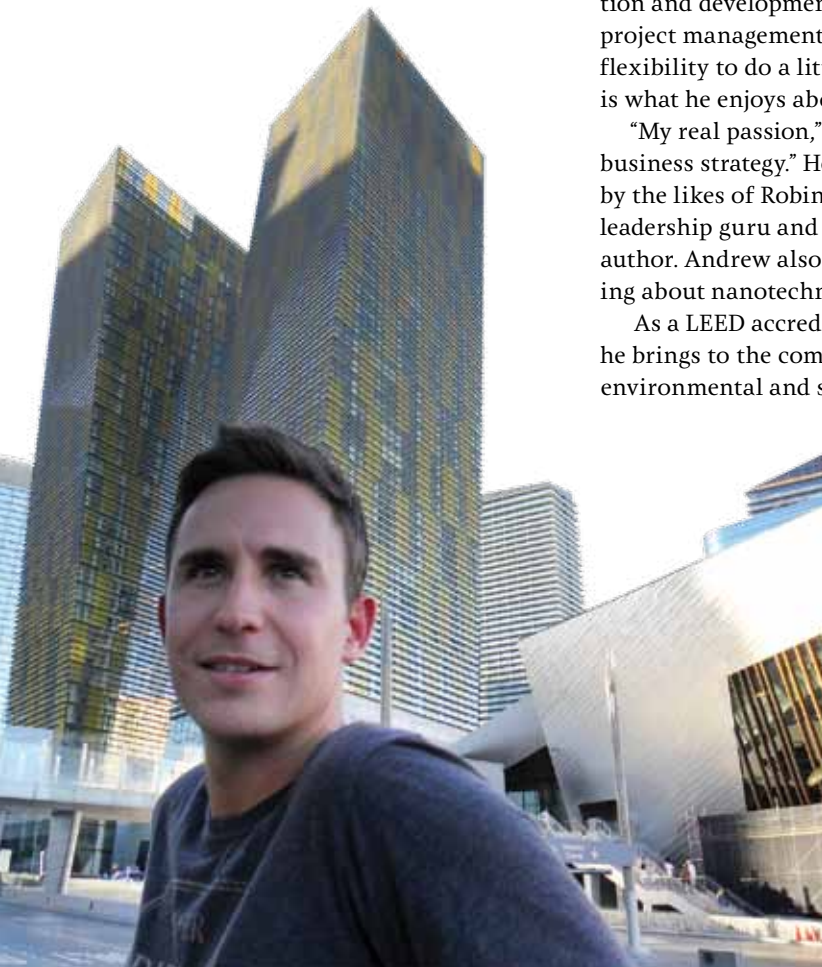
“My real passion,” he says, “is business strategy.” He is inspired by the likes of Robin Sharma a leadership guru and best-selling author. Andrew also enjoys reading about nanotechnology.

As a LEED accredited professional he brings to the company a focus on environmental and social stewardship.

A few years ago sustainable development was defined as meeting the needs of the present without compromising the ability of future generations to meet their own needs. Today, sustainability takes a more integrated approach. Andrew likes the chair analogy. Sustainable development is like a four-legged chair, each leg represents a different aspect: environmental, social, cultural and economic. If one leg is neglected—shorter—then the chair won’t balance properly.

At the forefront of eco-living is one of Andrew’s current favourite projects, 555 McKay Ave., located in the South Pandosy area of Kelowna. The multi-family and office-use development encourages residents to live, work and play from one location. Future projects in the G Group lineup include Ca’Solare a 23-unit condo project in the Mission and a master planned resort and wellness community north of McKinley Landing.

When he isn’t working, Andrew likes to enjoy the outdoors camping, hiking and getting close to nature. A triathlete, he lives within walking distance of the beach, can ride his bike along Lakeshore and run on the flats. “I love travelling,” he says. He married a local gal this April and on their honeymoon they visited Morocco, Spain and Portugal.



PHOTOS CONTRIBUTED





**Stacey Fenwick,**  
marketing director,  
Sopa Square

Stacey Fenwick is passionate about contributing to sustainable growth in Kelowna and is committed to the community of Sopa Square, a European inspired development, in the heart of South Pandosy.

Born and raised in Kelowna, after high school she left the Okanagan for a spell. She lived in France to learn the language, in Japan to teach downhill skiing and in Vancouver to study business. She started studying electrical engineering at Simon Fraser University but soon transferred into business. "I realized I'm a people person," she says.

After she got her degree Stacey moved back to Kelowna to help her father, Edgar Fenwick, with his development projects and kind of fell into the business. She was 23. That year she bought a lot in Rutland, moved a house onto it, lived in the basement suite and rented out the rest, which paid the mortgage.

"What I like to do is the sales and marketing of real estate projects," she says. The first project with her father was a 63-unit senior oriented building



in Rutland. The latest venture under construction is a landmark project envisioned 10 years ago: Sopa Square.

Concerned with urban sprawl and our society's reliance on the automobile her father envisioned a pedestrian friendly community like those in Europe. The idea is to bring people back into city centres within walking distance of all amenities.

"We can't keep using up our natural resources," says Stacey. "We need renewable energy sources. We need to reuse and recycle everything."

The project was designed by Vancouver architects Busby Perkins + Will and takes advantage of passive energy strategies like solar gain in winter, shading in summer, natural daylight, natural ventilation and thermal mass of concrete to even out temperature swings.

