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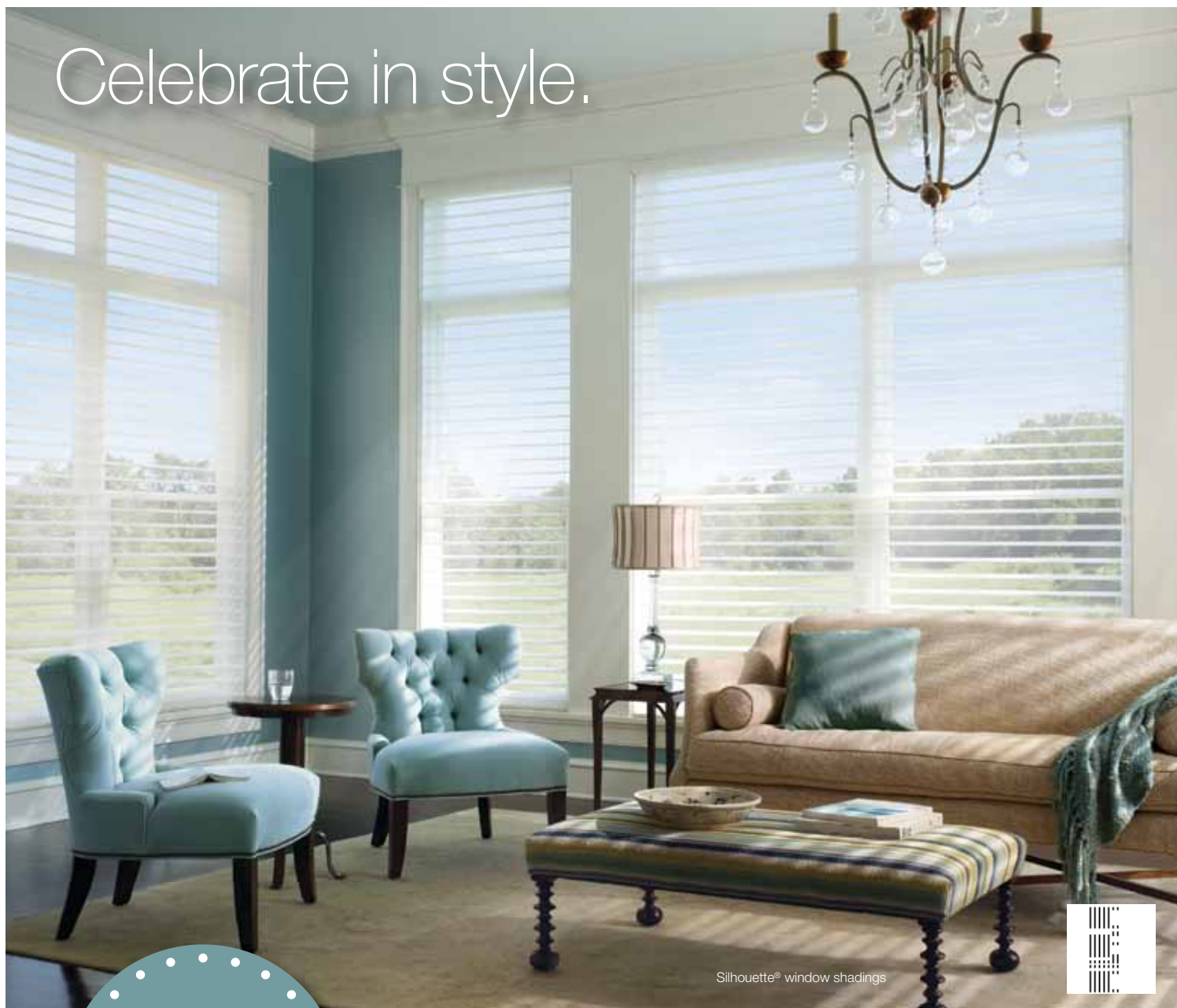


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Good Collision Repair is NO ACCIDENT

Okanagan auto body shop owners see the value in joining a trusted brand.

When Jerry Lawrence and his son Doug, owners of Pentiction Collision, decided to join **Fix Auto**, they knew their reputation as “the shop that friends recommend” would remain strong.

A long-time resident of the Valley, Jerry has been involved in the industry as a shop owner and teacher since the early '70s. Growing up in the business, Doug starting painting for his dad as a kid and over 20 years later is still doing what he loves. In 2006, Jerry and Doug, along with their spouses Pat and Penni, opened Pentiction Collision. In 2010, they became **Fix Auto Pentiction**.

The whole team understands the importance of building positive relationships in the community. “In a small town, word of mouth is everything,” says

Penni King, accounts manager at **Fix Auto Pentiction**. “Quality is important and we treat every repair as if we’re doing it for a neighbour. By becoming a **Fix Auto**, we can maintain the level of care we’re known for and add even more value for our customers.”

As **Fix Auto**, Jerry and Doug can now provide the services that only come with being part of a larger network. “Any repairs we do are guaranteed for life and endorsed by any **Fix Auto** location, North America wide. Plus, **Fix Auto** has centralized billing and relationships with major insurers, so we can help make the claims process less stressful. **Fix Auto** also holds its owners to the highest standards of environmental responsibility, fair and accurate pricing and full disclosure on work done.”

Dennis Agar, owner of Agar Paint and Auto, now **Fix Auto West Kelowna** agrees. He also found that joining the **Fix Auto** network allows him more time to do what he does best. “It can be overwhelming to handle the marketing, administration and operations of a small business. By joining a network, I can focus on providing quality repairs and spending time with my customers.”

Monty Lough, owner of **Fix Auto Kelowna** — the only newly built **Fix Auto** — sees the benefit that comes from starting as a reputable brand. Unlike Dennis, Jerry and Doug, who chose **Fix Auto** to add value to their existing business, joining the **Fix Auto** network

helps Monty build the relationships that may have taken years to do on his own.

“As a six-year resident of Kelowna, opening ‘Monty’s Body Shop’ would be difficult to do. If you don’t have a recognized name and the years to build it, starting as an independent shop would be a challenge. The choice to open a **Fix Auto** was easy — the brand is fresh, innovative and we have an excellent reputation worldwide.”

Monty also appreciates the company he keeps closer to home. “I’m proud to own one of six **Fix Auto**’s in the Okanagan.” It’s the people that personalize the experience, but if you visit Cam or Mike in Vernon, Matt in Salmon Arm, Jerry and Doug in Pentiction or Dennis in West Kelowna you can expect the same reliable service and guaranteed work, in the Valley or across the country.

Whatever you need to get back on the road — car paint or collision and body repair — you can trust the experts at **Fix Auto**.

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Merrilyn Toth accepting her prize from **Fix Auto Pentiction** owner, Jerry Lawrence for the BC Lions **Fix Auto** Hit of the Game.





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Our readers have cast their ballots. Check out the results of our 17th Annual Best of the Okanagan Readers' Choice Awards

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COMPRESSION STOCKINGS

Giving athletes a leg up?

- A new trend in sports is the use of graduated compression garments on various parts of the body. The idea is that compression therapy improves athletic performance and decreases recovery time.

During exercise, the touted benefits of compression stockings include: increased venous return (better blood flow); reduced buildup of muscle breakdown products and lactic acid; fewer injuries due to muscle movement/shaking; less muscle fatigue and overall better athletic performance.

Following exercise, the stockings are said to produce quicker recovery and less muscle soreness.

Possibly most important of all (to some athletes) is that before, during and after exercise, the stockings look cool. (No scientific studies on this, but most people agree.)

The jury is still out on just how these stockings can help the average athlete but certainly there are some people who swear that they perform better while wearing them. The good news is that for the average to elite athlete there seems to be no harm in wearing compression stockings and there may be benefits. So if you've been curious to try them out, I say give them a shot and make up your own mind. If you like them and you feel they benefit you and your performance, that's all that matters. —Dr. Craig Crippen

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Money can be funny!

Buying local is the best way to fuel the Okanagan economy. Exercising your democratic right to choose will not only help local business people survive and thrive; it will allow you the satisfaction of occupying the brain of a billionaire.

- Once upon a time, the world was full of business people who were afraid to fail. This was a good thing. The normal, oh-so human emotion of fear guided them to govern their decisions wisely by honouring their staff and management or risk losing them to competitors. This allowed entrepreneurs to grow their businesses into going concerns—perhaps even become millionaires.

But money can be funny. Too much of it and fear apparently subsides or disappears completely. Today, business has morphed into large business; large businesses into corporations; and corporations have grown into global conglomerates. It is the global conglomerates that we all should be concerned about. Put another way, when does too big really become too big?

Ninety-nine per cent of society sees leaders of conglomerates as narcissistic, psychopathic-money-loving-nerds—their entire life's goal is to pursue corporate self-interest regardless of who or what suffers as a result of the said corporation's actions. This single-minded-greed is not once upon a time stuff, it's just another lesson we all must learn on how our brains work...or not!

If you could occupy the mind of a billionaire for a moment, you'd be one of 1,210 worldwide, according to *Forbes*. These billionaires have a total net worth north of \$4.5 trillion. In a recent op-ed in the *New York Times*, Warren Buffett urged Washington to stop "coddling" the mega-rich and make them pay their share of taxes. Yay for #3 on the list!

Occupy the mind of a billionaire for a few moments and you might make a commitment

Contact a **MacKay LLP** professional to see how they can assist you



Nick Moffatt, CA
Senior Manager

Getting involved in the community; Nick is on the Board of the Okanagan College Alumni Association. Passionate about sports, Nick enjoys playing soccer, supporting local charity golf tournaments, and cheering on the Kelowna Rockets.

At MacKay, Nick provides professional services to a wide range of owner-managed businesses and individuals to meet their financial reporting and planning needs.

...meet MacKay LLP...

Giving back to the community; A'Lana is involved in Rotary and charity events, including the CIBC Run for the Cure. As an avid golfer, you can often find A'Lana on local courses and enjoying all that outdoor living in the Okanagan has to offer.

At MacKay, A'Lana is one of our client specialists providing business advisory services to medical professionals, owner-managed businesses, estates, and individuals.



A'Lana Rains, CMA
Senior Manager

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to buy locally whenever possible. In fact, if we all shop at the locally owned entrepreneurial shops and boutiques in the Okanagan this Christmas, then roughly speaking, every dollar spent locally will contribute three times more to the Okanagan economy. That's three times more income, three times more jobs and three times more tax benefits. A study of two bookstores in Austin, Texas, found that 45 per cent of the expenditures of a locally owned bookstore stayed in the local economy while only 13 per cent of the money generated by the national store stayed close to home.

