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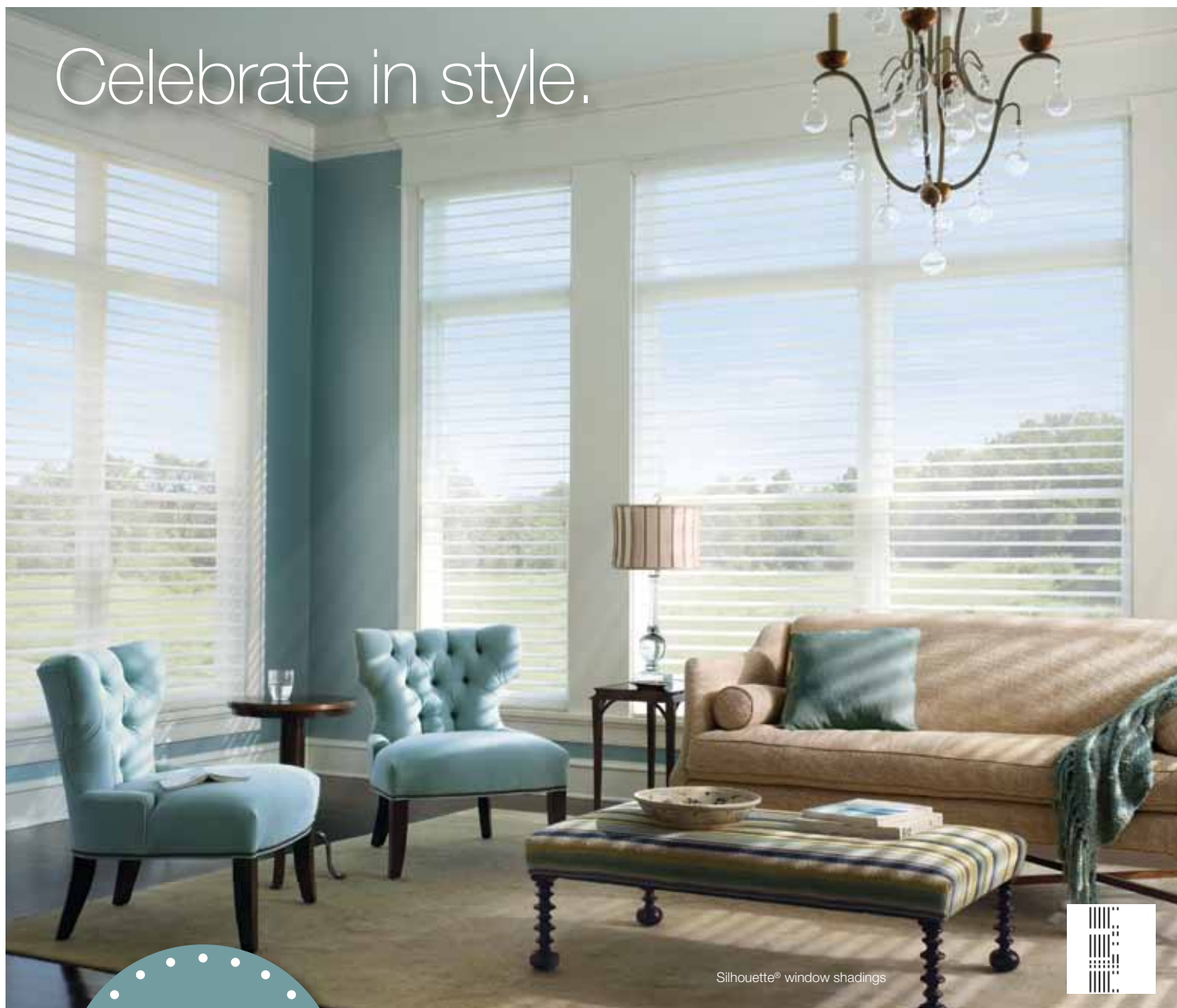
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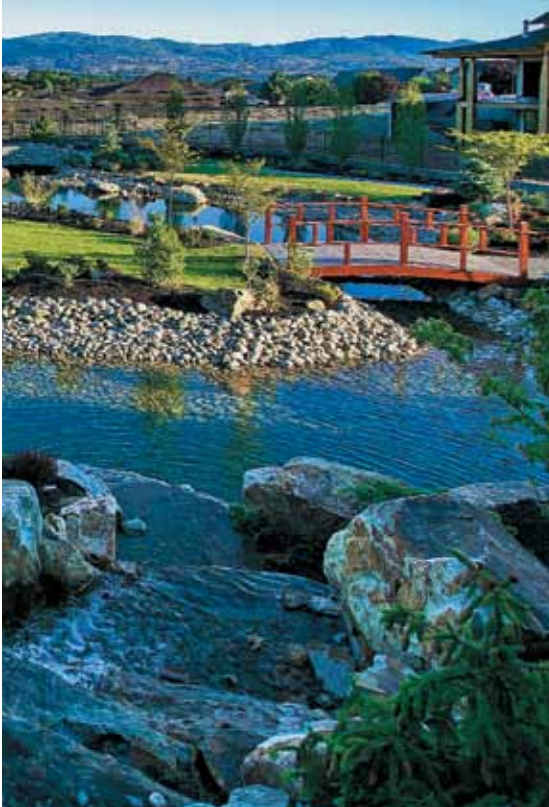
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THE STORK AND YOUR SKIN

Issues in pregnancy

- During and after pregnancy, skin goes through normal changes. There are also some related skin conditions that can be distressing but quite harmless.

Up to 90 per cent of women notice a darkening of an area of skin. One common type is called melasma. It appears on the face and gets worse with sun exposure. Hormones are the cause. To prevent or treat this condition, avoid irritating cosmetics and sun exposure and use sunscreen.

Stretch marks, which can appear during puberty as well as pregnancy, are tears in the deeper layers of skin caused by excess tension on the skin. Usually found on the abdomen, thighs, breasts, upper back and buttocks, they're more common in people who are heavier or have larger babies. Using a thick moisturizer may prevent stretch marks and skin tightening techniques may help.

While acne can improve during pregnancy, it sometimes gets worse at a time when drug therapy can be dangerous. Work with your doctor on this one.

Melanoma is the subject of much debate, but studies show that pregnancy doesn't cause it or make it worse. If it appears, the diagnosis should not be delayed until delivery.

Increased hair loss two to three months after childbirth is entirely normal. —Dr. Craig Crippen

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Occupying a new way to think

■ The last decade has seen unprecedented unethical behaviour in the corporate world. Ponzi schemes, cooked books, too-big-to-fail corporations and billions of dollars in bailouts have driven the economy over a cliff. The Occupy Wall Street movement, which reached the Okanagan October 15, should have been as predictable as the sun, yet it wasn't. With so many angry people, why did it take so long? And will the revolution take hold? The answers might be found by understanding how our brains work.

The world's greatest neuroscientists agree that as many as 95 per cent of our decisions form at a level below our conscious awareness, in a region of the brain often referred to as the "reptilian" or "old brain." Yet it is the conscious, analytical "new" brain that is hard-wired to take the credit or dodge the blame. The bailed-out banker rationalizes himself as faultless. His "new" brain dismisses his unconscious feelings by rationalizing his predicament as somebody else's. "I was simply creating commerce, vitality and growth for the economy; and in doing so, I created wealth for myself." Conversely, the Egyptian did not consciously walk into his revolution—instead he followed his unconscious brain, often referred to as gut-feel, which directed him to demonstrate. That is why we all might sound like a banker or walk like an Egyptian from time to time.

Brain science is telling us we are not as "in control of ourselves" as we imagine. Humans are learning that unconscious processes account for many of our decisions; a fact that is disturbing to the rational, analytical types. While we imagine ourselves great thinkers, we actually are cognitive misers, which means that our "new" brain is hopelessly devoted to finding

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the easiest solution possible — instead of the best solution. The “new” brain can barely grasp three to five thoughts or ideas at any given time, while our “old” brain stoically processes millions of bits of data every second, including what it thinks about Wall Street. Simply put, the brain is an argument.