An exciting addition to the South Pandosy area, Sopa Square features underground parking, ground floor retail space with a Granville Island style marketplace, office space and 96 luxury residential suites with ameni-

ties like lap pool, fitness centre and putting green. A covered courtyard is designed to be home to art exhibits, cultural events and artisans who can rent day tables to sell their works. Stacey sees the courtyard as a meeting place where people will gather and spend time with friends.

Don't expect to find big box names in the retail mix. She has worked hard to attract local businesses to maintain the Granville Island feel and her joint venture partners are in agreement. She is a firm believer in shopping at locally owned businesses as they have a vested interest in the health and success of the community. A mix of retail is waiting to move in next summer including a bakery, meat shop, fishmonger and greengrocer.

This past April Stacey completed her masters in business administration from UBC Okanagan. When she isn't working and driving her two kids around she's riding her road bike, downhill skiing, playing soccer or learning to sail.

**Jim Meiklejohn,**  
Meiklejohn Architects Inc.

Behind the development scene there are architects. The Meiklejohn family has been leaving its mark on the Okanagan skyline since 1953.

Born and raised in Penticton, Cal and Jim Meiklejohn grew up with architects for parents. Following in their parents' footsteps, Cal obtained his bachelor of architecture from the University of British Columbia and Jim obtained his from Washington State University. The brothers took over the family practice in Penticton in 1992, and have since opened an office in Kelowna. Today they employ 16 to 17 people.

An architect takes people's ideas and gives them shape. For Jim the joy is in watching people respond positively to the spaces he and his team create. In Kelowna the Cannery Lofts, the Cardington Apartments and the Mode all bear their signature style, as do the Osoyoos Visitor Centre, Kelowna Secondary School and the soon to be built Kelowna Yacht Club.

Jim refers to this style of architecture as "regionally-appropriate modernism." The aesthetics of the building he says are defined by the function and are a reflection of local material, culture, environment and context.

One of Jim's favourite projects is the offices of Beelineweb.com in Lake Country. The post-and-beam design is reminiscent of the area's historical rural buildings and was constructed using locally sourced timber and stone. The clients were personally committed to limit-

ing their environmental footprint and building green, says Jim.

These days sustainability is designed into most developments, although financial and time constraints limit application in many projects. But where there's a will there is a way. The Mode, a multi-family residence, uses the sun to pre-heat its domestic hot water. The original plan was not as simple and involved the recovery of waste heat from the neighbouring commercial buildings to pre-heat the domestic water, but the red tape involved with getting approval from the BC Utilities Commission halted the design. Without the developer's commitment to the idea the system would never have been built. The condo building went on to win the first annual Mayor's Environmental Achievement Award

for Most Sustainable Development in 2008 from the City of Kelowna.

Jim's environmental footprint is relatively small compared to most homeowners. He and his wife Shirley Ng choose to live in downtown Kelowna, close to the action and within walking distance of basic amenities and civic buildings. "We love it," says Jim. Shirley is originally from Singapore and used to living in a city of five million where everything is within walking distance or can be reached by transit. Although the couple can walk to the office they usually take their car for work related reasons like attending client meetings.

When it comes to days off—not too many of those—the couple enjoys visiting with family and friends. They also like to tour cities and look at the buildings, streets and parks.



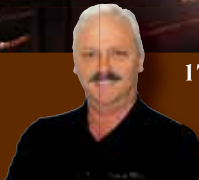
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**Les Bellamy,**  
Bellamy Homes Inc.

"My work will outlive me," says Les Bellamy, custom home designer and builder. He got into the industry honestly, by working. After he finished high school in Armstrong he moved to Kelowna to take a restaurant job at Kelly O'Bryans. He was sent to work in Prince George, Williams Lake and Penticton before he finally came back to Kelowna where he became the youngest general manager at age 20. But it wasn't his passion.

So Les traded in his tie for a pair of steel toed work boots and took a construction job as a labourer. Les was no stranger around construction sites since he'd worked as a labourer for his dad who was an excavation contractor. A year later he was acting as a framing contractor and loving what he was doing.

While on the job he complained about the quality of the blueprints and was encouraged to make his own. He found he had a talent for design and hasn't looked back since. Mostly self-taught, over the years Les has designed about 200 homes and started his own company Bellamy Homes



as a custom designer and builder.

The clients set the bar for "greenness," he says. "Some have very high expectations concerning green features in their homes." The greatest challenge he sees to sustainability is cost with a price differential of as much as \$30,000 on some technologies. "We should be thinking of the environment but the price difference has to come closer before it is feasible," he says.

Les and his wife, Pat, live in Kelowna's Upper Mission,

in a house he designed on a lot that they chose for its view.

On his days off you can find him with a group of buddies playing in a band called the Zamboni Brothers. They've been together for over 18 years and entertaining audiences with their mix of rock 'n' roll, harmonies and comedy. Several years ago his wife joined the boys as a singer. Les plays bass guitar. He says, "It's a great creative outlet and helps clear the mind of our busy work schedule." **OL**

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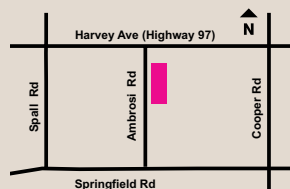
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The announcement that all children in BC would be offered full-day kindergarten by September 2011 garnered mixed reaction on all fronts. One year into the program, stakeholder reactions are more united.





# Full Day

By Patti Shales Lefkos  
Photos by Barry Hodgins

## Kindergarten: Pass or Fail?



Would five full-days be too much for kindergarten-aged children? Would kindergarten children be safe in school playgrounds? Would there be a new curriculum that looked like a mini Grade 1? Were there enough trained teachers? Was there enough time to prepare for opening some classes in September 2010?