This multiplier effect is not only best for the local economy, it allows each of us to take a stand against corporations that have essentially become "too big to fail." A University of Zurich study of 37-million companies and investors worldwide found that of the 43,060 trans-national corporations and the share ownerships linking them only 1,318 companies run the global economy. When the team further untangled the web of ownership, it found much of it tracked back to a "super-entity" of 147 even more tightly knit companies.

What this means is less than one per cent of the world's corporations control 40 per cent of it's commerce. Corporations deemed "too big to fail" have moved our entire economic system towards a monopolistic system that if left unchecked will produce even larger corporate entities.

There are 9,678 businesses in the Okanagan. (We know, we mail an *Okanagan Life* to every one of them.) Many are locally owned and operated. They are hard-working and dedicated to the Okanagan communities that they serve. Patronize them! These entrepreneurs are our true heroes. Let's all shop the little guys in the Best of the Okanagan for a while and see if the billionaires even notice.

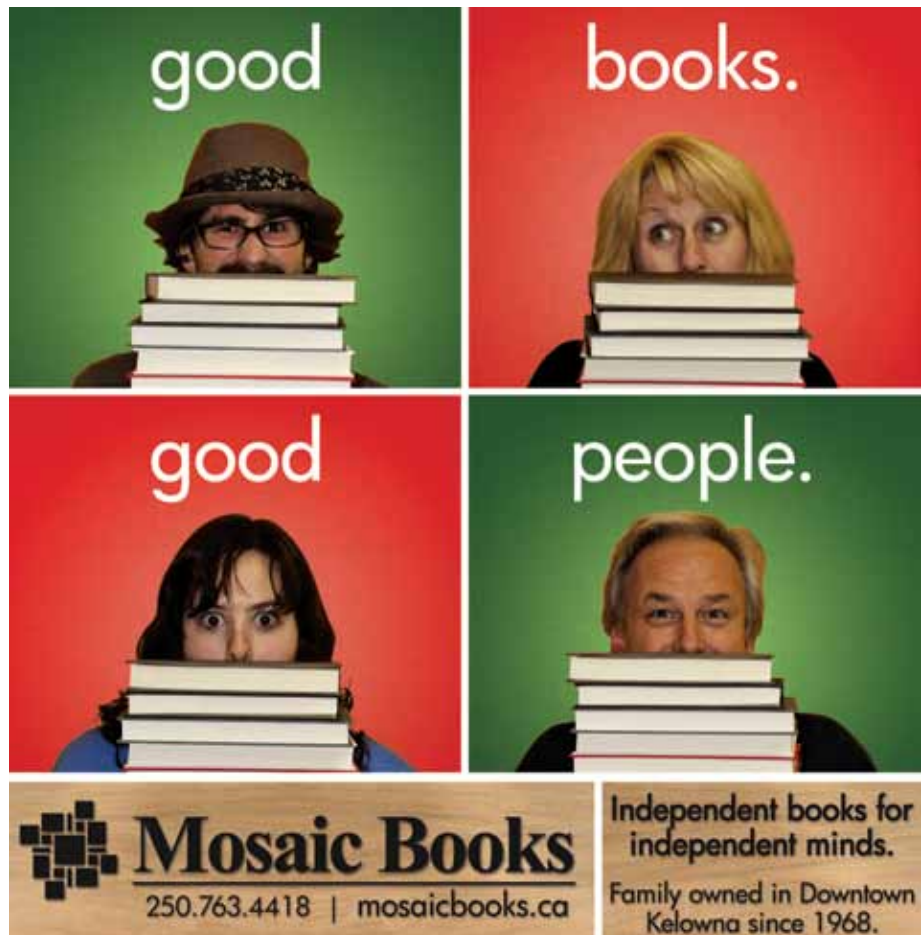


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events



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OSO FIREWORKS

Kelowna: Jan. 27, 2012
Penticton: Jan. 28, 2012
Vernon: Jan. 29, 2012

Haydn's *Symphony 45 Farewell* will test your laugh threshold as one by one the musicians leave the stage. The Youth Symphony of the Okanagan, Carriage House Orchestra and Night Owl Orchestra join the symphony for Handel's *Royal Fireworks Music*, Gary Kulesha's *Fireworks* and Bach's *Brandenburg Concerto No. 6*. Kelowna and Penticton 1.855.985.5000 or www.ticketmaster.ca; Vernon 250.549.7469 or www.ticketseller.ca.



CHILDREN'S THEATRE BUZZ BRASS

Penticton: Jan. 15, 2012

This Quebec-based ensemble makes Classical music cool. The exciting and hilarious "musitheatrical" performance by five brass musicians and one actor takes the audience on a whirlwind tour of musical history from prehistoric man to the present. Performance at Cleland Theatre, 2 p.m. Tickets available at Tumbleweed Gallery in Penticton and Sweet Tooth Cafe in Summerland. For more info visit www.childrensshowspace.org.

MORE CHOICE HAPPENINGS

OFFFRAMP JAZZ QUINTET

Penticton: Dec. 16, 2011

This local quintet will leave you dancing and singing. Listen to Duke Ellington and Count Basie, tasty Latin grooves, a bit of boogie, beautiful ballads and a few small surprises. Justin Glibbery on piano, Aidan Mayes on vocals, Larry Crawford on sax, Stefan Bienz on bass and Mike Treadway on drums, with special guest Taylor Cook. Dream Cafe, reservations a must, phone 250.490.9012. For more info visit www.dreamcafe.ca.

BALLET VICTORIA'S CINDERELLA

Vernon: Jan. 14, 2012

This version of Cinderella takes place in Victoria, BC, circa the turn-of-the-century, and is visually modeled on the black and white silent films of the time. The imaginative and humorous choreography of artistic director Paul Destrooper showcases the brilliant technical skills of the dancers as well as their immense dramatic talent. Get your tickets online at www.ticketseller.ca or phone 250.549.7469.

A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

Kelowna: Jan. 19-22, 2012

Join the ultimate toga party. It's a crazy knock-about comedy and one of the funniest musicals ever written. This is pure unabashed debauchery filled with tunes that will keep you singing for days. Part of Kelowna Actors Studio's Music Stand Series, a concert style performance with script in hand. For more info and tickets phone 250.862.2867 or visit www.kelownaactorsstudio.com.

PENTAÈDRE - WOODWIND QUINTET

Kelowna: Jan. 24, 2012

A unique musical ensemble in the Canadian landscape, Pentaèdre explores and presents diverse and original chamber music, developed in the tradition of music for woodwind instruments. Performance at the Mary Irwin Theatre. For more info visit www.chambermusickelowna.ca. For tickets visit www.selectyourtickets.com or phone 250.717.5304.







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SEIZE THE MOMENT

■ A bit of madness went into the cover of *Gifts of the Okanagan*, a new photo book by Laurie Carter and Bruce Kemp. With printer deadline looming, the pair were desperately seeking a cover image when Bruce was caught in the mother of all storms driving home after shooting the clay bluffs along Highway 97 (pictured in the book).

As he drove north through Summerland, Bruce noticed the storm was moving faster than his car. An experienced photographer, he kept a watchful

eye on the changing light once favoured by the British painter J.M.W. Turner. Bruce stepped on the gas to beat the storm to Antler's Beach, in Peachland, the only photo op along the highway.

While the sane were secure indoors against the storm, Bruce was setting up his tripod on the beach. A good Samaritan stopped and asked if he was OK. "He looked at me like I was crazy," says Bruce who waved the passerby off.

Wind howling, Bruce only had minutes to get off eight frames before

the storm disappeared. "I knew I had something right away," he says. And no, the photo has not been altered in Photoshop or any other software.

As for the images inside the book, Bruce credits Laurie for the lion's share. "It's her book," he says, "I kind of just filled in." She was the one who picked the photos from his collection. Bruce says he's not a landscape photographer; his Okanagan contribution is people, sports and the occasional animal that was "silly enough to flop in front of me."

PHOTO BY LAURIE CARTER

Bruce has made his living as a shooter, scribbler (his word) and editor, and he wouldn't have it any other way. "This job has let me do something different every day of my life." An award-winning photographer and journalist, his freelance work has appeared in newspapers and magazines around the world.

He started his career in Ontario "bumming around small town newspapers" and then went to The Banff School of Fine Arts to study photography. He returned to Ontario and was sitting in a barber's chair (back when he still had hair) when he was offered a position at a local college to teach photography. "I absolutely love teaching," he says. Bruce feels indebted to the guys who taught him and an obligation to share his knowledge with other people, which he now does at Okanagan College.

When he's not teaching and traveling the world for print media Bruce has been busy penning the historical novel, *Letters From a Fugitive's Son*. A story set in the period that witnessed blacks fleeing slavery in the United States and escaping to Canada (1835 to 1865). Bruce grew up near the terminus of what is known as the African-Canadian Trail and got hooked on the story after doing research for an article. Released as an eBook, Bruce is already thinking of his next novel. More on Bruce at www.c2cMedia.ca. —Karen Slivar



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SHREDDIN' AND SCREAMING

Boarding and biking for new life skills

■ Elevation Outdoor Experiential Programs Association is looking for your help to fund its sport programs for underprivileged youth in the Central Okanagan.

The non-profit organization, founded in November 2007, is committed to providing eligible youth, aged 12 to 17, in our community with experiences that give them the opportunity to gain life skills while developing a passion for sport. The concept is a skill based model that involves young people learning snowboarding and mountain biking.

Each program runs for four weeks, is offered free of charge and includes the use of rental equipment. Participants are referred to the organization by social workers, teachers and counsellors.

The association is run by a keen group of volunteers who are passionate about sharing the outdoors with young people. Elevation believes that

no young person should be denied the potential to discover an outdoor pursuit that can keep him or her motivated, healthy and stoked on life for the rest of their days. To date about 80 youth have taken part in snowboarding and 30 youth in mountain biking.