The Occupy Wall Street movement is running directly at us. Demonstrations around the world are succeeding for many reasons. CEO salaries continue to increase, even when the economy is struggling. Studies show that CEOs made about \$700,000 or 25 times the average worker’s salary in the 1970s. By 2000, their salaries had jumped to 90 times more, and by 2008, top brass earnings had ballooned to 500 times the average employee’s salary. Our old brains know that this is wrong, but the new brain is so susceptible to irrationality that we mentally “bail out” wrongdoers by showing apathy, instead of deserved disgust.

I believe the most important reason Occupy Wall Street will succeed is the 99:1 ratio. It is so simple that all regions of the brain “get” it. Last year I wrote about a study that described how humans do not trust new facts if those facts do not immediately align with their own beliefs. Even when a newer or better fact is presented, we simply dismiss it and follow our own bias and dogma. The “new” brain doesn’t allow the “old” brain to win enough arguments.

“We are the 99 per cent” is a cognitive masterpiece when it comes to describing the movement. It allows us to understand the situation using full brain thinking. The old brain intuition and perception doesn’t lose yet another argument with the analytical new brain. It makes so much sense that we give ourselves permission to walk like an Egyptian.



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events



CHRISTMAS BELLES ON THE CANNERY STAGE

Penticton: Nov. 10–Dec. 3, 2011

A church Christmas pageant spins wildly out of control as three squabbling sisters try to reign in the mayhem. There's an ailing Santa, a vengeful sheep and a reluctant Elvis impersonator. Performances at Cannery Stage: Thursday, Friday and Saturday nights at 8 p.m. with Sunday matinees at 2 p.m. Tickets available at the Wine Country Visitor's Centre phone 250.493.4055. Keep up to date online at www.manyhatstheatre.com.



OSO REQUIEM

Kelowna: Nov. 11, 2011
Penticton: Nov. 12, 2011
Vernon: Nov. 13, 2011

The Okanagan Symphony Chorus will share the stage with the orchestra to commemorate Remembrance Day with Mozart's glorious *Requiem*, Mozart's last work. Soloists Melina Moore, Dana Luccock, Isaiah Bell and Alan Corbishley. Kelowna, Community Theatre, 8 p.m.; Penticton, Cleland Theatre, 7:30 p.m.; Vernon, Performing Arts Centre, 7 p.m. Ticket Seller in Vernon 250.549.7469, Ticketmaster in Kelowna and Penticton 1.855.985.5000.



BALLET KELOWNA THE NUTCRACKER

Kelowna: Dec. 9-10, 2011
Vernon: Dec. 16-17, 2011

This holiday classic is filled with fantasy and magic. Join Clara as she delights in the Christmas gift of an enchanted Nutcracker that takes her on a magical journey. Performance in Kelowna at the Community Theatre; and in Vernon at the Performing Arts Centre. Evenings 7:30 p.m., Saturday matinees 2 p.m. For tickets in Kelowna visit www.selectyourtickets.com or call 250.762.5050; and in Vernon www.ticketseller.ca or 250.549.7469.

MORE CHOICE HAPPENINGS

ISABEL BAYRAKDARIAN AND SEROUJ KRADJIAN

Kelowna: Nov. 14, 2011

Chamber Music Kelowna presents the distinguished team of soprano Isabel Bayrakdarian and her husband, pianist/composer Serouj Kradjian. Isabel has performed in major opera houses and concert halls around the world, sung on the soundtrack of *Lord of the Rings: The Two Towers* and won four Junos. This will be a sell-out concert at the Mary Irwin Theatre, Rotary Centre for the Arts. Get tickets early 250.717.5304.

AUTHORS & ARTISTS CHRISTMAS FAIRE

Penticton: Nov. 19, 2011

Bringing together writers and artists from all over the Okanagan and beyond, this event showcases autographed books, original paintings, prints, art cards, sculptures and carvings. Hourly door prize draws throughout the day. Admission is free. Penticton Lakeside Resort and Casino. Open 9:30 a.m. to 5:00 p.m. For more info visit www.redtuquebooks.ca.

ANNIE

Kelowna Actors Studio: Nov. 30–Dec. 17, 2011

Leapin' lizards! The popular comic strip heroine returns to centre stage in one of the world's best-loved musicals. Memorable tunes like *Maybe, It's the Hard Knock Life, Little Girls, Tomorrow* and *Easy Street* will leave you humming. Take in the performance alone or enjoy a full evening's entertainment with the dinner theatre experience. This show will be a sell-out. For tickets phone 250.862.2867 or buy online at www.kelownaactorsstudio.com.

IT'S SNOWING ON SALTSRING

Vernon: Dec. 7-18, 2011

It's Christmas Eve on Saltspring Island. The stockings aren't hung by the chimney with care and Bill Bannister hopes that St. Nick won't be there. Bill's worries centre on his wife Sarah, nine-and-a-half months pregnant and counting; their dog Karma, recently denuded to make a baby blanket; and his recurring kleptomania. For tickets phone 250.549.7469 or visit www.ticketseller.ca. More info at www.powerhousetheatre.net.







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TRIPLE THREAT

■ Krystal Kiran Garib wasn't always enthusiastic about dance school. "My mom said 'I paid for the classes—you better go,'" she says. When a visiting teacher sparked her interest in hip hop and commercial dance, she was hooked; then she had to convince her parents that dance—not university—was the road to success. Not yet 20, she auditioned for the Broadway musical *Bombay Dreams*, landed the job and her career took off.

Now, after several years dancing, singing and acting in film and on stage (*Hairspray*, *Lord of the Rings*, *Jai Ho*), she's particularly excited about her school: so excited, she returned home to buy it. Penticton School of Dance has grown from one studio to six, plus a dancewear shop, and students can enter a credit program through local schools. While she loves being on stage ("that's not something I'm willing to give up yet"), she wanted someone beyond herself to

benefit from her work. Having overcome a speech impediment, she's an active fundraiser (*Speaking of Shakespeare...*). And while every student learns goal setting and self-discipline through dance, Krystal also ensures they work with pros from the dance world, so those who choose the career are confident about getting into the business. "I just want them to be inspired, to know 'I can do that, I can go there,'" she says. "That's where it all starts." —Dawn Renaud

PHOTO BY DAWN RENAUD

Artist in residence

Could a writer with such a title soon be great?

■ Many years ago, while a young student in Mr. Miles' art class at Kelowna Secondary, I dreamt of one day reaching some kind of artistic greatness, hopefully including a large body of impressive and ridiculously expensive paintings I'd make along the way. I had a few ideas on how to help hurry things up: a) win a prestigious art award, preferably with an emblazoned trophy of a golden woman wielding her paintbrush of glory; b) get hired to do paintings for a major Hollywood movie (ever see the 1998 version of *Great Expectations*? It looks like Ethan Hawke is the artist, but he's just acting out those arm swishes over what is really Francesco Clemente's amazing work); or c) become an artist in residence, the golden term that for a long time I thought meant an artist living somewhere in the back of a gallery, working relentlessly like a magic shoe elf who would have inspirations or requests sent in at lunch and leave out fresh creations by morning. Only the real greats get jobs like that.