Feelings among parents varied greatly. Some thought their children's preschool experience was more than enough preparation for the challenges and structure of five full-days at school. Others were concerned about their little ones being worn down physically, being irritable and over stimulated.

### Anxiety and Action

Parents heap praise on school staff for preparing their children for the new experience of full-day kindergarten (FDK). Schools held information meetings and visits to address questions and concerns. "I was comfortable knowing that if my child was overwhelmed at any time, the school would be supportive in helping to ease my concerns or my child's," says Rhonda Catt, whose son Jace was about to enter kindergarten at J.W. Inglis Elementary in Lumby. But Rhonda admits she was still terrified.

"Information received ahead of time was adequate but I was still unsure," says Amber Maltman.

Her daughter Tori would be in the same class as Jace.

Concerns lingered—among educators as well as parents. Not all kindergarten teachers agreed with the plan. "Some were advocates of the program and were happy to see it implemented. Others were philosophically opposed and either posted out of kindergarten or faced it with some concern," says Alice Rees, president of the Central Okanagan (School District 23) Teachers' Association.

But when it came down to getting the program rolling, teachers pulled together. "Long time kindergarten teachers started meeting monthly to share ideas and support one another. Teachers hired new were sometimes a little overwhelmed and leaned on colleagues for support," says Alice. "Plans were made to spend the \$15,000 the government had provided to equip each new class, but kindergarten is one of the most expensive programs. Attempts by schools and district to cover the shortfall did not always meet the promised allocation leaving some start-up classes short of supplies. Kindergarten teachers often closed some of the gaps buying supplies from their own funds."

Early learning coordinators, master teachers seconded to districts to play leadership roles, teamed up with teachers and early learning educators to offer resources, expertise and support in the form of guides, summer institutes, after school K Book Clubs and professional days for teachers and administrators. "Training sessions were provided where kindergarten teachers, early childhood educators and Strong Start coordinators shared knowledge and wisdom about young children," says Janet Aitken, of North Okanagan School District 83.

### Early Days

The new kindergarten year started in September 2010 with more than the usual apprehension. But before the end of the month most FDK students, parents and teachers were settled into routines. At Ecole George Pringle Elementary in West Kelowna, Jacob Jeffrey was enjoying his school, his French

**Previous page**  
**clockwise:** Madame Rajabally's French immersion kindergarten class at Ecole George Pringle in West Kelowna. Mrs. Lueke supervises playground time at J.W. Inglis elementary school in Lumby. **Above:** Tori Maltman displays her artwork.

## FDK history

Prior to 2011 BC funded full-day programs for aboriginal students, English as a second language students and certain special needs students. Designated Vancouver inner city schools have offered full-day kindergarten (FDK) for all since 1989.

### Play-based learning

Much of a child's learning takes place through play. Play is so important that its significance is recognized by the United Nations as a specific right. Play promotes healthy physical, intellectual and social-emotional development.

### Comparison with half day programs

Research shows that FDK results in higher achievement in later grades, more positive pro-social and behavioural outcomes and benefits to all children regardless of socio-economic status.

### Advice for parents

Give kids lots of experiences. Turn off the TV and talk to them to provide background for oral language development and reading, says Linda Henney, school district 22 early learning coordinator.

### Why envy Ontario?

An early childhood educator assists the teacher in every FDK class.

### Pay now or pay later

For every dollar spent on early learning, about \$17 is saved in social, health and correctional costs, says Pam Butters, Okanagan Skaha director of instruction.

immersion class and his teacher. "He had attended preschool for two-and-a-half years so he was ready for the full-day program," says his dad, Scott.

One of Jacob's classmates, Callie Patton, who attended both Spanish and French preschool was neither anxious nor tired. "We were pleased with how much she had learned and how she developed friendships. The full-day program helped with this social aspect for her," says her mom, Cat.

"By the end of September I was feeling relieved," says Tori's mom. Classmates Tori and Jace were both tired by the end of the week but still happy to be going to school.

Trina Olsen, mother of Grace, another Lumby FDK student, clung to advice from a magazine article on parenting saying it can take a month or more for a child to adjust to full-days of school. "I kept that in mind as the weeks went by and Grace was unpredictable in her behaviour," she says. "But I was still worried about her ability to cope with the schedule. The jury was still out."

Children weren't the only ones coping with full-day separation anxiety. "It was an adjustment for everyone in the household, not just the child," says Trina.

## Fast Forward

It's a warm day in early May 2010. Students in Madame Rajabally's French immersion FDK class at Ecole George Pringle are enthusiastically engaged in their lesson. Each holds a piece of chalk. The other hand is covered with a sock. Sitting in table groups of four, all eyes are on the teacher. She calls out a word, en français. Students write the initial consonant on their slate and hold it high. Total active participation. Madame's quick glance tells her who has the correct answer. She calls out another word. A wipe with the sock and the children race to chalk up the next response.

Callie grins when her teacher acknowledges that everyone in her group has printed the letter correctly. "She couldn't wait to be in school and

had to be convinced she needed to go to kindergarten and not straight into Grade 2 with her brother," says her mom. "The full-day program has given (the children) a solid foundation and they've been exposed to much more French than they would have in the half-day program."

Madame Rajabally, who has been teaching for 20 years, the last eight in kindergarten, agrees. She says, "Full-day kindergarten is a gift. The curriculum has remained the same, but the amount of time to cover it has doubled."

She explains that the children have profited from more time to play and explore concepts and skills. "The children's development in French, a second language, is incredible. I can't believe how much farther ahead they are than half-day students have been. Their progress is overwhelming."