You can help inspire the life of a young person today by making a donation to Elevation Outdoor Experiential Programs Association. All the money raised stays in the community and goes towards the operating costs of the programs such as travel to and from Big White (snowboarding) or Silver Star (mountain biking), equipment rental, lift ticket, and food and drink for youth while taking part in the program. Your donation of \$200 full- or \$100 partial-sponsorship will help cover the cost for one youth to complete a program. A tax receipt is issued to the donor. You can make your contribution online at www.elevationoutdoors.ca. **OL**



PHOTO CONTRIBUTED

by Gillianne Richards

Pantomime's the thing

... from which I, great laughter and memories bring

■ I have a lovely family picture hanging on the fridge. In it, my grandmother, with her long black dress and cane, stands demurely to my left. My grandfather, with his pink curls and large breasts, smiles brightly to my right. Each time I pass it I am reminded of how the wonderful world of community theatre has coloured my life.

The photo is from Theatre Kelowna's version of *Cinderella*, the Christmas pantomime they did circa 1989, when I discovered pink was definitely my colour. A pantomime is a way of performing theatre in an exaggerated, exuberant fashion, and for Theatre Kelowna, has especially been about bringing laughter and fun to the lives of everyone involved. Plus they offer lots of opportunity for men to dress up as evil stepsisters, for moms to turn into nasty pirates, and otherwise cool teenagers all the time they need to act like hee-hawing donkeys or giant slobbering dogs — you get the picture.

I was in a handful of these plays as a girl and returned to the stage last year with my own children in tow. What a great way to get family time; hours spent imagining together, with music and costumes and an audience at the end. It's not about getting a lead role, in fact the most lines I've ever spoken were back in *Cinderella*, where, as a schoolgirl/townsperson I yelled, "Look out Cinderella!" with just the right amount of blood curdling fear that I'm pretty sure the audience was on the verge of a standing ovation. But that's not the point. For me, the

best memories don't come from the actual performance, they come from life behind the curtain; the instant friendships I made, the rehearsals spent running around, how we played off one another's crazy ideas, and the back stage blunders that were fixed just in the nick of time, or not in time and somehow worked into the show in a scene-saving moment of creative genius. The best stories come through the adventure of making it happen.

Taking part means being adopted by a giant family of quirky, warm-hearted people who come together for the love of entertaining. Theatre Kelowna is made up of all volunteers. When you have 30 to 40 people putting months of free labour into a full-length Christmas show, you get a backstage experience that elevates every person involved to a heightened sense of teamwork, camaraderie — and chaos. Even after it's over, when I run into a fellow belly dancer or friendly gnome from my past, I know although we may no longer be in costume, we are forever bonded in theatre.

To find out more about the play this year, I make a call to Debbie Helf, the beacon of the group and member for most of its 33 years. To me she is a huge local icon. Or iconoclast. She can play both roles quite well (imagine her now, rubbing her hands and raising her brows with such theatrical perfection you can't help hang on her every twisted thought). She excitedly tells me about *Honk*, debuting in December. It's the theatre's

version of the *Ugly Duckling*, and even though I'm missing out on being in it this year, I know a seat in the audience is one holiday gift worth buying. Professional actors, mainstage musicals, shows on Broadway, are all often worth the price tag and the trip. But it's in the small corners of the theatre world where perhaps the most moving moments occur. In a space where no one is paid, no one is perfect and everything is a labour of love. www.theatrekelowna.org. **OL**



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pulse



Diana Grey with Oreo a South Okanagan Therapeutic Riding Association mount and 2010 BC Horse of the Year.

BELOVED THERAPY PONY

This outstanding citizen walks on four hoofs

■ Oreo, a pony standing only 12.1 hands high, has a heart as big as any horse and an award to prove it. Last year, he was named the Horse of the Year by the Horse Council of BC and was presented with a blanket and a plaque for his stall. The award recognizes horses that have achieved a level of success in sport, recreation or therapeutic riding. Oreo has distinguished himself in all three.

Born in 1988, Oreo was first a western pony who excelled at Little Britches rodeos with his sliding stops and tight spins. He was also used as a lesson pony providing young riders with a solid foundation for a lifetime of recreational riding. Oreo was so popular that he always carried several riders in horse shows.

"Our initial challenge was to slow him down. Oreo would get excited because he wanted to win," says Fionna Christensen, head instructor at North Fraser Therapeutic Riding Association.

Oreo began his career in thera-

peutic riding at North Fraser in the summer of 2003. Seven years later, he became a key addition to the South Okanagan Therapeutic Riding Association (SOTRA) located near Summerland.

Therapeutic riding is a form of therapy that uses horses to help people with special needs. These needs range from physical and sensory to learning and emotional.

Oreo was on hand to greet riders and their families, volunteer staff and community well-wishers at the grand opening in July 2010. So was Diana Grey, Oreo's first rider at SOTRA. Diana and Oreo were inseparable throughout the season.

"As soon as she got on him she was so calm and happy, laughing and talking all the time," says Diana's mother, Liz Grey.

With a growth spurt over the winter, Diana, age nine, now rides larger horses, but Oreo is still number one in her heart. "I love Oreo. He's little and he's white," says Diana.

Oreo is a Pony of the Americas, a

PHOTO CONTRIBUTED

breed which originated with a crossing between a Shetland stallion and an Arabian/Appaloosa mare to produce a pony-sized mount, often white with small dark spots.

"If a horse can be intuitive, then Oreo is. He knows when a child is apprehensive," says volunteer Paula Cowen.

This quality combined with his patience and gentleness makes Oreo especially well-suited for autistic children. "There was one little boy who would squeal and scream while Oreo stood quietly waiting for him to stop," Fionna says. Another boy only wanted to lead a horse. "It was difficult to find a horse that would do that without stopping. Oreo was perfect."

Horses can be of benefit on an emotional level such as giving children the pleasure of teaching and brushing them and providing autistic children another venue for relating.


Over the past years Oreo's vision has become increasingly compromised. Although now visually impaired, he has not lost his effectiveness in the riding program. "When I tell the kids Oreo can't see well, they really relate to him and take special care of him," says Joan Sopow, SOTRA's founder and certified coach.

This season Oreo has divided his attention between the few children small enough to ride him and Phae, a thoroughbred warmblood cross filly weaned in February. "Oreo and Phae are a perfect fit. They both needed company and Phae has become Oreo's seeing-eye-horse," says Joan.

The pair have become fast friends and they graze in the pasture within inches of each other. If Phae wanders too far away, Oreo whinnies and she returns. Although she is now much larger, he is protective of her.

"Oreo has helped so many young riders gain confidence to challenge themselves to new goals," says Joan. "We are grateful to have him as an integral part of our riding program and our family." —Susan McIver


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Jack Whyte, Kelowna

Genre: Medieval historical fiction

www.jackwhyte.com

Jack Whyte fans rejoice at the advent of a new trilogy, *The Guardians*. The first book, *The Forest Laird*, features William Wallace, an outlaw and a fugitive, a hero and a patriot, a rebel and a kingmaker. Wallace will be followed by Robert the Bruce and Sir James Douglas in the remaining books. Print and eBook versions. Available at bookstores, Amazon and Kobo. More at www.theguardianstrilogy.ca.



Frances Greenslade, Penticton

Genre: Fiction

www.francesgreenslade.com

A debut novel, *Shelter* is a coming-of-age story that draws readers into the precarious world of two young sisters in search of their mother. Frances captures the beauty of the Chilcotin, the comfort of family and the realization that we may never fully understand the people we love. Print and eBook. Available at bookstores, Amazon and Kobo. More at www.randomhouse.ca.

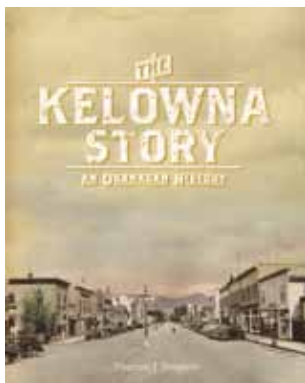


Laurie Carter & Bruce Kemp, West Kelowna

Genre: Pictorial; travel

www.c2cmedia.ca

This beautifully produced coffee table book is a visual celebration of the Okanagan Valley. Laurie and Bruce have captured the immutable and evolving facets of a unique and complex environment, revealing a deep connection with their home and a profound pleasure in sharing it. Available at bookstores and online. More at www.littlewhitepublishing.com.



Sharron J. Simpson, Kelowna

Genre: History

www.harbourpublishing.com

An historian whose family roots run deep in the Okanagan, Sharron presents a comprehensive book that uncovers intriguing nuggets and paints colourful portraits of local personalities. Available at bookstores and online.



Chris Douglas, Lake Country

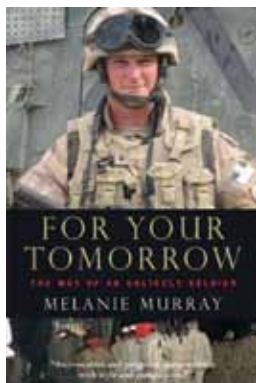
Genre: Health

www.humanoperatorsmanual.ca

A professional counsellor, Chris has created a proactive and solution focused manual that shows how we can change the way we interact with the world and operate ourselves. Available at bookstores and online.

We could speculate on what it is about the Okanagan that nurtures such a broad spectrum of creativity among writers, photographers and musicians, but who cares — as long as they keep on creating





Melanie Murray, Kelowna

Genre: Biography

www.melaniemurray.ca

Melanie Murray, Captain Francis's aunt, uses the lens of his life and death to give Canada's war in Afghanistan the treatment its soldiers, families and citizens deserve. Print and eBook. Available at bookstores, Amazon and Kobo. More at www.randomhouse.ca.

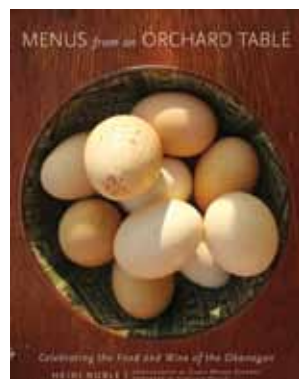


Werner M. Gysi, Enderby

Genre: Non-fiction; reference

www.goolymooly.ca

Harmonic Farming: Bees draws on Werner's extensive experience to show beginners and advanced beekeepers how to use sustainable methods to achieve production and self-sufficiency. Available at local bookstores and www.goolymooly.ca.