Sadly, at the end of high school, even though my portfolio included a well shaded, framed portrait of our principal called *Mr. Ennis in the Raw*, wicked and evil Mr. Miles gave the artist of the year award to some other kid, crushing my dreams in the art world while simultaneously sharpening my revenge skills as a future writer. As for Hollywood, art movies are hard to come by, and the recently filmed *Flicka 3* in Kelowna didn't send me any requests for insightful horse paintings needed on set. Becoming an artist in residence seems to be the only shot left, so this month

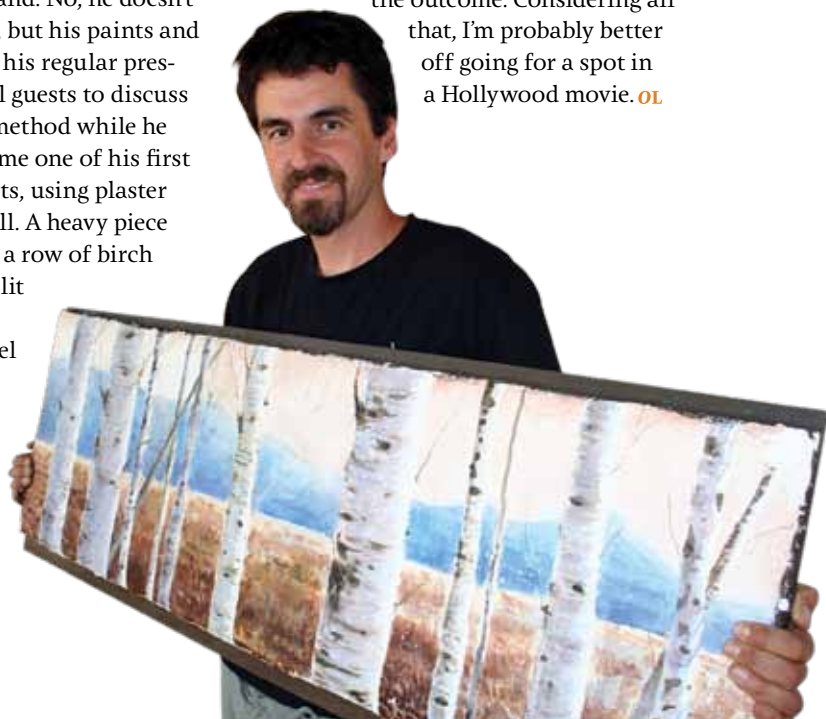
I head up to the Caetani Cultural Centre in Vernon to meet one, see what life is like, and if I have a chance.

James Postill greets me from his straw bale studio tucked in the lush landscape at the back of the Caetani house. The grounds have a deep history and are not only home to artists, musical and theatrical performances, art markets, camps and workshops, but the main house is also equipped with a rumoured ghost, who perhaps, on occasion, looks down from the attic at James and wonders just what the heck he's up to.

Busy among buckets of lime, pigments and plaster, James is a fresco master in the making. His studio at the centre is a practicing ground for the medium in its many forms. He's currently covering the outer walls of the studio with a variation using milk paint, turning a gray palette into a forested wonderland. No, he doesn't actually live here, but his paints and creations do, and his regular presence welcomes all guests to discuss and observe the method while he works. He shows me one of his first fresco-ish attempts, using plaster layered on drywall. A heavy piece to hold, it depicts a row of birch trees, limber and lit by a warm sunny day. He lets me feel the weight and trace the surface marks, showing where one day of work began and where

it ended. Fresco is tricky, paint gets sucked up off the brush in seconds and there's no wiggle room for blending like you would on canvas. Real frescos, like those of the Italian masters, took years just to prep the sand and lime painting surface, a long-term job that James has also begun.

"How's the residence experience?" I ask. Is he nearing fame and fortune? "He still has his day job," pipes his mom from the shade of a tree nearby. James nods in agreement but quickly follows with how much he loves being here, having the space and sharing his passion with people. Being named artist in residence has given him a title that's not about validating his talents, it's about honouring his commitment to art. The Caetani Centre, by creating the spot, has offered a fertile and supportive foundation. James is the quintessential artist: prolific, humble and patient with the outcome. Considering all that, I'm probably better off going for a spot in a Hollywood movie. **OL**



STAY & PLAY

By Laurie Carter

No passports, no airport pat downs, no more than a single tank of gas. Maybe it's time we discover what tourists from around the world already know

A few months ago, I was talking to a travel writer pal of mine in Toronto whose specialty is spas. Toby has roamed the world and sampled the best, but spas aren't my beat and besides, I'm jealous, so I don't always pay the closest attention when she raves on about her latest mind-boggling experience. On this occasion, though, two words grabbed my attention, Sparkling Hill.

"Wait a minute," I said. "Are you talking about the resort here in the Okanagan?"

"Of course," she replied, sounding a little miffed that I'd cut her off in mid-rapture. "It's right up the road from you in Vernon. Haven't you tried it?"

I had to admit that she was ahead of me on this one. Typical really. How often do we ignore the great things right

in our own backyard? But Toby had piqued my curiosity, so I booked an early spring weekend package and the hubby and I headed north. Let's just say that we had such a great time and got such a smokin' shoulder season rate, that I decided to see what else we've been missing here in the Valley.

Here's what I found: spas and wellness, wine and golf, girls nights and guys only, romance and family time. Take advantage of incredible seasonal deals and book your own Okanagan staycation.





Spa and Wellness

Since Sparkling Hill Resort got me started on this quest, let's begin with their unique array of spa and wellness amenities. Unlike most spa retreats where you're required to pay separately for use of everything but, say the hotel pool and fitness room, all guests of this Vernon resort have abundant choices included. Among the complimentary KurSpa facilities (available until 6 p.m. on the day of check-out) are seven themed steam and sauna rooms, including the -110 C

cryotherapy cold sauna, commonly found in Europe but a first in North America—and still a mystery to me. I was more into the hot/cold/hot experience of the Kneipp water therapy and the tea and serenity relaxation rooms.

Sparkling Hill offers a wide range of spa packages that include one to seven nights accommodation, full breakfast in PeakFine Restaurant (or all meals-in, full-week programs), a credit toward KurSpa treatments plus everything from yoga and meditation classes to the individually designed whole body wellness or cleanse and detoxification regimes.

Right next door, Predator Ridge probably springs to mind first as a championship golf venue, but with its newly renovated Aveda Concept Salon & Spa this is also a great pampering retreat. The Spa-ahhh package



at Predator Ridge includes overnight accommodation in the Lodge plus continental breakfast and a credit for spa treatments. Savings mid-week can be even greater.

In Kelowna, the Best Western Plus offers an in-house spa with a wellness spa getaway that includes one night accommodation, continental breakfast and gift certificates for both services at the Wellness Spa and the 97 Street Pub.

The Delta Grand Relax and Renew spa package is also a one-night retreat with chocolate covered strawberries waiting on arrival and a choice of massage or deluxe pedicure with sugar scrub and hydrating mask.

Further south, escape to the Naramata Heritage Inn for one or two nights with a dining credit for Cobblestone Wine Bar and Restaurant and either a massage, facial or pedicure in the Aveda Concept Heirloom Spa (April to October).

The Watermark Resort in Osoyoos offers accommodations plus a credit in its Illumination Spa while the nearby Spirit Ridge package includes an

overnight stay plus gift certificate for the Sonora Desert Spa.

Romance

Who says you have to wait for Valentine's to romance your sweetie. Autumn is a great time for a cozy retreat in wine country. Burrowing Owl winery in Oliver offers a two-night Harvest Package in the Guest House, complete with three-course dinner in the Sonora Room Restaurant and a wine-country breakfast.

With Walnut Beach Resort's Sunset for Two package you'll sip a glass of complimentary bubbly served with the chef's special chocolate creation by your in-suite fireplace. In the morning, enjoy a lazy wake-up with continental breakfast delivered to your door and late check-out before returning home from Osoyoos.

The romantic getaway at Watermark Resort in Osoyoos provides accommodation in a one- or two-bedroom lake view suite, sparkling wine and amenity on arrival,

TOP PHOTO BY BRUCE KEMP, REMAINING PHOTOS CONTRIBUTED

a credit for the Wine Bar & Patio and the luxury of late check-out.