Jacob's parents are also positive about the program. "We're impressed with the French learning curve during the year. I think more time to teach the curriculum has benefited our son."

At J.W. Inglis Elementary in Lumby, the children in Mrs. Lueke's full-day English kindergarten class are enjoying play-based learning time. Grace chats on the pretend cell phone in the kitchen centre, calling friends to organize an imaginary party. Other students gather around her to listen.

"Grace has made tremendous progress this year, academically, socially and behaviourally," says her mom. "Despite her getting worn down and not being able to catch up (that's her temperament—not to risk missing anything, so no time to rest), it's been a fairly successful venture."

Still, Grace's mom has some reservations about full-day everyday kindergarten for her daughter. "Last night Grace told me she feels she hardly gets to see me and that there is just too much school.... This is a girl who jumped out of bed to get dressed to go to school just a couple of weeks ago."

Students gather on the carpet for the daily calendar discussion to consider the date, weather and upcoming school activities, then





line up to sing all four verses of Charlotte Diamond's *I Am a Pizza* accompanied by appropriate actions.

Tori knows all the words. Her sister was in the half-time class the previous year. "Tori loves school, especially Mrs. Lueke's," says her mom. "I'm happy with the program now that I've experienced it first hand. Tori has made amazing progress. I found the class atmosphere more relaxed this year. The material covered has been the same as last year for my other daughter, but it felt more thorough with more time."

Rhonda Catt says her son Jace's feelings about school change from day to day. "One day he likes it, the next day he kind of doesn't like it, which might be due in part to the fact that he was only four years old when he entered kindergarten. Birth date can make a huge difference. I felt my son was too young for school for five days but honestly can say it has been a positive experience, and I have changed my opinion 100 per cent from when I originally found out this was happening."

## FDK Report Card

While the program continues to experience growing pains, benefits continue to mount and are evident in the faces of countless happily engaged students. The same holds true for kindergarten teachers who enjoy extended quality time with no more than 22 students for the full-day instead of two half-day classes making their teaching load as many as 44 students.

"It has been a very successful year. Students became comfortable and then confident with school routines much earlier," says Theresa Lueke. "Student and family adjustment was not very different from previous years. However, at assessment, report card time and concert time, I found myself less stressed."

"Full-day Kindergarten truly is the gift of time," says Mariam Rajabally. "The curriculum taught in a half day can now be spread over the full-day. The children benefited from having more time



to play and to explore a particular concept or skill."

Having siblings together for consistent school routines and on the school bus, as well as reduced day-care costs, have been helpful to many families.

Playground safety was paramount. School staff brainstormed safety solutions. Little ones were supported in playgrounds by older buddies, siblings, supervisory staff and teachers, often on their own breaks. Some schools staggered recess and lunch times to allow younger students free access to jungle gyms.

Kids are resilient. "We underestimated the ability of young children to adjust and really learn," says Kelowna district early learning coordinator Donna Kozak. Callie, Jacob, Grace, Tori and Jace are more than ready for Grade 1. **OL**

**Previous page:** Students do the weather report in Mrs. Lueke's English kindergarten at J.W. Inglis.

**Above clockwise:** Students lead daily calendar time in Mrs. Lueke's class; Callie Patton, budding architect at George Pringle; cooperative sandbox play at J.W. Inglis.



# Wine Trails

Not so long ago, Kelowna sat on the periphery of hard core Okanagan wine touring. Sure there were notable wineries, but no critical mass. Times change. Check out the Kelowna Wine Trails today

Story and photos by  
Laurie Carter

Pretty much everybody in the Central Okanagan lives near a winery. My home turf is the Westside Wine Trail, one of five newly designated routes on the Kelowna Wine Trails, and home of some of the Valley's oldest vineyards with vines dating to the 1960s on the flanks of Mount Boucherie. My neighbours include two local industry icons, Quail's Gate, where you can see Allison House, one of the region's original homesteads, and Mission Hill with its signature tower and a carillon that makes my day as the bells chime out. Both offer stellar dining. Nearby, Little Straw Vineyards sports a relatively new name, while Kalala is the Valley's newest organic winery, and my daily drive takes me past an old favourite, Mt. Boucherie,

and newbie Volcanic Hills.

I've visited most of the wineries on the four other wine trails. It's one-stop-shopping on the Downtown Heritage segment in Kelowna's city centre. Calona Vineyards is BC's first commercial winery and the wine shop stocks both Calona and Sandhill vintages.

North of the city, Lake Country's Scenic Sip winds through farmland and horse ranches, taking in another Okanagan wine pioneer at Gray Monk, where the restaurant also boasts Canada's Chef of the Year, Willi Franz. I surprised one of the partners of Ex Nihilo (and justified some of my time studying Latin in high school) when I translated the name as "out of nothing" — although I'd call the current art exhibit "Something!"

PHOTO CONTRIBUTED





Arrowleaf Cellars hosts a wonderful picnic site and Ancient Hills harbours some mysterious old vines.

On the broad vineyard-lined slopes south of the city, the Lakeshore Wine Route lays out its personal perspective on the brilliant lake views that characterize all of Kelowna's wine trails. And speaking of character, this route hosts everything from the artistic to the eccentric with gallery space at Tantalus, a heartwarming forest fire story at St. Hubertus & Oak Bay, repeat

Canadian Winery of the Year awards for CedarCreek and the mystical energy of Summerhill's pyramid. It's a good idea to plan this tour around mealtime as both Summerhill and CedarCreek also present notable dining.