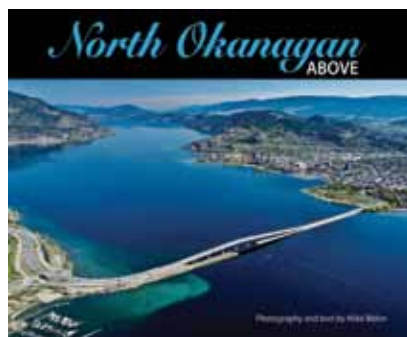


Heidi Noble, Naramata

Genre: Cookbook

www.joie.ca

Recipes to enjoy under an open sky from chef, sommelier and Joie Farm executive winemaker, Heidi Noble. With essays on Okanagan wine country cuisine. Available at bookstores and online. More at www.whitecap.ca.



Mike Biden, Penticton

Genre: Aerial photography

www.iflyphoto.com

View the North Okanagan as never before with this 80-page collection of stunning aerial photographs. Mike uses the camera lens to reflect the grandeur, grace and majesty of the Valley from the unique perspective of a pilot. At bookstores or order online.

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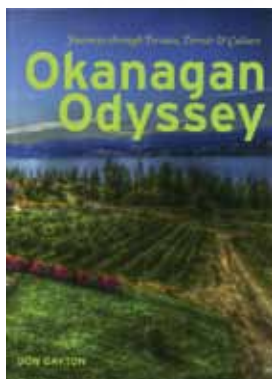
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Don Gayton, Summerland

Genre: Travel

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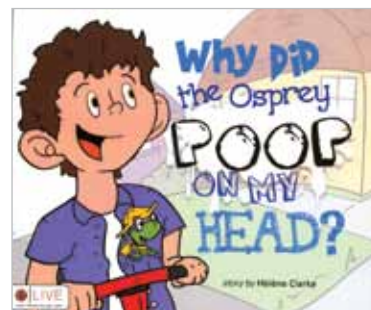
Okanagan Odyssey is a quirky and lyrical examination of the Okanagan Valley. Sticking to the backroads and byways, Don gently pokes and prods local ecosystems, histories, vineyards and people. Print and eBook. Available at bookstores, Amazon and Kobo.



Landon Colvin, Vernon

Genre: Juvenile fiction

Landon was 10 years old when he completed *Spirit Wolf*. Already working on the sequel, the young author is donating half of the proceeds of this book to Jerseys for Africa, an organization that provides soccer clothing and equipment to rural youth in Zimbabwe. Available at local bookstores.

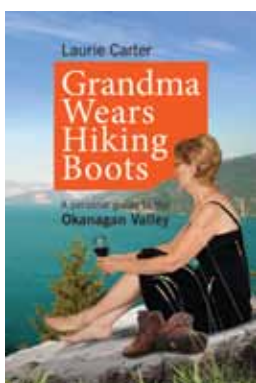


Hélène Clarke, Vernon

Genre: Juvenile fiction; religious

www.heleneclarke.com

Why Did the Osprey Poop on My Head? is a lighthearted story about a young boy who knows that God is good, but questions why bad things happen. The book includes a free audio download. Order online from www.tatepublishing.com.



Laurie Carter, West Kelowna

Genre: Travel

www.LaurieCarter.com

Amusing and insightful guide for Okanagan explorers and armchair travellers filled with colour photos, maps and quick references. Print and eBook. Available at bookstores, Amazon and Kobo. More at www.grandmawearshikingboots.com.

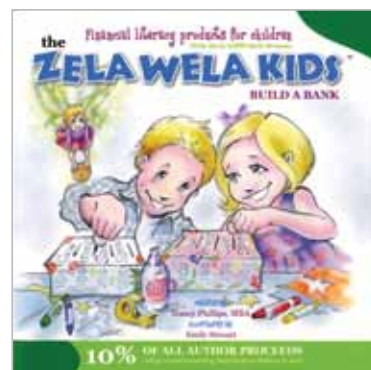


Faye Cyr, Kelowna

Genre: Non-fiction; memoir

www.adventurewriter.ca

Where the Bears Play is the true story of a vow made, a risk taken, a prayer said and the adventure of a lifetime. It is a journey of love and faith played out in two isolated logging camps on the rugged BC coast. Vividly described with a message that resonates today. Available online.



Nancy Phillips, Kelowna

Genre: Juvenile fiction; financial

www.zelawelakids.com

First in a series that now includes four books designed to teach kids basic money management techniques. In this book, twins Jack and Emma learn the importance of allocating their money for specific purposes. Available at bookstores and online.

Soundtrack



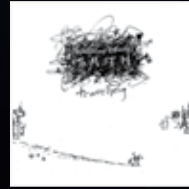
James Avery
Come of Age
Release date: 2011
Genre: Country, Americana

These melodies and lyrics reflect a mature and sophisticated songwriter with sounds reminiscent of the likes of Leonard Cohen, Neil Diamond, Roy Orbison and Bob Dylan. Available at Mosaic Books in Kelowna and online at www.jamesaverymusic.com.



Cynthia Leigh-Ann
Daddy's Girl
Release date: 2011
Genre: Country

Cynthia's first love has always been music. She writes her own songs and demonstrates a broad range of vocal influences including Jessie Farrell, Carrie Underwood and Taylor Swift. Available online at iTunes and www.cynthialeighann.ca.



Andrew and Zachari Smith
Travelling
Release date: 2011
Genre: Folk

Great Canadian songwriting with father and son harmonies. The pair plays a variety of instruments such as guitar, mandolin, banjo and dobro, which are sometimes backed by bass and drum. Available online at www.andrewsmithmusic.com.

Mike Gouchie
Shattered Glass
Release date: 2010
Genre: Country



Seasoned singer songwriter, Mike's rich, soulful voice captivates listeners as he shares his experiences of life's highs and lows. He's a performer and nominee at the 2011 Canadian Aboriginal Music Awards. Available at HMV in Kelowna and online at iTunes. www.myspace.com/mikegouchie.

Treelines
Young Man
Release date: 2010
Genre: Alternative Rock



Formerly from Kelowna, this band's music paints a lyrical picture of anything from the old west to wintry northern landscapes. This album is summer listening at its finest. Available at Mosaic Books in Kelowna and online at www.treelinesmusic.com.

Fields of Green
Blanktown
Release date: 2010
Genre: Rock



A young, eclectic rock quartet from Kelowna with sounds spanning from alternative to folk rock. Album won 2011 Rock Recording of the Year at BC Interior Music Awards. Available online at www.fieldsofgreen.ca.



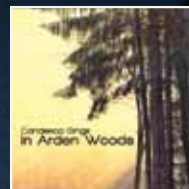
Jane Eamon
Caught in Time
Release date: 2010
Genre: Acoustic, Folk

Award winning singer songwriter, Jane's soulful, spiritual and easygoing sound combines elements of country, folk blues, gospel and Celtic music. Available at Mosaic Books in Kelowna and online at www.janeandgord.com.



Melina Moore
Songs for my Zeide
Release date: 2010
Genre: Soprano

Vocally stunning. An original compilation of beloved Hebrew, Yiddish and Russian songs celebrating the Jewish faith. Listen to sample online at www.melinamoore.com. Available at Okanagan Jewish Community Centre in Kelowna or email melina@melinamoore.com.



Candesca
Candesca Sings In Arden Woods
Release date: 2009
Genre: Choral

A suite of eight madrigals composed by Arnold Draper on piano. Candesca is an award-winning vocal ensemble of young women, aged 16 to 23, based in Kelowna. March 2012 Candesca tours Europe and plans are in the works to release a new CD, *Europe Live*. Available online at www.candesca.org.



BEEs of the 2011 Kar



PHOTOS (OPENING SPREAD) BY KAREN SLIVAR, LAURIE CARTER
AND CONTRIBUTED

Editors' Choice Awards
Next page

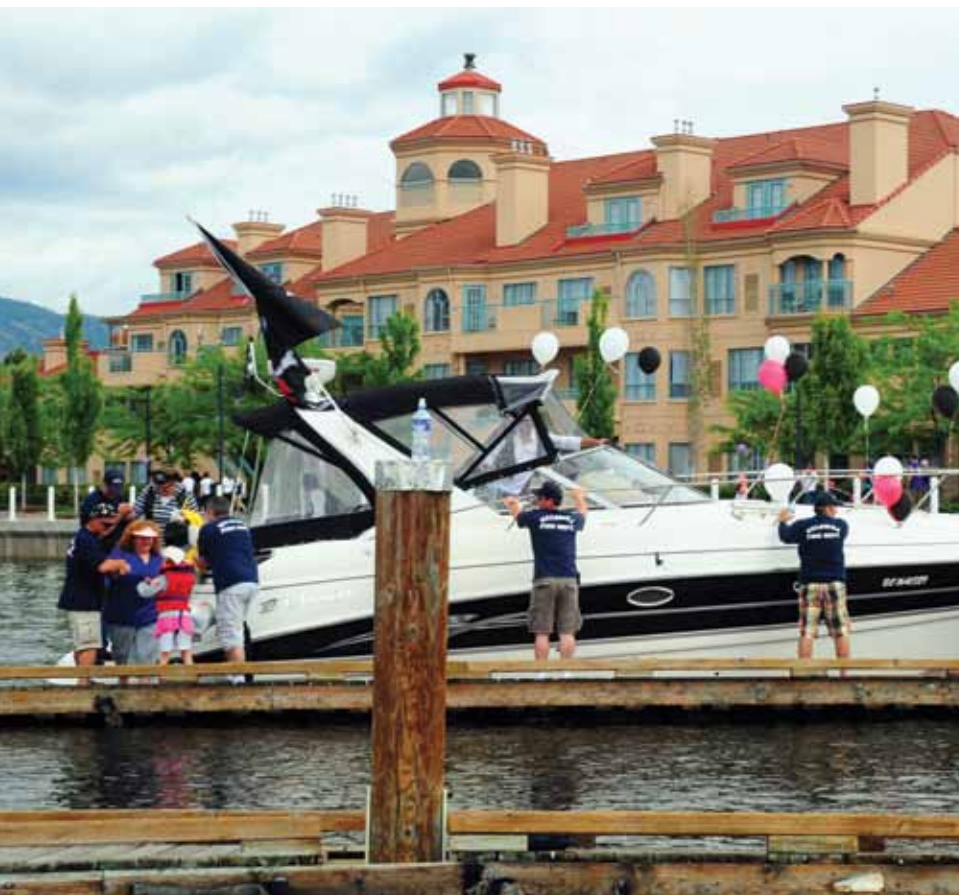
Contributions by
Laurie Carter, Rick Cogbill and Karen Slivar

Readers' Choice Awards
Page 32

Results of your vote!