Kelowna's Best Western lays on the romance with one night in a specialty room, cheese and fruit tray, a bottle of sparkling wine and keep-sake flutes, chocolate truffles, a long-stemmed rose, two drinks at the 97 Street Pub and continental room service breakfast.

At Sparkling Hill, the Couples Escape offers access to all of the resort's complimentary wellness amenities for a two-night stay. Enjoy a welcome cocktail at Barrique & Java, three-course dinners each night and full breakfasts in PeakFine Restaurant plus vouchers for KurSpa treatments.

Wine Time

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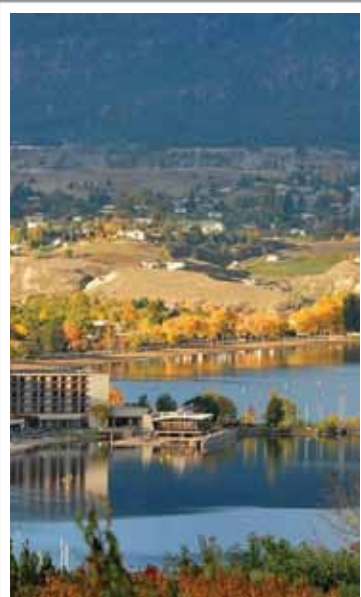
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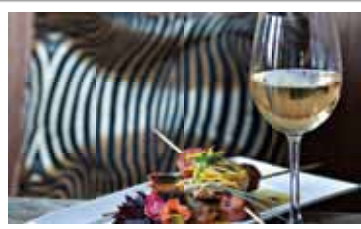


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In Kelowna, the Delta Grand provides three different options for wine appreciation. Along with one night's accommodation, you can choose from a Westside Bench tour with lunch stop; an Eastside Bench tour with cheese tastings; or a Northern Bench tour to Lake Country.

Best Western Kelowna pairs a two-night stay including continental breakfast with either a full- or half-day outing aboard a luxury wine tour vehicle.

Golf Getaways

At Predator Ridge Resort in Vernon, you can stay and play with one night's accommodation in a studio suite at the Lodge, enjoy a continental breakfast then hit the links for a round of golf.

Other hotels and resorts such as Best Western Kelowna and Delta Grand in Kelowna, Best Western West Kelowna, Penticton Lakeside Resort and Casino, and Watermark Resort in Osoyoos offer packages that include golf at various local courses.

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Girls Night Out

Remember the fun of giggly Saturday night sleepovers? Why not collect a gang of your gal pals and recreate the magic on a girls-only getaway. At the Cove Resort in West Kelowna, you can kick back in a luxury suite with a welcome gift of local sips and savours then indulge in a one-hour massage at the Spa at the Cove. When you're fully relaxed, pop a cork, switch on the big screen and chick flick the night away.

At the Walnut Beach Resort in Osoyoos, the Just for Girls getaway is based on a two-night stay in a one-bedroom suite. A bottle of Okanagan wine and a cheese plate are waiting when you arrive and the package includes a gift certificate for use in the Promenade Wine and Tapas Bar or Touch of Heaven Spa plus continental breakfast delivered to your room.



Guys Only

And why should the girls have all the fun? How about a two-night golf and poker package for the guys. Lake Okanagan Resort invites groups of four buddies to stay in the Pointe Beach Villa. Tee up for a round on the 9-hole golf course or square off for a round robin tennis match, then tuck into a full New York steak dinner, a bucket of beer, cigars, sandwiches and chips delivered to the game.

A Night on the Town

Kelowna's Prestige Inn offers a couple of packages to let you enjoy city life without worrying about who's going to be the designated driver. Tourist in Your Own Town includes accommodations and a dining credit at DaNoha's Mediterranean Grill. Sports fans can take advantage of the Sun & Ice deal with a discount on the room rate by showing their Rockets or Okanagan Sun tickets at check-in.

Family Time

The full-on Disney delight may not fit this year's budget, but that doesn't mean you can't get away for some quality family time. The Delta Grand welcomes your whole gang for a one-night stay plus a family pass for Kelowna's H2O Adventure + Fitness Centre. At Lake Okanagan Resort, the Fall Escape package includes a studio suite and voucher for the Vantage Pointe Grille. **OL**



Story and photos
by Laurie Carter

on the Rollin' River



My husband's next milestone birthday was closing in and, wanting to make it a particularly memorable occasion, I decided to take him on a very special surprise trip. This may seem like an odd choice for a couple of travel writers, sort of a busman's holiday, but it actually makes a lot of sense. Giving Bruce a real vacation — a sightseeing trip like normal people enjoy with no dawn-til-way-past-dusk schedules, no elbowing other journalists out of the

shot, no polite nodding and smiling at the interminable speeches of local dignitaries — would be a rare treat.

I set my campaign in motion as we watched episodes of Rick Steves' on PBS. Europe was already established as my general target (we'd never travelled there together), and Rick's shows gave me the chance to casually discuss specifically where Bruce would like to visit. Before long I knew that he longed for a

return to Amsterdam for the art, the architecture and the Amstel.

Excellent, Amsterdam would fit perfectly into the plan. (Did I forget to mention my tiny, little personal agenda — a river cruise.) With a dozen big ship voyages from Cape Horn to the Baltic under my lifebelt, I'd been dying to marry the one-bed, one-packing comfort of floating travel with a tour of Old World sights in the heart of Europe. And Amsterdam



happens to be the terminus of one of the best river cruises of all—the Rhine. I called my travel agent.

Fast forward six months to Basel, Switzerland, where I'm walking along the quayside with a guy who's entering a new decade in his life with a very big smile on his face. Privately, I'm feeling extremely relieved that my brilliant plan didn't fizzle because I'd left it too late. Half a year proved barely enough time to secure a booking on one of these very popular itineraries.

Viking Sun is waiting for us, long, sleek and gleaming white on an

early May afternoon. I look around for the kind of cruise terminal I'm used to, where thousands converge during the hours of organized pre-boarding chaos, but there is none. A little puzzled, I lead the way to the gangplank, each of us trundling a single bag (you can travel light on these cruises—no formal wear required). We're greeted by several crewmembers. One takes charge of our luggage, another offers a cheery welcome and tells us to go ahead and board. That's it. We enter the lobby atrium, find the desk and register, just like checking into a hotel.

This no-fuss entree to shipboard life is only the first of many advantages to river cruising we'll find. On a cozy four-deck vessel with a mere 198 passengers, everything is easier. It doesn't take long to explore our new digs. Everywhere huge windows let in light and glimpses of river traffic and the city beyond. A gourmet coffee station in the upper atrium will become the centre of a morning ritual involving café au lait and chocolate croissants carried back to our cabin to expand our waistlines as we watch the world slide by and slowly start our day (big breakfast



in the dining room to follow).

One element this cruise shares with its big ship cousins is the focus on food. Served in a dining room that takes up most of the forward section of Deck 2, where not a single seat is deprived of a view, breakfast and dinner are a one-seating, join-any-table-you-like affair. Lunch is served buffet style, sometimes on the expansive sundeck, and every meal celebrates the cuisine of the four countries we touch: Switzerland, France, Germany and the Netherlands.