Rolling along the East Kelowna Wine Trail in autumn, I recommend you open the windows and let in the scent of apples ripening in the close-packed orchards. Here the vineyards are small, the wineries intimate and sometimes quirky. I felt an instant connection with House of Rose's unique blend, Hot Flash, and what can I say about peering through funky glasses at The Vibrant Vine's psychedelic 3-D label. On this route I discovered The View's red stiletto, Camelot's sword Excalibur and SpierHead's pumpkin patch. Makes me wonder what I'll find on my next sip trip.

**Clockwise:** Salad and dessert at Mission Hill's Terrace Restaurant; the waterfeature at Summerhill Pyramid Winery; tasting at Mt. Boucherie Family Estate Winery; award on display at Camelot Vineyards Estate Winery; Sandhill's master winemaker, Howard Soon.





## Winery Dining

*As the Okanagan wine industry evolves, bringing more and more sophisticated palates to the Valley, the vineyard culinary scene is making huge strides to keep pace.*

Many Kelowna area wineries provide shady patios and grassy picnic areas. Some also sell cheeses, deli items and nibbles to enjoy with wine purchased on site. In some cases dining is seasonal or limited to wine festival and other special events. But this area also claims some of the very best restaurants in the Okanagan Valley. Renowned chefs place a strong emphasis on pairing their vintages with locally sourced produce and meals are all served with a memorable view.



### Lake Country's Scenic Sip

#### Grapevine Restaurant

Gray Monk Estate Winery

### Lakeshore Wine Route

#### Sunset Organic Bistro

Summerhill Pyramid Winery

#### Terrace Restaurant

CedarCreek Estate Winery

### Westside Wine Trail

#### Terrace Restaurant

Mission Hill Family Estate

#### Old Vines Restaurant

Quail's Gate Winery

#### Barrel Top Grill

Little Straw Vineyards

**Clockwise:** Gray Monk Estate Winery; wine display at The Vibrant Vine; tasting at Ex Nihilo Vineyards; House of Rose Winery; sculpture from the Nathalie Decoster exhibition on at Mission Hill Family Estate; art and a view at Tantalus Vineyards.



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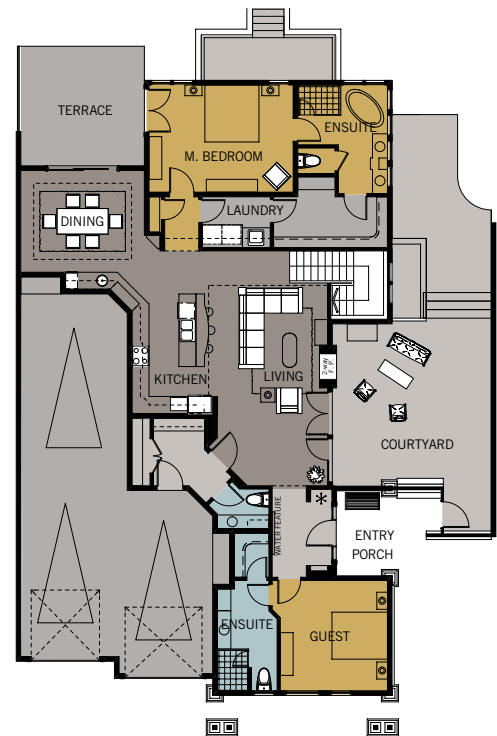


# Upscale empty nester

by Laurie Carter

**Signature waterways at Kelowna's Bridges at Glenview Pond make a soothing backdrop for comfy homes**

- The natural elements of the craftsman style provide curb appeal for this 3,650 sq. ft. bungalow. With four bedrooms including a self-contained main floor guest suite, the home is designed to make visitors comfortable without compromising daily living for the home owners. The unusual side entrance opens on a welcoming water wall and flows into the main living area. High transom windows, 10-foot ceilings throughout, and a 16-foot cathedral vault in the living room create a feeling of generous space. Custom cabinetry by Cuchina del Re in the open kitchen extends around the corner and becomes a wet bar and serving station in the dining room. Angled away in its own nook, with a recessed ceiling and overlooking the rear terrace, this area achieves the separation of a formal dining room while maintaining a connection with the family living area. Hand-scraped maple floors stained to a



Main floor plan (shown) 1,872 sq. ft.







rich walnut help to unify the interior and a two-way fireplace provides a connection with the outdoor living space of the enclosed side courtyard. A lower level recreation room and home theatre add another dimension to shared living while the sleeping areas feel like private hideaways. Three bedrooms feature walk-in closets, the laundry room is located in the master suite and the ensuite

bathroom offers spa-like amenities such as a massage shower, remote shower controls and a self-filling soaker tub. French doors provide direct access from the master suite to the private rear terrace and light pours into the lower level bedrooms through creative window wells. Natural light is brought to bathrooms that have no windows via solar light tubes. Construction materials include cork flooring in high traffic areas on the lower level, carpet in the downstairs bedrooms, Silestone quartz countertops and porcelain tile. The two-door, three-bay garage provides excellent additional space for a recreational vehicle, studio or workshop. **OL**



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Dr. Richard Hooper and Don Murdock purchased the 2004 Memorial Cup Rockets jersey, signed by the entire Kelowna Rockets team.



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# Sauvignon Blanc

by Michael Botner

Learn not to pronounce that final “C” and you’re on your way to sounding like a true connoisseur of this classic, food-lovers wine

■ In the evolving world of Okanagan wine, Sauvignon Blanc is briskly moving up the ladder. A latecomer to British Columbia, the greenish-yellow grape now stands in fourth place, with more than 200 hectares planted.