magazine





Variety's Boat for Hope

Best excuse for a volunteer to play dress up

Ahoy mateys. Variety's Boat for Hope is a chance for children with special needs along with their families and caregivers to spend a fun-filled day on Okanagan Lake. The event attracts families from all over the BC Interior to Kelowna. Some families drive a whole day to get here. That should tell you how unique an experience this is for some of these kids. Members of the Kelowna Yacht Club pull out all the stops for this event decorating the clubhouse and boats with the Jolly Roger and other pirate kit. Skippers volunteer their time and vessels for a pirate adventure on the high seas. They dress up as captains, mates and wenches wearing period hats, scarves, coats, vests, blouses, skirts and boots, brandishing swords, pistols, eye patches and tattoos. These guys and gals look like they just walked off the

movie set of *Pirates of the Caribbean*. Lending a hand, local firefigths use their muscles to help load the kids onto the waiting galleons. And so the hunt for treasure begins as one by one the vessels weigh anchor and head offshore to where a flotilla of pirate ships is anchored. What's a pirate adventure without a battle? Water cannon fire is exchanged and the pirates are forced to hand over bags filled with booty to the delight of the kids. Back on shore, smiling and wet, all the families are treated to a barbecue lunch and more fun. Volunteers from the Okanagan Boys and Girls Clubs offer face painting, treasure hunt and games. All the while members of the Central Okanagan Photographic Society are snapping shots of all the action. Boat for Hope is organized by a dedicated bunch of volunteers who look forward to welcoming returning families and greeting new ones. They do it for the children and families and are rewarded by smiles all around. —KS

PHOTOS ABOVE TOP BY JIM HARDING, LEFT BY KAREN SLIVAR
FACING PAGE PHOTOS CONTRIBUTED

Robo Bros

Best creative youth role models
in the North Okanagan

Two Vernon brothers, Hudson (14) and Nelson (12) Schier, have been into robotics for four years now, ever since they saw a CHBC news story on the RoboCup challenge, held annually at Okanagan College. The competition introduces young people to the field of robotics and is an offshoot of RoboCup, an international organization dedicated to the advancement of intelligent robots. Under the tree at Christmas that year the boys found a robotics starter kit, Lego Mindstorms NXT, and the dynamic duo set out to build their first robot. Junior teams can compete in three categories: soccer, dance, and search and rescue. The brothers decided to start with dance. Hudson worked on programming the robot to move in sync with music. Nelson acted as the team's artistic director and was in charge of choreography and videography. The duo entered the world of competition under the name Robo Bros and took home first place at the Western Canada RoboCupJunior Games. From there they went on to represent Canada at the World RoboCupJunior Championships, held in Austria

that year. While there, they met like-minded youth with the same interest in robotics. Always happy to share their knowledge with others, this summer Hudson volunteered to help with the robotics summer camp at the Okanagan Science Centre. It's interesting to note that Nelson used greenscreen technology in video production two years before the local television news station used the technology. Over the last three years the brothers have taken home an impressive number of trophies. This summer the Schier family travelled to Istanbul, Turkey, where the boys competed in yet another World

RoboCupJunior Championship. Robo Bros came home with top place finishes for original performance, best programming and superteam performance, marking the first year a Canadian team has won. Back at home, Nelson has started programming for himself. The bros are now game to enter the soccer challenge. Remote controls are not allowed, the robots are programmed to locate and kick an infrared-transmitting ball. The brothers have been pitting their robots against each other for practice before the sixth annual Western Canada RoboCupJunior Games in December. —KS



Bumbershoot Children's Theatre

Best troupe of multi-talented child stars with a "no stars" philosophy

Created just for young people, each year Kelowna's Bumbershoot Children's Theatre is filled with fun, laughter and excitement. Founder and artistic director Tracy Ross is the mastermind behind the non-profit organization, which is dedicated to introducing youth to the exciting world of theatre. Now in its fourth season, Bumbershoot has grown from offering four shows performed at a local elementary school to four mainstage productions, youth performances and theatre classes. The classes are open to youth

age 3 to 17 and cover all areas of theatre: stage, prop and costume. This year Anita McFarlane and Bonnie Gratz have come on board as teaching staff. Anita has taught theatre, yoga, circus and wizardry in New York. She now teaches the kids' power hour a mix of yoga, creative movement, theatre games and circus skills to children, age five to seven. Got a teen that fancies himself more a writer than a performer? Bonnie can help; she's a professional actor, director, playwright and educator who has been working in the arts scene for over 20 years. She'll be working with teens to hone their writing skills in the teen playwright's collective. At the end of the session, the

resulting work will be staged in front of family and friends. Over the years Bumbershoot's school residency program, designed to bring the theatre experience to schools, has expanded to cover the Vernon area. A team arrives with scenery, props, costumes and script; the only thing missing is the cast. What follows is auditions and rehearsals, and at the end of one week, two full-scale musical performances for family and friends. Shows are original adaptations of children's favourite stories and fairytales. The residency program is offered to students from kindergarten to Grade 7. Sing. Dance. Play. Bumbershoot offers young people a chance to shine, explore theatre and make new friends. Once again, Bumbershoot offers four mainstage productions to introduce young people to theatre. The first show in 2012 is *My Favourite Fairytales*. The Queen of Hearts has lost her tarts and needs to go back to her favourite fairytales to solve the mystery of their disappearance. This is an interactive performance, perfect for young children and families. The show runs January 19 to 29 at the Black Box Theatre (behind the Kelowna Community Theatre, entrance on east side of building). Maybe we'll see you at the theatre. —KS



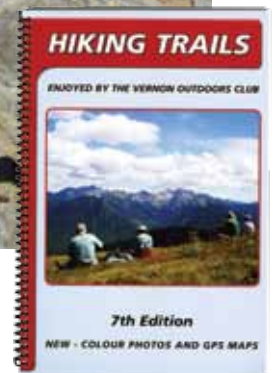


Vernon Outdoors Club

Best group activity

I love this group. From April through October the Vernon Outdoors Club leads group hikes on Sundays. It's a great way to get to know the local trails. The club maintains a number of them, and always checks out the scheduled trail before the group hike. One time it involved clearing away 20 deadfalls with the help of a handsaw. It's not uncommon for 30 people to turn up for a hike, and something I appreciate while walking around in bear country. Carpooling to the trailhead is encouraged. Members range in age from early teens to 80 something, but the majority are retirees. If you imagine hiking with a group of golden oldies will be easy, think again. This group doesn't bat an eye at a 10-kilometre hike or a 1,000-metre elevation gain. I often find myself left behind eating their trail dust,

in awe of their hiking prowess. And they have 30 years on me! Lucky for me, nobody is ever left behind on the trail. There is always a leader and sweeper who are in contact with each other via walky-talky. Head counts are done after every stop. Best of all, lunch spots are chosen for maximum viewing pleasure. Shorts Creek Canyon Rim, Bluenose Mountain and Twin Lakes are among some of my favourite hikes. During the week the club also offers easier paced hikes and 40-kilometre bike rides. When the white stuff flies you'll find many members out and about cross-country skiing. Life here begins at 60. For those of you who would rather explore the hiking trails on your own the club has published a detailed guide to day hikes in and around the North Okanagan and Monashees. —KS





BC Tree Fruits 75th

Best reminder to appreciate our local growers and the bounty they produce

Among my favourite memories are the seasonal cycles of the orchard where I spent many of my early years in Ontario. Crunching through the snow in late winter to help gather and burn the suckers my grandfather had pruned from the trees; the explosion of blossoms in spring; snacking on the first green apples, so hard I feared for my new front teeth, so tart they made my mouth pucker; and finally, the wonderful earthy scent of ripe apples at harvest. Whenever I catch that scent, my mind rushes to a very happy place. So imagine my joy when I moved to the Okanagan and found myself living once more in the midst of the rhythms of the orchard. Aboriginal peoples harvested tree fruits like crab apples long before Europeans settled here, Father Pandosy planted the first large-scale apple orchard in the Valley in 1862 and widespread orchard production blossomed from the 1890s. While

apples continued to be the main crop, orchardists have branched out to add cherries, peaches, apricots, nectarines, pears and plums to the mix. In 1936 growers banded together in a cooperative that now boasts a membership of some 800 families. As individuals they plant, tend and harvest and as a collective they pack, store, transport and market Okanagan produce globally. But we're the lucky ones — residents of the Okanagan — because we can enjoy the fruits of their labours at the peak of fresh perfection. From the first sign of cherries in June to the last of the apples in October, this bounty is laid before us at roadside stands, farmers' markets and retail outlets throughout the Valley. For us, tree fruit production is more than a source of nummy nutrition, think of how it influences the culture of our region. Consider the family memories from U-pick outings, passing fresh fruit to visitors in the back seat after a fruit stand stop on a scenic drive, and the influence on our public art. We owe so much to our tree fruit producers. Thank you. —LC



PHOTOS BY LAURIE CARTER

Medical LEED

Best green construction

It's good to see what we can only hope is part of a sustainable trend in public building construction throughout the Okanagan. Kudos to Interior Health (IH) for its role in giving Kelowna its first LEED (Leadership in Energy and Environmental Design) Canada Gold certified building. "While Interior Health's goal is to improve the health and wellness of its residents," says IH board chair Norman Embree, "we understand the linkage between health and the environment. The Clinical Academic Campus is a good example of reducing our environmental impact while at the same time expanding facilities and services." The new campus at Kelowna General Hospital is home to the UBC Faculty of Medicine Southern Medical Program and UBC Rural Family Practice Residency Program. This 34,000 sq. ft. stand-alone facility includes a 180-seat lecture theatre, and specialized video-conferencing rooms and clinical skills areas for medical undergraduates and post-graduate residents, as well

as the Interior Health Dr. Clifford B. Henderson library. Many factors contributed to the gold certification, conferred by LEED a third-party program and internationally accepted benchmark for the design, construction and operation of high performance green buildings. The campus boasts a rainwater harvesting system, irrigation equipment and drought tolerant native plants. Among the building materials used, 47 per cent were regionally manu-

factured and extracted while nearly 29 per cent contain recycled content. During construction almost 84 per cent of construction, demolition and land-clearing waste was diverted from landfill. More than 81 per cent of the wood-based materials are products certified in accordance with Forest Stewardship Council principles. The building provides secure bike storage, reduced rate carpool parking and electric vehicle charging stations. Excellent. —LC