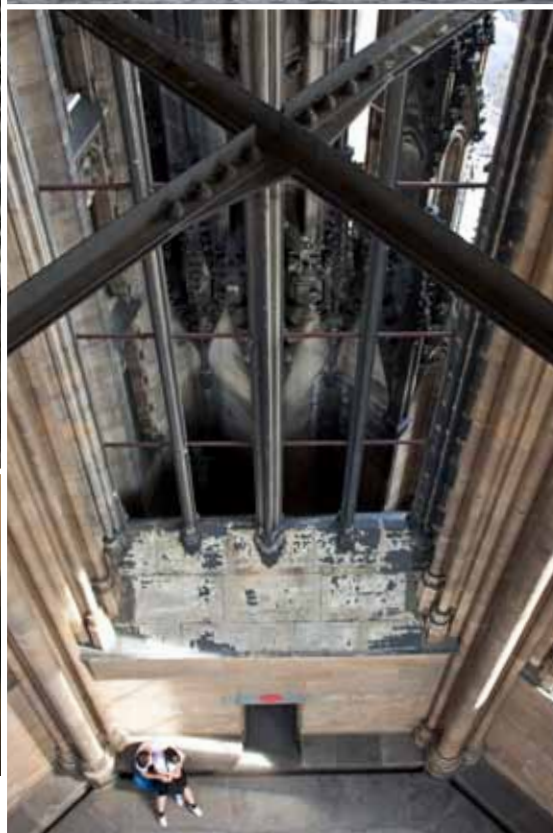
I've splurged on accommodations (this is, after all, Bruce's XXth

birthday bash) and sprung for the top deck French balcony stateroom with floor-to-ceiling patio door window. We have a small table and two chairs that we can turn to face the river; there's plenty of storage even for all of our camera gear and laptops (OK, so no travel journalist is ever completely off duty); and the bathroom actually provides enough elbow room for a reasonable shower.

Bruce is clearly delighted and I'm left with just one concern about how my cruise virgin will enjoy the trip. Knowing how overjoyed he is by group touring, I'm wor-

ried that this key element of the river cruise experience will turn him off. But I figure we'll give it a try and if he looks murderous after the first day, we'll ditch the group and do our own shore excursions.

What I hadn't factored into my worry-equation was Viking's most brilliant touring feature. For sure, the small number of passengers makes the whole exercise of disembarking, finding the right bus and getting away a snap, but the real kicker is the individual audio guide. On the desk in our cabin we find two audio receivers standing in chargers. As



instructed, we take them along when we join the group for our Black Forest tour. Then the magic begins.

For the first time in all our travels, Bruce and I know what's going on. Let me clarify. Being photographers, we're always pulling up the rear, straggling behind the group, miles from the tour guide who is pointing out a medieval fresco or the way to the nearest toilet. But with our personal radios tuned to the guide's frequency, we hear every golden word. Brilliant! No murderous looks from Bruce. We join the tours every day.

We're often given an overview by bus, then follow our guide through narrow cobbled lanes and gothic cathedral naves before exploring on our own. We see cuckoo clocks and stork nests, baroque angels and stone saints, hidden vineyards and lively squares. On the river we float past castles on the Rhine and a thousand barges loaded with the commerce of the European heartland.

I won't forget the creamy richness of real quiche lorraine with a glass of Alsatian white at a sidewalk café in Strasbourg, or sweating and scrabbling for footholds on my personal

533 stone-step ascent of Cologne's cathedral bell tower while Bruce bravely researches the local beer at a nearby brauhaus. When I join him, quads and thirst burning equally, he recommends a tall cold one and an order of buttery schnitzel.

As we cross the Rhine on a cable car in Koblenz, the evening sun sets the river ablaze and in the lowlands at Kinderdijk we go Dutch and pedal our rental bikes among the windmills and tourists. Hard to believe that our arrival in Amsterdam is actually just the beginning of Bruce's special birthday present. [OL](#)



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A photograph of an elderly person using a red four-wheeled walker on a paved path. The person is wearing a light-colored long-sleeved shirt and floral-patterned pants. In the background, there is a large, light-colored building with multiple windows, likely a residential care facility, and a wooden pergola structure. The sky is blue with some clouds.

Canadians now live an average of nearly two decades past their 65th birthday, often forcing boomer generation kids and aging spouses to make the heart-wrenching decision to place a loved one in residential care

the big step

By Bruce Kemp

Wendy and Terry L. are faced with that tough reality. Terry's mom, Mary, can no longer take care of herself. She is 86 years old, losing her sight to macular degeneration and is now beginning to show signs of dementia.

Widowed in 2006, Wendy and Terry brought her to live with them, but their three-storey house was no place for a woman with failing eyesight, so Mary moved into Fernbrae Manor, an assisted living facility in Kelowna. However, vision wasn't Mary's only problem. Not an outgoing person at the best of times, she had depended on her husband for social contact. Without him she became a recluse and depressed, rarely bathing or leaving her apartment. Her doctor put her on antidepressants.

Again assessing the situation, Wendy and Terry returned to the idea of having Mary live with them. In spite of the fact that they still have two daughters living at home and, being in their 50s, are trying to save for retirement, they moved to a more elder-friendly house and poured money into renovations such as exterior ramps to replace stairs and grab bars in the bathroom.

Yet the simple solution of having mom move in with them hasn't worked out to be that simple. The meds the doctors prescribed for depression started to react with the medicine for macular degeneration, causing dizzy spells. These eventually led to a fall that resulted in a serious gash over her eye and a broken arm and wrist. Adding to the stress, Mary began wandering at night and showing early signs of dementia.

"After \$25,000 in renovations to make the new house safe and easy to live in for her, we've come to the conclusion that Mary just cannot look after herself," says Wendy. "But we didn't know what to ask at first. I don't think our family doctor did a very thorough assessment."

Wendy thought they should hire a nurse through a private company. But the price tag of \$25 to \$30 an hour was beyond the family budget. Then she learned of the services provided by the Interior Health Authority (IHA), which also controls placement in care facilities. Things started to happen almost immediately. The first step was assessment by an IHA home and community care health professional to determine what services Mary would be eligible for. It will still take four to six months or more before a bed can be found in residential care, but in the meantime programs are available to make life easier.

Mary was assigned a care aid who comes in once a week to bathe her and to make sure she changes her clothing. This is a

no-cost service. In addition, respite services can take Mary into care for a maximum of four days at a time and up to 30 days per year. If Wendy and Terry want to head to Vancouver for a long weekend, Mary can be placed in a safe and caring environment for less than \$120 in total.

"Interior Health is great and the people there are awesome," says Wendy. "Where everything bogs down is with the paperwork involved in getting things done."

Collateral Damage

A skeleton in the closet of senior care is the collateral damage caused when a parent or spouse must be placed in care. Terry is suffering anxiety attacks caused by the frustration of the situation. His conflict is that his mom still has good days and on those days he doesn't see the need to place her in a home yet.

Terry's feelings are common among the children of aging parents. But the pain can be even more severe for a spouse who must put his loved one "away."

Jim and Barb recently celebrated their 60th anniversary. The party was wonderful. Jim, who lives on his own in a seniors' residence, arranged dinner for a dozen friends and relatives. He brought Barb to the party from her full-time care facility. When the evening wrapped up with Jim singing to his wife, there wasn't a dry eye in the house.

What people didn't see was how much the separation was tearing him apart.

Jim has stood by his wife and cared for her as her once-sharp mind withered with dementia. He knows intellectually that she will never recover, but at times loses sight of the fact emotionally.

Both are retired educators who moved from Ontario to spend what they thought would be their golden years in the Okanagan. But Barb began to exhibit subtle symptoms that Jim recognizes now as the early onset of the disease. She refused to go anywhere although travel was part of their strategy. She declared the kitchen her private preserve, then wouldn't cook.