At last, local vignerons are exploring the potential of one of the most instantly recognizable and food friendly varieties on the planet. Sauvignon Blanc reaches the peak of its aromatic intensity and briskness in cool climate regions such as the Loire Valley in France and the Marlborough region of New Zealand.

A classic Sancerre, Pouilly-Fumé, or other Sauvignon produced in the Loire Valley exhibits a bone dry, flinty, zesty profile with aromas of gooseberry, citrus, cut grass and even cat’s pee.

Pungently herbaceous Marlborough Sauvignon from the South Island of New Zealand reveals ripe, exotic fruit along with notes of gooseberry and mineral.

In Bordeaux and other appellations of southwestern France, Sauvignon is traditionally blended with Semillon for both dry and sweet wines. The best include the complex, elegant white Graves and luscious Sauternes (from botrytised grapes, picked at a certain point during a botrytis infestation).

Terrific examples are also produced in Chile’s Casablanca Valley and the Cape region of South Africa. Nearer to home in California, Robert Mondavi adopted the term Fumé Blanc to differentiate his

reserve, oak-aged Sauvignon Blanc.

In British Columbia, the southern reaches of the Okanagan Valley provide near ideal growing conditions for this varietal. Too little warmth produces thin, tart, aggressively herbaceous wines, while too much heat often results in wines lacking Sauvignon’s vividly mouth-watering crispness.

Use of oak with this grape requires a deft hand, avoiding too much contact with new wood. Except for the grandest examples, typically oak-aged blends of Sauvignon and Semillon, it is best to serve Sauvignon young, fresh, well-chilled and with food where acidity needs matching or where the wine’s acidity can act as a foil to richer dishes. **OL**



## SEVERINE PINTE

Viticulturist and head winemaker  
Le Vieux Pin

Relocating to the South Okanagan from the south of France has been overwhelmingly positive for Severine. Arriving at Le Vieux Pin in August 2010, she has taken over with gusto as head winemaker at the 3,500-case a year operation on Black Sage Road near Oliver. She comes here with extensive knowledge in her chosen field that reaches back to Lille in the north of France, where she was born. "I've always been surrounded by wine," she says. She studied at the highly regarded Montpellier University, graduating with a degree in agronomy and a masters in viticulture and oenology. Except for stints at Domaine de Chaberton in Langley (1999) and Frankland Estate in Western Australia (2003), Severine has worked for large enterprises in France since apprenticing with Cave de Técu. After a year in Bordeaux under André Lurton, she returned to the Languedoc to direct the Vignerons du Sommiérois. For nine years she was head winemaker at Le Vignoble des 2 Terres in Saint-Felix-de-Lodez before taking up her post at quality obsessed Le Vieux Pin, where the focus is on French style wines made in small lots and even the winery is Provençal in design. Severine says it's a perfect match. "The grapes we use include Syrah and Viognier, as well as Pinot Noir Rosé, among my specialties....The climate is the biggest challenge. But in five to ten years, a lot more people will know Okanagan wines."

## highspirits

Showcasing sensational Sauvignon Blanc, the tasting notes list name, price, region or country, and aging potential. The five star rating system stresses value for price.



### LAKE BREEZE 2010 SEVEN POPLARS SAUVIGNON BLANC

*Naramata, Okanagan Valley*

★★★★1/2 \$21.90

A small percentage of Semillon adds complexity and richness to this expressive, zesty Sauvignon Blanc. There are flavours of elderflower, gooseberry, pineapple, grapefruit, pear and capsicum with a citrusy spine. Serve with fish, seafood or salads.



### OYSTER BAY 2010 SAUVIGNON BLANC

*Marlborough, New Zealand*

★★★★1/2 \$17.99

Assertively Kiwi, it is brimming with exuberant, juicy flavours of gooseberry, lime, cut grass, green bean, passion fruit and mineral aromas and flavours. Dry and crisp with mouth-watering acidity, it accompanies shellfish, grilled veggies or Thai cuisine.



### SANDHILL 2010 SAUVIGNON BLANC SANDHILL ESTATE VINEYARD

*Kelowna, Okanagan Valley*

★★★★1/2 \$18.99

Richly aromatic Sauvignon Blanc features exotic flavours of melon, gooseberry, kiwi, asparagus, sweet pepper, grapefruit and green apple refreshed by steely acidity. Pair this wine with grilled trout, stir-fried vegetables or a goat cheese salad.



### LE VIEUX PIN 2010 SAUVIGNON BLANC "AURORE"

*Oliver, Okanagan Valley*

★★★★1/2 \$35

Grown on a north facing slope in Osoyoos, exhilarating Sauvignon Blanc delivers intensity, complexity and finesse. Crisp, dry, pungent flavours suggest gooseberry, white peach, guava, arugula, mineral, vanilla and lees. Pairs with grilled fish or seafood salad.



### PENTÂGE 2010 SAUVIGNON BLANC

*Penticton, Okanagan Valley*

★★★★1/2 \$19.50

Smashing wine showcases the exuberant character of Sauvignon Blanc. Bone dry elderflower, citrus, flint, grass elements combine artfully with ripe pear, green apple and tropical fruit flavours. Try it with a green salad or goat cheese stuffed red pepper.



### HOWLING BLUFF 2010 SAUVIGNON SEMILLON, SUMMA QUIES VINEYARD

*Naramata, Okanagan Valley*

★★★★1/2 \$19

Elegant blend of Sauvignon Blanc and Semillon combines creamy, complex flavours wrapped around a lively core. Rich palate suggests grapefruit, peach, melon, fig, honey and Brazil nut with citrus on the finish. It accompanies lobster, scallops and poultry.