PHOTOS CONTRIBUTED

Kelowna Museums

Best keeper of neat historic stories and stuff for 75 years and counting

Winston Churchill said, “Those that fail to learn from history, are doomed to repeat it.” For the last 75 years the Kelowna Museums have been doing a great job of preserving our heritage, so that we can learn and always remember. Divided into several sections at closely spaced locations in the Cultural District, the collections are displayed at the Okanagan Heritage Museum, the familiar building on Ellis Street, the Okanagan Military Museum, housed in the adjacent arena, and the BC Orchard Industry and Wine museums in the historic Laurel Packinghouse. Many of the exhibits at the Heritage Museum are more nostalgic than cautionary. Whoever had the bright idea of creating a basement filled with the detritus of generations as a way to display everything from push mowers (so old they’re new again) to gramophones and snowshoes, was a genius. I enjoy glimpsing the lifestyle of the sternwheeler era, with its gracious lakeshore hotels, cricket matches and fishing regattas, the 1908 motor buggy is cool and I get a kick out of the 1920s panorama painting of Kelowna, created for the Gibson Catlett Real Estate Company — OK — maybe a lesson to learn there. The goods displayed in John McDougal’s Trading Post serve to remind us of the devastating impact of European settlement on indigenous peoples and peeking through the green-trimmed window of the Wang family opens a view on a world many locals have no idea once existed here. Kelowna’s mini Chinatown was mostly filled with men who came as miners then helped build the CPR. Later arrivals laid tracks for the Kettle Valley Railway and contributed to the orchard industry, building hundreds of miles of flumes and ditches, then working in the orchards. Passage of the Chinese Exclusion Act in



1923 halted immigration, preventing them from bringing their wives and leading to the eventual demise of the community. Lessons on immigration policy? At the Okanagan Military Museum, there are many reminders of the folly of mankind’s quest for power. While exhibits celebrate the heroism, the proud history of local service people and the British Columbia Dragoons, and Canada’s ongoing efforts to establish and maintain peace, the underlying message is fresh, relevant and urgent. The Kelowna Museums are well worth a visit and a pause for thought. —LC



Pacific Agri-Food Research Centre

Best hope for a world that needs all the food we can produce

While some Okanagan landmarks remain unchanged for decades, the Pacific Agri-Food Research Centre (PARC) in Summerland has done nothing but change. Situated on 320 hectares straddling Highway 97, the modern research facility sits high on a bench overlooking Okanagan Lake. The attached ornamental gardens and museum are open for public and private activities. Founded in 1914 as the Dominion Experimental Farm, PARC has gone through many transitions as it keeps abreast of the changing needs of those it works for—the growers and consumers of Canada. On Sept. 24, 2011, PARC held an open house to celebrate Agriculture and Agri-Food Canada's 125th birthday. Less than three years from its own millennium celebration, PARC is part of a national network of 19 research centres that look into everything from horticultural and field crop production to poultry and dairy cattle issues. Although farm animals were part of PARC's early history (remember the cows with windows in their stomachs?), today the focus is mainly horticulture and crop production. According to Benoit Girard, program director for the agricultural bio-

products innovation program, the centre is making a global impact, especially in the area of sweet cherries. "Eighty per cent of the new varieties of cherries being planted around the world at the moment originate from here in Summerland," he says. Due to its Okanagan location, the Summerland centre has devoted much of its research to tree fruit production and disease control, but in recent years an increased focus has been placed on wineries and grape production. That's not surprising, says Dan O'Gorman, a research biologist working at PARC. "The acreage of vines planted has doubled in the last 10 years and it's still going up." This increase in vineyards has brought its own set of issues in the form of grape and trunk diseases. "This is a problem that is found all around the world," says Dan, "but only in the last three or four years have we started seeing any of these diseases here in the Okanagan." One visitor to the open house was Dr. David McIntosh, the former head of plant pathology. Beginning his career in the cow barns and vegetable gardens in 1946, he retired as head of his department in 1978. In those days it was called the Summerland Research Station. What he noticed at the event was the number of original buildings that are no longer around, including staff residences, a boarding house for

single men, and research facilities like the entomology building down on Trout Creek Point. But he also remembers some of the significant accomplishments of the past, such as finding a solution to dieback in apple trees, a condition that devastated orchards in the 1920s and 1930s. The discovery that borax or boron was needed by the tree roots to overcome the problem earned Dr. H.R. McLarty worldwide recognition. PARC continues its leadership role while remaining one of the more permanent landmarks in the South Okanagan. —Rick Cogbill





BEST of the 2011 Okanagan readers' choice

These results were tabulated from official ballots that were at least 50 per cent complete when submitted to us. There is neither editorial nor advertising influence on these results.

UNLESS OTHERWISE STATED: **Central** = Kelowna **North** = Vernon **South** = Penticton

- This is the 17th consecutive year that our readers have voted for their favourite business heroes in the North, Central and South Okanagan. Happy business people who receive the hottest award in the Valley know that *Okanagan Life* readers vote by way of official ballot. These quality businesses display the Best of the Okanagan award in their offices and retail stores for all to see.

In *Okanagan Life's* 23-year life we've worked hard to highlight courageous and innovative people whose efforts and dedication to our communities, towns and cities, make the Valley the wonder it is. This story is different because readers wrote it—we simply tallied the results and created the art

and design that you are devouring now.

This issue is all about recognizing the great business ideas and effort that owners, managers and staff put forth to earn their Best of the Okanagan award.

Being named the best is an honour and a privilege. Please celebrate the winners, patronize them and thank them for living up to the moniker — Best of the Okanagan! — *Paul Byrne*

ALL PHOTOS CONTRIBUTED

PROFESSIONAL



Best Accounting Firm

Central

- 1 MacKay LLP
- 2 White Kennedy
- 3 Grant Thornton
- 3 BDO Dunwoodie

North

- 1 KPMG
- 2 Agar Schneider & Lett
- 3 Sladen Moore
- 3 Clark Robinson

South

- 1 S A Weisner & Co
- 2 Kemp Harvey Kemp
- 3 Harvey Lister & Webb

Best Bank / Credit Union

Central

- 1 TD Canada Trust
- 2 Interior Savings
- 3 CIBC

North

- 1 Prospera
- 1 VantageOne
- 2 TD Canada Trust
- 3 RBC

South

- 1 Valley First
- 2 CIBC
- 3 RBC

Best Insurance Brokerage Firm

Central

- 1 Western Financial
- 2 Capri
- 3 Johnson Meyers
- 3 Okanagan Valley

North

- 1 Capri
- 2 Baron
- 3 Valley First

South

- 1 BCAA
- 2 Johnson Meyers
- 3 Cooperators

Best Investment Firm

Central

- 1 Investors Group
- 2 Raymond James
- 2 TD Waterhouse
- 3 RBC Dominion Securities

North

- 1 National Bank
- 2 Edward Jones
- 3 Cannacord

South

- 1 Investors Group
- 2 CIBC Wood Gundy
- 3 RBC Dominion Securities

Best Law Firm

Central

- 1 Pushor Mitchell
- 2 Porter Ramsay
- 3 Pihl Law

North

- 1 Nixon Wenger
- 2 Davidson Lawyers
- 3 Allan Francis Pringle

South

- 1 Kampman Oliver Keene McAndrews
- 2 Albas Wahl
- 3 Boyle & Co.
- 3 Pearce Taylor Schneiderat

Best Real Estate Company

Central

- 1 Remax
- 2 Coldwell Banker
- 3 Royal LePage

North

- 1 Remax
- 2 Royal LePage
- 3 Century 21

South

- 1 Sutton Power 1
- 2 Remax
- 3 Royal LePage

FASHION



Best Baby Boutique / Children's Clothing

Central

- 1 Baby & Me
- 2 Childrens Place
- 3 Carter's OshKosh

North

- 1 Chicken Little
- 2 Snuggle Bugz

South

- 1 Pipsqueaks
- 2 Angel Babies – The Kid's Shop

Best Women's Accessories Store

Central

- 1 Frakas
- 2 Tigerlily
- 3 Dandy Diva at Bella Clothing
- 3 Mellow Yellow



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North

- 1 Pink Bug
- 2 Creatabls Clothing
- 3 Blackbird

South

- 1 Clair's
- 2 Vintage & Vogue
- 3 Without a Doubt

Best Women's Clothing Boutique

Central

- 1 Frakas
- 2 Bella
- 3 Mellow Yellow
- 3 Tigerlily

North

- 1 Creatabls Clothing
- 2 Cougar Canyon
- 3 Cento
- 3 RW & Co

South

- 1 Three Wishes
- 2 Without a Doubt
- 3 Sass Boutique

Best Men's Fashion Store

Central

- 1 Moores
- 2 Torino
- 3 Landmark Clothier
- 3 MacDermott's

North

- 1 Milano
- 2 Winners
- 3 Mark's Work Wearhouse

South

- 1 Elliot Row
- 2 Warehouse One
- 3 Mark's Work Wearhouse

Best Place to Buy Footwear

Central

- 1 Downtown Shoe Store
- 2 Hollywood Shoes
- 3 Shoe Company

North

- 1 Red Top Footwear
- 2 Vernon Shoes
- 3 Discovery Shoes & Marc's

South

- 1 Fritz Shoes
- 2 Softy's
- 3 Shoe Biz

Best Bridal Boutique

Central

- 1 Bliss Bridal
- 2 Ten Fashions

- 3 L'Amore
- 3 Georgie's Bridal

North

- 1 Victoria Lane Brides

South

- 1 Louise's Bridal

RETAIL SERVICES



Best Book Store

Central

- 1 Chapters
- 2 Mosaic
- 3 Pandosy Books

North

- 1 Bookland
- 2 Coles
- 3 K & K Book Store

South

- 1 Coles
- 2 The Book Shop
- 3 Hooked on Books

Best Place To Buy Children's Toys

Central

- 1 Toys R Us
- 2 Loadzatoys
- 3 Baby & Me

North

- 1 Teeter Totter
- 2 Chicken Little
- 3 Teach & Learn

South

- 1 Sirius Science & Nature
- 2 Walmart
- 3 Zellers

Best Place to Buy Gifts

Central

- 1 Ten Thousand Villages
- 2 HomeSense
- 3 Rafters

North

- 1 Good Gracious
- 2 Interior Gift Gallery
- 3 Davison Orchards

South

- 1 Terwilligers
- 2 Willowbrook Lane
- 3 Ten Thousand Villages

Best Florist

Central

- 1 Creations by Mom & Me
- 2 Art Knapp's
- 3 Village Flowers
- 3 Enterprise Flower Studio