Tips to ease the big step

- 1. Don't think that you can handle an aging parent or spouse by yourself.** Discuss with your doctor whether or not your loved one is capable of living independently for the foreseeable future. If the answer is no, contact the Interior Health Authority (IHA) right away for assessment and "get into the system."
www.interiorhealth.ca/HomeCommunityCare.aspx
- 2. Don't wait.** Begin preparations well in advance of the time for the move. Take your loved one to Elder Day Care or Elder Well so they can take part in extra-curricular programs. Let them visit several facilities that you think might suit them.
- 3. Assess the homes you visit with your eyes and nose.** Are common areas comfortable and well used? Is the air fresh or does it smell of soiled adult diapers?
- 4. Meet the staff** at any prospective home, not just the marketing manager.
- 5. Make use of home help services** provided by IHA (or private companies if that option is financially feasible).
- 6. Get financial advice.** Fees are determined by the resident's income. Be prepared to pay up to 80 per cent of your loved one's after tax income (tax statements are used to calculate the final cost). This can have unexpected consequences. For example, if a man and wife live off the man's pension, she (never having worked) has no income of her own to speak of. If the man goes into care before his wife, the wife can be left with virtually nothing to live on because IHA bases the fee calculation on his income.
- 7. Decorate your loved one's space** and make it feel as homey as possible. This will go a long way toward their comfort and happiness and your peace of mind.
- 8. Volunteer.** Lifting a little of the load gives staff more time to provide needed care and builds important relationships. It also gives you something to do when visiting your loved one.
- 9. Look after yourself.** Go to counseling. You may not feel you need it, but you're not necessarily the best judge. Start getting help long before you actually have to take the big step. When you need a mental health day, take it. Don't let your emotions get the best of you. It's hard on everyone, but try to understand that you're not abandoning your loved one—you're arranging the best possible care.

The secret life of a wrecked vehicle



Used vehicle shopping is kind of like online dating. At first glance, the vehicle that may seem to be a perfect match could be concealing some seriously banged up baggage. Sometimes it's tough to know what's hiding beneath a shiny exterior.

How can you tell if a vehicle has been in an accident?

The Fix Auto team shares some tips:

- ▶ **Check the doors, hood and trunk** for proper alignment. If anything doesn't close properly, the vehicle may have been in an accident.
- ▶ **Inspect the paint colour and finish** for uniformity and any overspray on the chrome, trim or seals. Mismatched paint usually indicates a repair.
- ▶ **Look at the fenders** to see if they're straight. Misaligned fenders and gaps to the hood, lights or bumpers indicate a poor repair.
- ▶ **Search for dings and dents.** If you see any dents, be sure to ask the seller about the vehicle's accident history.

"There really isn't any harm in driving a vehicle that's been in an accident as long as it's been repaired back to pre-accident condition,"

says Matthew Gares of **Fix Auto** Salmon Arm.

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Housekeeping went much the same way. Barb's stories became repetitive and she began to dwell on her childhood years.

Like Wendy and Terry, Jim feels his family doctor was slow to pick up on the symptoms. But that was an indicator of his own state of mind. His personal dream was happily growing old together with his wife—a Norman Rockwell portrait of aging. They would enjoy each other's company, travel and spend time with their grandchildren.

As the dream slipped away, Jim buried himself in activity. He went hiking and fishing and spent hours in the workshop making toys and furniture. At one point he built an exquisite model of a gunpowder mill that he donated to the museum in an English village near where his ancestors hailed from.

"I was one of those guys who didn't need all the touchy-feely stuff," Jim says. "I was tough enough to deal with it on my own. Or at least that's what I thought until I couldn't take it anymore."

A friend recommended an IHA support group. At first Jim thought it was "a load," then he understood the need to unburden to other people who were undergoing the same gut-wrenching changes in their lives. He's still part of the support group although his attendance goes up and down with his personal needs.

Nearly four years on, Jim still struggles with his conscience, because on good days he believes he could look after Barb at home. He says the toughest day of his life was the day he had to place her in care.

"I knew that she wouldn't be coming out, but she didn't. I had to lie to her about the clothes I was packing. She was OK until we got to the home. Once we knew she was going in, I took pictures and personal mementoes over and decorated her room. When she saw them she suddenly realized what was going on and I had to leave. I couldn't take it."

Caring Facilities

The couple was lucky enough to have a space open up in the Village at Smith Creek. The residence, described by one



psychiatrist as the Cadillac of homes in the Valley, was within walking distance of Jim's place in West Kelowna. Some people are not so lucky. They're stuck kilometres away requiring family members to undertake a major expedition even for a small visit.

You can request a specific residence, but there's no guaranty that's where your loved one will be placed. IHA asks families to choose at least two facilities in order of preference. When a bed becomes available, the decision to accept routinely has to be made within 24 hours. Authorities tell families that they should take the first bed available then arrange a transfer, but transfers can take a year or more. The family is under tremendous pressure from all sides.

But people in the Okanagan are fortunate in the overall quality of facilities. Over the years, the philosophy regarding nursing homes (now known as residential care facilities) has changed radically. Administrators no longer run warehouses for seniors. A new generation of administrators recognizes the fact that their operations must provide a home-like environment for residents.

One of the most respected operators in the Valley is the Baptist Housing Authority, which operates three multi-level residences including the Village at Smith Creek (VSC). Manager Karen Wasden is a poster girl for the new ideal. Facilities like VSC are multi-level operations that provide

independent and assisted living along with residential care. Residents are encouraged to treat VSC as their home.

Karen is a registered nurse who found her calling here. "We get attached to the residents, but you've got to remember that this is the final home for many of these people, so relationships are shorter, but no less intense. When we lose a resident everyone takes it hard and there are a lot of tears. Some of the staff need help getting over the loss."

Before entering VSC, residents are eased into their new environment if at all possible. They can take part in Elder Well (a kind of day camp for seniors), stay over during respite care and are encouraged to visit.

Operations like VSC also try to connect with the spouses and families of residents. Family members volunteer, helping to serve meals, gardening and joining in as companions on day trips to shop, see a movie or just have a day out.

In spite of his struggle to deal with Barb's placement, Jim sings with the informal choir and works alongside the staff. Out back, the flower garden he planted to please Barb, brings joy to everyone in her unit. And even if this isn't the future he envisioned for them, at least it provides some comfort that they can be together as much as possible in a home-like environment.

Maybe seeing an example like Jim's will help Terry and others like him when they too are forced to take the big step. **OL**

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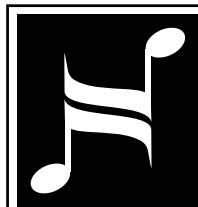


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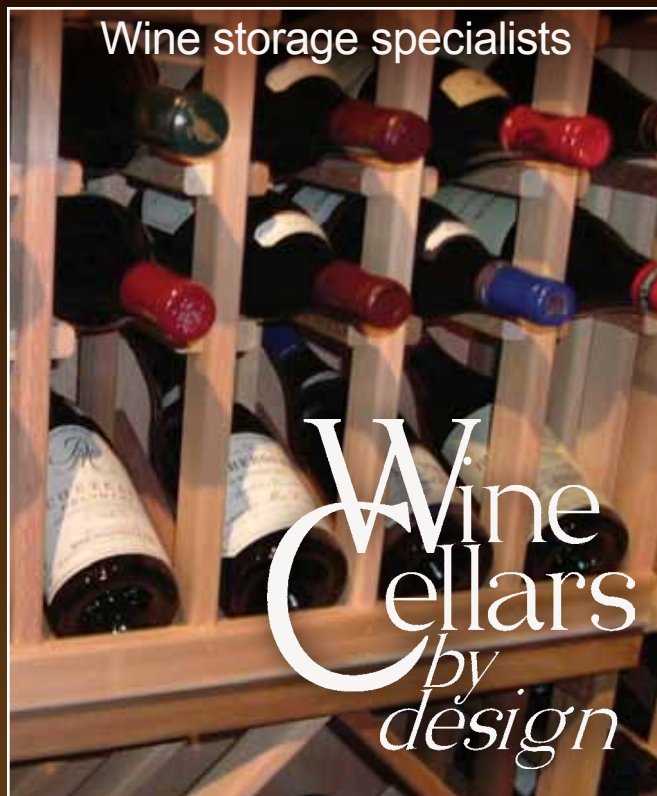
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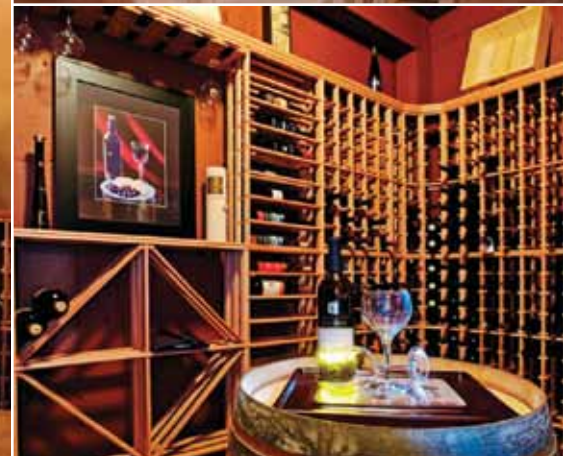
by Laurie Carter