PHOTOS BY MICHAEL BOTNER



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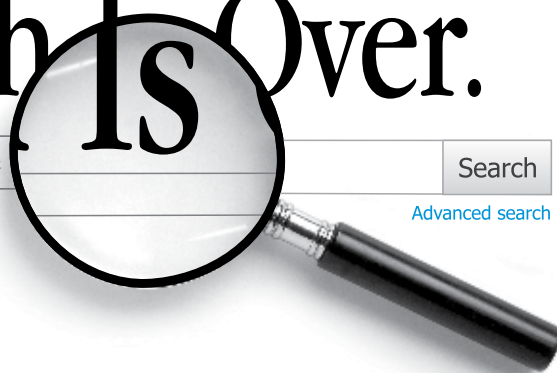
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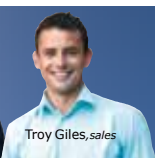


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PHOTO BY BRUCE KEMP



# Art appeal

**Popular perception may rate taking in an art exhibition right up there with getting a root canal, but that doesn't phase the new exec director of the Kelowna Art Gallery. Making art accessible to the community is a prime goal for Nataley Nagy**

■ Taking on the role of executive director for a major regional institution like the Kelowna Art Gallery (KAG) means a lot more than looking at pretty pictures. Along with aesthetics, Nataley Nagy's job involves marketing and politics.

A transplanted easterner she arrived in Kelowna just last year. "It only sunk in about six months ago that I live here," says Nataley, who came to KAG from the Textile Museum of Canada in Toronto.

Taking the Kelowna position could be seen as a step down from a major museum in the country's largest city, but for Nataley it was an opportunity to return to her roots in purely visual arts.

"I was always interested in visual art but the Textile Museum is really fascinating because it's home to a large amount of ethnographic material dealing with many, many different cultures. We had more than 12,000 artifacts. But it is more a museum-type of operation than a gallery. We did do contemporary art shows in order to excite contemporary art viewers. But I really

did want to come back to Canadian contemporary art and Kelowna was a really perfect opportunity."

The KAG job also gave Nataley the chance to leave the big city, which she wanted to do, and to try out the west. "I'm really quite an eastern person. I'm from Montreal, but I wanted to try something completely different. This was a great opportunity to come back into contemporary Canadian art with a collecting institution that has potential for a lot of growth."

Nataley likes to be a change maker and sees this as a perfect place to do it. "There's a fantastic team working here. Plus, I have a fantastic board of directors. The gallery, over the years, has cultivated a number of community members who are really committed to increasing its profile and being relevant to the community."

Working closely with curator, Liz Wylie, plans for the near future include bringing in contemporary exhibitions from large institutions.

"Right now we're planning a pretty exciting contemporary photography

show from the National Gallery. We're also borrowing touring shows from the Vancouver Art Gallery. Currently Barbara Astman, a Toronto artist who also teaches at the prestigious Ontario College of Art and Design, created a very site specific installation for us."

Local artists aren't ignored. KAG is putting together a show by local landscape painter David Alexander and an installation of found objects—in this case abandoned chairs—by Chad Pratch is on exhibit in the courtyard (photo left).

"We do a very broad variety of exhibitions.... We've had to reduce them this year because of budget constraints, but for the most part, we're actively turning over 14 shows a year."

One upcoming exhibition is called, "*The Point Is...*" by five artists who deal in abstraction and the question of what abstract art is.

"We're looking for a balance of mediums as well as representations from artists so we've also started to look at National Gallery shows that have a bit of a broader appeal. We're ►



Breakfast varies, today, cherry pancakes before getting ready for work. Start the day by checking email.



Walk to the gallery. Check on progress of projects. Work with staff to place ads in art magazine. Work on Seeing Red and White Fashion Show fundraiser. Review staffing schedules for Art Walk and Kelowna Community Resources Volunteer Fair.



Lunch with a friend visiting from Windsor. BLT with pork belly and heirloom tomatoes.



Back at the gallery, meet and greet the public. Talk with board members. Work on the menu for Seeing Red and White. With curator Liz Wylie, oversee plans for a new show in the exhibition space at the end of October.



Stop for an exercise workout before shopping for the day's groceries. Prepare dinner of fresh prawn skewers, sweet potatoes and salad to share with husband, John.



Watch pre-recorded PBS or Knowledge Network shows, read, watch the news. Get to bed around 10:30 or 11.



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exploring the touring masterpiece packages. They're expensive to rent so we're trying to work out a deal. There are a couple of shows that would be more masterpieces and away from contemporary Canadian art. We know that Canadian contemporary art is not everybody's bag."

Part of Nataley's job is to encourage people to visit KAG. "From an historical point of view, if a society doesn't represent the culture of the day it would be a very barren one. Think about it as a life without colour. It would be like living your life in black and white."

It's critical, she believes, that KAG finds common ground with the public and its community partners. The gallery works with Okanagan College and other cultural and social-based organizations like Kelowna Community Resources and the Central Okanagan Foundation to be socially relevant.

"It all depends on the kind of partnerships can we come up with to interest a broader spectrum. We know that probably 10 per cent of the population visits museums. Within that, which is a really small hunk of the pie, we're trying to drag in some of the 10 per cent to visit our galleries."

Nataley admits that the arts industry is partly responsible for low turnouts. "We've inadvertently created an art-speak that is not common language for individuals living everyday life. One of the things for us to do is to address art in language that doesn't require you to be an art history major to understand it."