North

- 1 27th Street Florist

- 2 Harris Flowers
- 3 Flower Market
- 3 Vernon Flower Shop

South

- 1 Art Knapp's
- 2 Carl's Flowers
- 3 Polka Dot Door

Best Jeweller

Central

- 1 JK Schmidt Jewellers
- 2 Peoples Jewellers
- 3 La Roca Jewellers
- 3 European Goldsmith

North

- 1 JC Bradley
- 2 HM Kraus Jewellers
- 3 Gregory's Fine Jewellery

South

- 1 Gold Dust Jewellers
- 2 Michael Hill
- 3 Oslund Jewellers

Best Pet Supply Store

Central

- 1 Total Pet
- 2 Pet Smart
- 3 Buckerfield's

North

- 1 AJ's Pets & Things
- 2 Pet Planet
- 3 Healthy Spot

South

- 1 Total Pet
- 2 Petcetera
- 3 Pet Pantry

HOME & DECOR



Home Builder

Central

- 1 Dilworth Homes
- 2 Edgcombe Builders
- 3 Acorn Builders
- 3 Pentar Homes

North

- 1 Redgwell Construction
- 2 Woodstyle Homes
- 3 Heartwood Homes

South

- 1 Scott Mayhew Contracting
- 2 Serenity Builders
- 3 Qualas Development

Best Home Repair / Renovation Company

Central

- 1 Gord Turner Renovations
- 2 Handyman Connection
- 3 Stutters Resoration



North

- 1 Redgwell Construction
- 2 Handy Guys Home Renovations
- 3 NOR Renovations

South

- 1 Scott Mayhew Contracting
- 2 Serenity Builders

Best Custom Kitchen Vendor

Central

- 1 Westwood Fine Cabinetry
- 2 Norelco Cabinets
- 3 Kekuli Bay Cabinetry

North

- 1 Westwood Cabinets
- 2 Dream Easy
- 3 Harris Cabinets

South

- 1 Ellis Creek Kitchens
- 2 Medallion Kitchen Cabinets
- 2 Victoria Square Kitchen
- 3 Heritage Millwork

Best Landscape Design

Central

- 1 Westwind Nurseries
- 2 Creative Roots
- 2 Hampton
- 3 Synergy Landscape

North

- 1 Nokomis Landscaping
- 2 Blueridge Landscaping
- 3 Pinnacle Landscaping

South

- 1 Cobblestone Developments
- 2 Emerald
- 3 Monkey Puzzle

Best Garden Centre

Central

- 1 The Greenery
- 2 Bylands
- 3 Art Knapp's

North

- 1 Swan Lake
- 2 Art Knapp's
- 3 Flower Spot

South

- 1 Art Knapp's
- 2 Giardino of Penticton
- 3 Grasslands Nursery

Best Appliance Store

Central

- 1 Sears
- 2 Coast Wholesale
- 3 Brick

North

- 1 Genier's

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readers'choice

- 2 Parnell's
- 3 City Furniture

South

- 1 Pentiction Appliance
- 2 Sears

Best Home Furniture Store

Central

- 1 Brick
- 2 Sears
- 3 Case Furniture

North

- 1 City Furniture
- 2 Case Furniture Gallery
- 3 Brick

South

- 1 Guerard's
- 2 Kondola's
- 3 Sears
- 3 Brick

Best Home Accessories Store

Central

- 1 Home Sense
- 2 Ten Thousand Villages
- 3 Pier One Imports
- 3 Rafters

North

- 1 Good Gracious
- 2 Winners
- 3 Designer Gallery
- 3 Room Collection

South

- 1 Winners
- 2 Home Hardware
- 3 Haute House Design

Best Place to Buy a Mattress

Central

- 1 Sleep Country



- 2 Brick
- 3 Mattress Mattress

North

- 1 City Furniture
- 2 Sleep Country
- 3 Case Furniture
Gallery

South

- 1 Sleep Country
- 2 Sears
- 3 Brick

Best Place to Buy Art

Central

- 1 Rotary Centre for the Arts
- 2 Hambleton Galleries
- 3 Picture Perfect

North

- 1 Vernon Art Gallery
- 2 Nadines Fine Art
- 2 Gallery Vertigo
- 3 Vernon Fine Art

South

- 1 Lloyd Gallery
- 2 Tumbleweed Gallery
- 3 Oliver Art Gallery

Best Antique Shop

Central

- 1 Taylor's Antiques
- 2 Lois Lane
- 3 Antoni's Antiques

North

- 1 Blast from the Past
- 2 Vintage Vendor
- 3 Ye Olde Curiosity

South

- 1 Pentiction Antiques
- 2 Jardin Estate
Jewelry & Antiques
- 3 Pentiction Antique Mall

LEISURE



Best Bike Shop

Central

- 1 Cyclepath
- 2 Kelowna Cycle
- 3 Fresh Air
Experience
- 3 Sovereign Cycle

North

- 1 Sun Country Cycle
- 2 Olympia Cycle & Ski
- 3 Skyride Cycle

South

- 1 Bike Barn
- 2 Freedom

Best Ski / Board Shop

Central

- 1 Fresh Air Experience
- 2 Island Snow
- 3 Deviate Board Shop

North

- 1 Jim Attridge
- 2 Sun Valley Sports

South

- 1 Freeride
- 2 Pentagon
- 3 Sport Chek

Best Outdoor Sports Gear Store

Central

- 1 AG Superstore
- 2 Sport Chek
- 3 Far West
- 3 Fresh Air Experience

North

- 1 Surplus Herby's
- 2 Outdoor Exposure
- 3 Sun Valley Sports

South

- 1 Sport Chek
- 2 Canadian Tire
- 3 KJ Sports

Best Golf Shop

Central

- 1 Golf Town
- 2 Sport Chek
- 3 Two Eagles

North

- 1 Strickly Golf
- 2 Sport Chek
- 3 Predator Ridge

South

- 1 St. Andrews
by the Lake
- 2 Fairview Mountain
- 3 Sport Chek

Best Golf Course

Central

- 1 Harvest Golf Club
- 2 Sunset Ranch
- 3 Two Eagles

North

- 1 Predator Ridge
- 2 Spallumcheen
- 3 Salmon Arm Golf & CC
- 3 Hillview Golf

South

- 1 Fairview Mountain
- 2 St. Andrews by the Lake
- 3 Sumac Ridge



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Best Fitness Club

Central

- 1 H2O Adventure & Fitness
- 2 World Gym
- 2 Global Fitness
- 3 Women's Place

North

- 1 Fitness West
- 2 Curves
- 3 Hayden Fitness

South

- 1 The Gym Penticton
- 2 Lakeside Fitness
- 3 Curves

Best Yoga / Pilates Studio

Central

- 1 Bikram Yoga
- 2 Oranj Dance & Fitness
- 3 Moksha Yoga

North

- 1 Bikram Yoga
- 2 Yoga 4 Life
- 3 Ladies World
- 3 Namaste Yoga

South

- 1 Purple Lotus Yoga
- 2 Get Bent Yoga
- 3 Body on Power

TRANSPORTATION



Best Auto / Truck Dealer

Central

- 1 Harmony Honda
- 2 Kelowna Toyota
- 2 Kelowna Chrysler Dodge
- 3 Kelowna Ford Lincoln

North

- 1 Bannister GM
- 2 Watkins Motors
- 3 Vernon Toyota

South

- 1 Skaha Ford
- 2 Parkers Chrysler
- 3 Penticton Toyota

Best Boat Dealer

Central

- 1 Dockside Marine
- 2 Rayburn's Marine World
- 3 Atlantis Marine

North

- 1 Valley Marine
- 2 Performance Marine

South

- 1 Penticton Yamaha & Marine

Best RV Dealer

Central

- 1 Country RV
- 2 Voyageur RV
- 3 Parkland RV

North

- 1 Mike Rosman RV
- 2 Country Camping

South

- 1 Leisureland RV
- 2 Midtown RV
- 3 Okanagan Travel Land

Best Tire Dealer

Central

- 1 Kal Tire
- 2 Fountain Tire
- 3 OK Tires

North

- 1 Kal Tire
- 2 Hilltop Tirecraft
- 3 Peters Tirecraft

South

- 1 OK Tire
- 2 Kal Tire
- 3 Big O Tires

Best Auto Body Repair

Central

- 1 Boyd Autobody
- 2 Craftsman Collision
- 2 Kelowna Performance
- 3 Prestige
- 3 Springfield Autobody

North

- 1 Fix Auto (Vernon Star)
- 2 Bannister GM
- 3 Manfred's Autobody

South

- 1 Neighbourhood Auto Body
- 2 Alder Street Auto Body
- 3 Ray's Autobody

Best Place to Get Your Car Fixed

Central

- 1 City Auto
- 1 Winn Automotive
- 2 All Day Auto
- 3 Kelowna Toyota

North

- 1 Bannister GM
- 1 Courtesy Motors
- 2 Kal Lake Auto
- 3 Progressive Auto

South

- 1 Imports Only
- 2 Centiguard
- 3 Valley West

Best Car Wash

Central

- 1 Skogie's
- 2 Bubbles
- 3 OK Wash Zone
- 3 Mission Super Wash

North

- 1 Silver Star Car Wash
- 2 Fastlane Laser
- 3 Pennzoil Touchless

South

- 1 Wise Guys Car Wash
- 2 Husky Car Wash
- 3 Super Wash

SERVICES



Best Day Spa

Central

- 1 O Spa
- 2 Beyond Wapture
- 3 Heaven on Earth

North

- 1 Just For You
- 2 KurSpa
- 3 Reflections

South

- 1 Naramata Heritage Inn
- 2 Spa Tranquila
- 3 Melt Mineral Spa

Best Hair Salon

Central

- 1 Mirror Mirror
- 2 Dimensions
- 3 Chatters

North

- 1 Chatters
- 2 Pure-An Organic
- 3 Hair Loft

South

- 1 Bananas
- 2 Chatters
- 2 Heiress
- 3 James on Kelly

Best Travel Agency

Central

- 1 Flight Centre
- 2 Marlin Travel
- 3 Maritime Travel
- 3 Capri Travel

North

- 1 Marlin Travel
- 2 Visions Travel
- 3 Flight Centre

South

- 1 K Banks Travel
- 2 Expedia
- 3 Flight Centre



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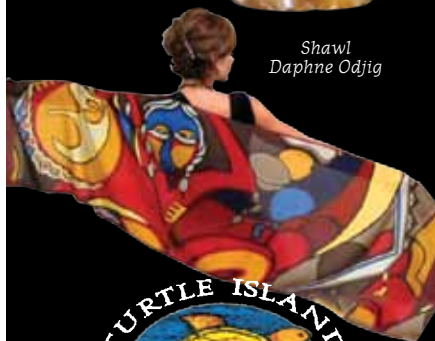