Fine cellars

**Tucked away in Valley homes
Okanagan vintages quietly age
in the most luxurious digs**

- Envy the pampered wine that rests in one of these elegant spaces with every aspect of its comfort and well-being considered. A truly effective wine cellar involves so much more than decorative shelving. Cellars on these two pages, by Cellar Solutions Inc., illustrate the way a variety of styles and finishes can be combined to produce strikingly different looks. But when it comes to storing wine, beauty has to be more than skin deep. Some of the most important features of these cellars would go completely unnoticed by all but the most knowledgeable observers. Among the critical characteristics of a truly functional wine cellar is temperature control. Wine doesn't like surprises. In fact, it's not big on change of any kind. Experts recommend a nice consistent environment in the







10 C to 15 C range. The climate control system may be hidden, but it's playing a crucial role in helping the wine to age gracefully. Wine also prefers Zen-like calm with a minimum of light and vibration. Too much light and it ages prematurely (don't we all). The cellar needs to be kept dim with low-wattage lighting. Vibration from a busy street or the operation of heavy machinery can also upset it's

tranquility and cause unhappy aging. Planning the location of the cellar is clearly critical, although blasting the bedrock under your home isn't necessary. Okanagan companies offer a variety of free-standing options including sleek, modern wine fridges, massive armoire-style cabinetry and even portable walk-in wine cellars that can be located anywhere in the house. Custom design is a matter of collaboration with your builder or renovations contractor. Facing page: Fawdry Homes (top); Wine Cellars by Design (centre); Strictly Cellars & Accessories (bottom). This page: Kekuli Bay Cabinetry (top), Wine Country Custom Homes at The Ponds (bottom). **OL**



Westside wines

by Michael Botner

Clustered around Mount Boucherie and scattered south past Peachland, Westside wineries showcase a style and taste all their own

■ Stretching from the W.R. Bennett Bridge south to Summerland, about 25 kilometres along Highway 97, the Westside wine region encompasses two neighbouring municipalities, West Kelowna and Peachland. The heart of grape growing and winemaking activity is Mount Boucherie, a long extinct volcano and a prominent feature in West Kelowna between the highway and Okanagan Lake. Despite urban incursions, extensive vine plantings remain on the east, lake-facing slopes, thanks to both favourable terroir and British Columbia's Agricultural Land Reserve.

Mineral deposits from volcanic activity form the chief component of the soil in this area, especially on higher elevations above Boucherie Road. Below, deposits of silt and clay

left by glaciation contribute to more fertile soils. Along with reflected sunlight and heat stored in the lake, cool climate conditions in this section of the Central Okanagan contribute to an ideal combination for growing aromatic white Germanic varieties as well as Chardonnay, Pinot Noir and French hybrids, especially Maréchal Foch.

More widely dispersed and fewer in number, there are also vineyards and wineries in the Westbank town centre and Peachland areas, some further inland and more elevated than others.

Westside wineries feature quality, honesty and diversity in the wines they produce. The style of wineries ranges from unique, farm gate operations to elaborate tourist destinations and includes medium-sized operations of

high reputation. The area boasts excellent lake and mountain scenery, natural spaces, orchards and vineyards, all the amenities of an urban area, plus charming Beach Avenue in Peachland. Unlike less densely populated parts of the Valley, wine shops in this area are likely to be open year round.

Don't miss hidden gems like Working Horse Winery in Peachland. High on Trepanier Bench with panoramic views and deep sandy soils, the historic farm features a pleasant inn and gourmet dining as well as impressive, limited edition wines from organic grapes. About halfway to Summerland, sometimes overlooked CedarCreek-owned Greata Ranch serves up appetizing, affordably-priced vintages. **OL**

PHOTO BY MISHALL RAEDEKE

Showcasing a selection of wines produced by Westside wineries. The five star rating system stresses value for price.



**BEAUMONT
2010 GAMAY NOIR**

West Kelowna, Okanagan Valley

★★★1/2 \$18.90

From organic grapes grown on Beaumont's Boucherie Road vineyard, fruit forward Gamay offers mouth-watering flavours. Brimming with black cherry and black currant fruit, spiced with notes of earth, pepper and cocoa. Pair with holiday turkey, cranberries.



**KALALA 2009 GEWURZTRAMINER
DOSTANA VINEYARD**

West Kelowna, Okanagan Valley

★★★★ \$19.90

A joint effort between organic grower Karnail Singh Sidhu and winemaker Alan Marks. Intriguing Gewurz has been aged in neutral oak. Dry, exotic palate shows lychee, honey, toasted almond, lemon and ginger. Enjoy with smoked foods, roast pork, sweet onions.



**HAINLE VINEYARDS
2009 ZWIEGELT**

Peachland, Okanagan Valley

★★★★ \$29.90

From Naramata grown grapes, unoaked Zweigelt brings out exceptional varietal character. Richly-textured palate features lip-smacking flavours of maraschino cherry, wild berry, dark chocolate and chili pepper. Enjoy with grilled meats or charcuterie.



**LITTLE STRAW
2010 OLD VINES AUXERROIS**

West Kelowna, Okanagan Valley

★★★★ \$18.90

Popular in Alsace, Auxerrois and Pinot Blanc combine to make Edelzwicker. From estate grapes grown on gnarled vines, aromatic, off-dry white delivers ripe pear and peach with notes of honey, nut, straw, white pepper and fresh grapes. Pairs with creamy fish or pork.



**MISSION HILL 2010 S.L.C.
SAUVIGNON BLANC SEMILLON**

West Kelowna, Okanagan Valley

★★★★ \$24.99

Sauvignon Blanc dominates this ultra-elegant blend (79%). Poised, poignant palate suggests pineapple, mandarin, and lemon with notes of grass, mineral and honey, balanced by crisp acidity and citrusy finish. Accompanies lobster, scallops and poultry.



**MT. BOUCHERIE
2006 SUMMIT RESERVE SEMILLON**

West Kelowna, Okanagan Valley

★★★★1/2 \$19.99

A stunning white wine, Summit Reserve Semillon has been aged in French oak for six months. It delivers dry, complex, buttery flavours of pear, pineapple, Granny Smith, lemon Ricola, honeycomb and molasses. Pair with creamy fish or seafood, or Thai curry.



**QUAILS' GATE
2008 MERLOT**

West Kelowna, Okanagan Valley

★★★★ \$24.99

No holds barred Merlot from estate grapes grown on Upper Boucherie Bench. Dynamite palate oozes ripe, rich, concentrated plum and black cherry with notes of mocha, coffee bean and sweet, toasty oak, supported by ripe tannins. Try with lamb or beef casseroles.



**ROLLINGDALE
2008 STONEY SLOPES PINOT NOIR**

West Kelowna, Okanagan Valley

★★★★ \$44.90

From grapes grown in Jack Braun's Okanagan Falls vineyard, elegant Pinot Noir seduces with finesse and complexity. It shows plum, ripe berry, truffle, milk chocolate and cinnamon backed by silky tannins. Great match with roast beef or mushroom risotto.