For new Canadians, who need every cent to establish themselves, there is a citizenship and immigration program called the Cultural Access Pass. New citizens can receive one-year free memberships to cultural institutions in their community. KAG has just signed onto the program.

The arts world can appear formidable, but it is welcoming to those who show even a passing interest. Nataley had no intention of taking the plunge. In 1985 she was an

### HOW TO PRONOUNCE NAGY: NAWGE

**FAMILY:** MET HER HUSBAND JOHN GRIMES, WHO IS A FUNDRAISER FOR ALASKAN FIRST NATIONS PEOPLE, AT THE GETTY INSTITUTE IN L.A. WHERE THEY WERE GETTY SCHOLARS ON A MUSEUM LEADERSHIP PROGRAM. THEY MARRIED SOON AFTER NATALEY MOVED TO KELOWNA.

**LITTLE KNOWN FACT:** NATALEY WAS A SERIOUS AMATEUR FENCER IN HER TEENS.

**FAVOURITE SHOW BEYOND KAG SEEN IN THE LAST YEAR:** *VIRTUAL IDENTITY* AT THE PALAZZO STROZZI IN FLORENCE, ITALY.

undergrad law student at Carlton University. She volunteered at the university radio station and worked in a half-hour news magazine about upcoming arts events in Ottawa and other newsworthy arts items. "I was producing and hosting that program and becoming further and further involved in community radio which has a gentle way of sucking you in."

Her show was sponsored by the artist-run SAW Gallery, which recruited her to work as assistant director and publicist. "So I gave up my dreams of being a lawyer and went to work for \$12,000 in 1985. I was bitten. There was no going back. The visual arts became my life."

Nataley then spent six years with the Ontario Arts Council giving out grants before being recruited to undertake her first museum director's job at the Art Gallery of Windsor. During her time there she moved the gallery into a shopping mall while a new facility was built.


"We decided to try an experiment to see what would happen if this 45,000 square foot gallery was placed temporarily in the largest regional shopping mall while we built the new building. It brought in a lot of locals who normally wouldn't have visited the gallery."

Nataley now has a new horizon to seek out in the Okanagan and she doesn't intend to be quiet about it. She has great plans to make the Kelowna Art Gallery a happy, noisy place with some appeal for everyone. **OL**



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by Patti Shales Lefkos

# CBC rant

National icon turns 75, listener despairs

■ It's lunch time. Early 1950s suburban Toronto. My siblings and I burst into the kitchen, hungry for the sound of our favourite CBC radio program. The dial of our brown plastic Westinghouse is set. We munch egg sandwiches to the lyrics of the *Teddy Bears' Picnic*, eager for the stories presented by Bing Whittaker, host of *The Small Types Club*. When Bing says, "Ssssssscoot! Out to play, back into bed, off to school or whatever mother tells you," we know it's time to go. But we dawdle, straining to hear a tidbit of the next show. Wait. There it is.

"Knock, Knock."

"Who is it?"

"It's the *Happy Gang*."

"Well, c'mon in."

The *Happy Gang* and the *Small Types Club* inspired my lifelong obsession with CBC radio. Except for a short-lived defection during my teen years to CHUM's Top 40 hits, I have remained a diehard CBC fan. But, lately my attention to the quality of programming is on high alert.

In the 1970s my penchant for politics was developed by the wise men and women of the CBC. Jump ahead a decade and I learn to appreciate the cozy company of talk show hosts Shelagh Rogers and Valerie Pringle. My next discoveries become weekend favourites; time to reminisce on a Saturday night with *Finkleman's 45s* followed by Sunday morning with the story telling expertise of Stuart McLean at *The Vinyl Café*.

I always thought my passion for the English language and correct grammar originated with my well-spoken parents. While they undoubtedly had a part in it, lately I've realized that growing up during the golden years of CBC radio had a huge impact.

When I graduated to truly discerning listener status, CBC veteran Peter Gzowski hooked me with his friendly, sometimes gruff, always brilliant turn of phrase. There was no going back. Author of almost 20 books, recipient of a Gold Medal from the Royal Canadian Geographic Society and Companion of the Order of Canada, when he went off the air in 1997 Gzowski had conducted 27,000 interviews as host of *Morningside*. The Canadian standard for broadcasting had been set.

During the same era the wisdom, wit and warmth of irreverent talk show host Vicki Gabereau dominated the afternoon

airwaves. She entertained us with 15,000 interviews, first as a summer *Morningside* replacement, then with her own two-hour show from 1985 to 1997, when CBC lost her to CTV, where her program ran for eight more years.

A bad year, 1997. CBC radio lost two media icons, government funding reached a new low that has descended a slippery slope until the present. Staff cuts, broadcasters making do with out-dated technology and an alarming number of glaring grammatical errors all contribute to the erosion of the exemplary level of broadcasting that CBC Radio once represented.

The loss of the CBC Radio Orchestra, in 2008, was a further blow to national pride and culture. In 2009 conductor Alain Trudel picked up the baton and with businessman Phillipe Labelle formed the National Broadcast Orchestra, now a registered Canadian charity. National pride scraping for charity tax dollars. What's wrong with this picture?

Canadians are disturbed by this rapid deterioration of the glue that struggles to bind us as a nation, driving some 100,000 CBC devotees to join the watchdog organization Friends of Canadian Broadcasting. They challenge broadcasters and push politicians to preserve a system that informs, enlightens and entertains us from a Canadian point of view. The motto of yet another long gone show, *The Dead Dog Comedy Hour*, encourages us to "stay calm, be brave and wait for the signs." Stand by the first two, but don't wait, let your voice be heard. There may still be time. **OL**



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