**VOLCANIC HILLS
2010 GEWURZTRAMINER**

West Kelowna, Okanagan Valley

★★★★ \$17.90

Splendid Gewurztraminer shows exquisite flavours and aromas over opulence and richness. Delectable, off-dry palate suggests exotic nuances of rose petal, pineapple, lychee, Turkish Delight and honey. Pair with curries and spicy East Indian tapas.

whoamongus



PHOTO BY LISA VANDERVELDE

Labour of love

For women who prefer the help of a midwife through childbirth, Jeanette Kreger is on the job. Of the nearly 350 births she has attended, no two have been alike and not one has faded from her memory

■ The pages of Jeanette Kreger's appointment book are a maze of pencil and every colour of ink—hardly a diary of her own life. Rather, these marks are a shorthand record of other women's lives: whose water broke, who is eight weeks along, who wants tea because she's 10 days overdue, and whose baby Jeanette caught last night in a living room just before dawn.

Yet the Vernon midwife barely has to glance at the book to discuss her days. Even after being the midwife to more than 300 families, Jeanette remembers every baby, every birth, every mother.

"I've never been to two births the same," she says. Almost 20 years into the profession, even Jeanette's first birth is still fresh in her mind.

The woman was a new mom in the early stages of labour at a birthing centre. Contractions stopped. Her minister entered the dim room and prayed. Contractions started. The woman swayed her hips, walked, rocked on her hands and knees, hummed into her body's edges and, several hours later, wept as her baby boy was placed

on her breast, wailing and wet.

"It was an amazing experience to be around childbirth, to see the transition from womanhood to motherhood and the energy about that," says Jeanette. She gets goosebumps thinking about new fathers, too, how they cry a little, whisper to their babies and wipe their wives' faces.

"There is a spirituality about it. Some people either find it stressful or they get something out of it. I was the latter."

Jeanette took a detour into midwifery. In the early 1990s she was studying to become a naturopathic doctor at the National College of Naturopathic Medicine in Portland, Oregon, when a midwife visited her prenatal course to demonstrate how to handle an emergency childbirth. The guest spoke about the midwife's life, about needing a full tank of gas and losing sleep.

"I was in my 20s and I thought, 'I could miss a night's sleep no problem.' It just felt like the right thing to do," says Jeanette.

"I feel it's really important to make it (birth) a normal life process, not

a medical process, not to be giving drugs or going down the slippery slope of intervention leading to intervention. And I really liked the idea of supporting women."

As a naturopathic doctor and midwife, she could do that full circle, from conception to caring for the infant.

So Jeanette completed her midwifery training within her naturopathic studies. After practising in Hawaii and New York state, she and her husband, a Burns Lake native, moved to British Columbia. Jeanette had to be re-certified to practise in Canada, so she spent two years working alongside a midwife in the Lower Mainland.

When she arrived in Vernon in 2009, she opened Born Naturally Midwifery as a solo practitioner with support from other Okanagan midwives.

Even though midwives have been in the Valley for years, people still have questions about Jeanette's role.

Can her patients birth at home or the hospital? Yes. Is a doctor involved? Only if necessary. Can she predict due dates or the sex? She stopped guessing a ►



Spread garbage bags on client's pale carpet as woman's water breaks, three hours after I arrived. Baby is born in living room soon afterward.



Pull into the driveway at home hungry, tired and in need of a shower. Sleep.



Clinic visits with three clients, two are prenatal and one is post-partum.



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long time ago. Did she deliver her own children by herself? Of course not.

Most months Jeanette has three to five women with due dates, though as she covered for another midwife in May, she attended 12 births—three of them in a 24-hour period—all in addition to monthly prenatal appointments with her other patients.

"It's constant," says Jeanette, rattling off the things she can't do because she is always, always on call.

She can't camp, drink alcohol, go to movies or for long bike rides. She goes to bed early and hesitates to make haircut appointments because at any moment a woman could phone and say, "I think I'm in labour."

"People don't think about those things," says Jeanette, who juggles her moms and her own other job as mom to two boys. As toddlers, her sons didn't understand why mommy, out all night at a birth, couldn't play with them at 7 a.m. So she took them on a few post-partum visits to meet the newborns.

"That helped them understand what I do a little more," says Jeanette, as four little feet bound into the kitchen. Downstairs in her new home office, Jeanette has yet to hang her wall of fame, photos of the naked, chubby-cheeked babies she has delivered.

"That's Lily," she says, plucking from a pile the picture of a newborn girl, her wrinkly skin cloaked in pink. As Jeanette fingers the photos, you can tell she counts not the hours of sleep she's lost, but the faces she's seen first. **OL**

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Dual parent pass

Okanagan resorts may be snow-blind to a great idea

■ If the term “steep and deep” better describes the pile of bills on your kitchen table than the powder on Okanagan ski slopes where you’d like to be carving some turns; if you feel snowed under by a blizzard of family duties; if the word “flakes” conjures up an image of Ivory Snow laundry detergent instead of the white stuff from the sky; if the only powder you’ve seen lately is for baby’s diaper rash; if the phrase “groomed run” refers to your mad dash for a quick, not so relaxing shower while the kids are napping—you may be one of countless dedicated parents of young children who has long since forgotten the joy of downhill skiing.

You’re also most likely female. Don’t get me wrong, there are lots of wonderful stay at home dads in two-parent families, but even if both parents work, it’s most often mom who bears the major child care responsibilities. Being a parent can be tough and downhill skiing is expensive, often an elusive luxury. Frequently there’s only enough cash in the budget for one season’s pass. From my experience, it usually goes to dad, while mom stays at home with the kids. You don’t want to know how many times I’ve heard older moms on the chairlift bemoan the fact they can’t keep up with their pre-teen youngsters on the slopes any more because they couldn’t afford to ski for 10 years when the kids were learning.

That’s why for many years Whistler Blackcomb has offered a dual pass for parents of children under the age of five. Here’s how it works. Two parents share a season’s pass. Often one parent skis for half a day while the other hangs around home, the lodge or hotel room with the tots. When they all meet for lunch, the parents exchange the pass and the kids. Both partners get a chance to rip it up on the slopes for the price of one season’s pass with or without their children. Only one parent can use the pass at a time. A civilized scenario.

Inspired by statistics from the Canadian Ski Council which tell of a decline in pass purchases by families with preschool aged children, Kicking Horse Mountain Resort near Golden has offered a parent pass for the past three seasons. “Younger couples have kids and fall out of the sport until their kids are Grade 5 age,” says Kicking Horse media relations repre-

sentative Jordan Petrovics. “But there is a 90 per cent retention rate for those who take us up on the offer.”

Revelstoke is getting on board the dual parent pass for the 2011/12 season. Why now? “There has been a substantial baby boom in Revelstoke in the past year. More than 100 babies have been born,” says Ashley Tait, director of sales and marketing. “We have a large number of young families and we wanted to provide additional options to keep them skiing and to continue introducing kids to skiing and boarding.”

I believe in full disclosure. I live at Silver Star and love it. As they say in the promos, it’s “my mountain.” I have neither children nor grandchildren, but I am lucky to know a growing gaggle of tots, children of some of my husband’s former students, who call me Gran Patti. I would like those kids and others to have the chance to grow up skiing with both their parents. And yes, I am female.



So what’s up with Okanagan resorts? While they offer lots of perks for locals, like reasonably priced tot passes, Silver Star’s five buck Friday and Saturday nights, and \$15 Sundays on Summit, Alpine Meadows and Silver Queen chairs, this is one they’ve missed. “It’s not on our radar right now,” says Silver Star general manager Michael Sherwood, “but I’ll certainly do some research on it.” Here’s a chance for Okanagan ski resorts to score big points with young families and keep more kids fit. Let’s hope they take it. **OL**

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