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*Harmony in Motion
Petula Pettman*



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NATIVE ART

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readers'choice

Best Tour Company

Central

- 1 Sunwest Tours
- 2 Sun Fun Tours
- 3 Okanagan Wine Tours

North

- 1 MJO Tours

South

- 1 Top Cat Tours
- 2 Devine Valley Tours
- 3 Ambrosia Tours

Best Photographer

Central

- 1 Justine Russo Photography
- 2 Photography West
- 3 Glen Durrell
- 3 Kevin Trowbridge

North

- 1 Brenda Hala
- 2 Kats Photography
- 3 Red Door

South

- 1 Tara Morris Photography
- 2 Stuart Bish
- 3 Photography by Chris

Best Dry Cleaner / Laundry

Central

- 1 Mission Dry Cleaners
- 2 Busy Bee
- 3 Kelly's Orchard Plaza

North

- 1 Toppers Cleaners
- 2 Vernon Downtown Cleaners
- 3 Centre Dry Cleaning

South

- 1 Classic Cleaners
- 2 Martin Cleaners
- 3 Go Fresh Laundromat

Best Event Planner

Central

- 1 Tickle Trunk
- 2 Avalon
- 3 Synergy Events

North

- 1 Nor Val Events
- 2 Sweet Beginnings
- 3 Gumtree Catering

South

- 1 Paraiso Events

Best Wedding Venue

Central

- 1 Harvest Golf Club
- 2 Summerhill Winery
- 3 Benvoulin Church
- 3 Ellison Hall

North

- 1 Sparkling Hill
- 2 O'Keefe Ranch
- 3 Paddlewheel Park Hall

South

- 1 Linden Gardens
- 2 St. Andrews by the Lake
- 3 See Ya Later Ranch

ENTERTAINMENT



Best Nightclub

Central

- 1 OK Corral
- 2 Flashbacks
- 3 Blue Gator

North

- 1 Monashee's

South

- 1 Blue Mule
- 2 Barking Parrot

Best Live Performing Arts Group

Central

- 1 Okanagan Symphony
- 2 Kelowna Actors Studio
- 3 Parks Alive
- 3 Theatre Kelowna Society

North

- 1 Caravan Theatre
- 2 Kath & The TomKats
- 3 Powerhouse Theatre

South

- 1 Many Hats

Best Local Musician / Music Group

Central

- 1 Sherman Doucette
- 2 Robert Fine
- 3 Day Late & Dollar Short

North

- 1 The Goods
- 2 The Young'uns
- 3 Kath & The TomKats
- 3 Cod Gone Wild

South

- 1 Total Gin
- 2 Danielle Savage & The Miscreants
- 3 One 2 Many

Best Annual Community Event

Central

- 1 Canada Day
- 2 Mardi Gras
- 3 Centre of Gravity

North

- 1 Vernon Winter Carnival
- 2 Sunshine Festival
- 3 Funtastic

South

- 1 Meadowlark Festival
- 2 Peach Festival
- 3 Ironman
- 3 World of Wheels Car Show

Best Place for Family Fun

Central

- 1 Scandia
- 2 H2O Adventure & Fitness
- 3 EnergyPlex

North

- 1 Davison Orchards
- 2 Atlantis Waterslides
- 3 Silver Star Mountain

South

- 1 LocoLanding
- 2 Penticton Channel
- 3 Rotary Beach

Best Tourist Attraction

Central

- 1 Okanagan Lake/Beaches
- 2 Waterfront Park Boardwalk
- 3 Mission Hill Winery

North

- 1 Davison Orchard
- 2 Atlantis Waterslides
- 3 Interior Provincial Exhibition

South

- 1 Penticton Channel
- 2 Elvis Festival
- 3 KVR Tressels
- 3 Ironman

Best Free Attraction

Central

- 1 City Waterfront Park
- 2 Parks Alive
- 3 Myra Canyon Trestles

North

- 1 Polson Park
- 2 Farmers' Market
- 3 Vernon Murals

South

- 1 Peach Festival
- 2 Skaha Beaches
- 3 Penticton Channel



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I am absolutely awe struck at how beautiful your quilting is - I've never seen anything like it and I've been addicted to quilting since 1991! You certainly have an artistic flare that is utterly amazing.

- Chris Magel, Victoria's Quilts Canada

Whether you are a new or experienced quilter or have a simple or complicated project for quilting, it is truly amazing to witness your 'labour of love' transform from ordinary to extraordinary.

- Julie Gordon

I went into Quilter's Lane to see if my small machine-pieced quilt top could be turned into something special. I met with Michaela who listened to my ideas, offered some suggestions and a few days later emailed me a photo of my quilt with a great design layout. When I picked up my completed quilt, I was more than impressed with how she was able to use her very special equipment, quality materials and talent to turn my little project into something I've gotten lots of compliments on. Thank you....

- Clair Boyd

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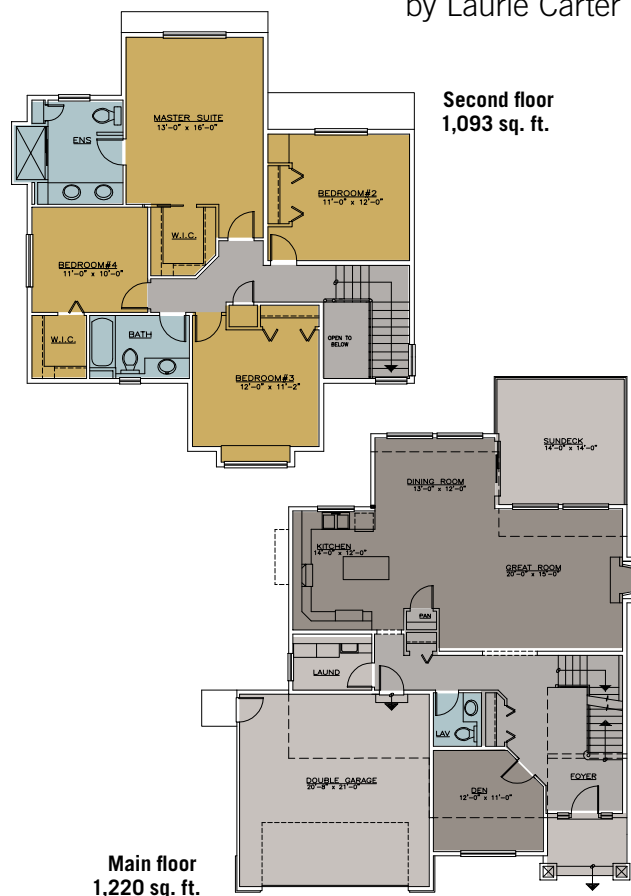


Family appeal

Kelowna's Upper Mission hosts this warmly attractive home in the gated Iron Horse community

■ Eye-popping curb appeal says, "Welcome," to a dwelling specifically designed as a comfortably functional family home. Natural Pangaea Cambrian stone echoes the earth tones of cedar shakes and sky coloured shingles. Together they provide a textural dimension that highlights the multi-faceted roof and wall lines. Designer Mika Rempel of Chirp Studio wanted some elements of traditional detailing while maintaining a fresh, modern feel. "Everything that went into the house was considered for practicality as well as beauty," says Mika. "If it's not practical, then what's the point?" Searching for a way to give this home its own unique identity, Mika settled on the grey maple cabinetry as the starting point for the overall colour scheme. The cabinets, by SuCasa Cabinets, are not stained but finished with an oxidization process that turns the wood grey, like driftwood. Honed black

by Laurie Carter

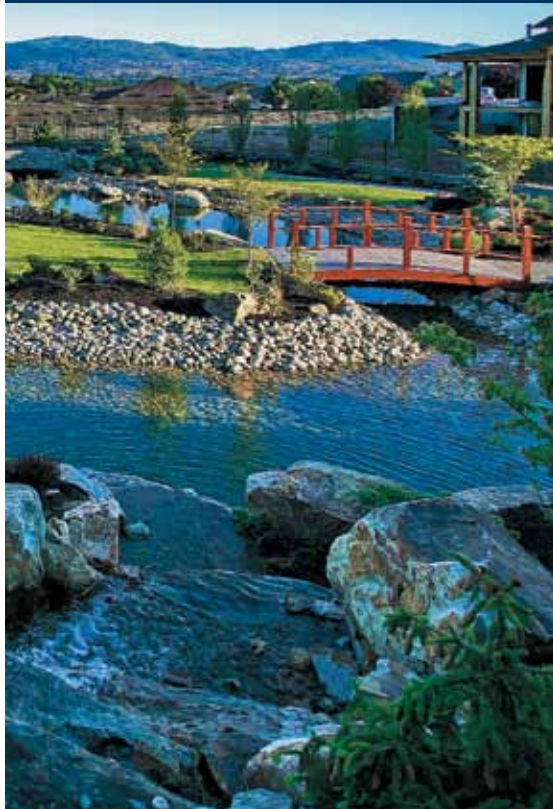






granite counters by Canyon Soapstone compliment the natural feel. Random width solid maple floors by Koeda Hardwood Floors, are distressed and finished with eco-friendly European hardwax oil in a kid-and-pet-friendly medium brown, the best colour for hiding spills and dust. The layout of this four-bedroom home with 2,300 sq. ft. of living space on the main and upper levels plus a full walk-out

basement is also tailored to family needs. All four bedrooms are located on the upper floor where the master suite, while close to children's rooms, is a private enclave with walk-in closet and spacious en suite. Family time is concentrated in the open concept living-dining-great room on the main level that spans the entire back of the house and opens onto a roomy deck overlooking the yard. A quiet den is tucked into space off the expansive foyer where clerestory windows high in the open stairwell flood the area with light. Details like lots of storage and select hardware make all the difference to a home that comes together on a very reasonable budget. **OL**



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Two chefs, one philosophy

by Michael Botner

When wineries get into the food biz, it's amazing what some chefs will do to match local ingredients with local vintages

■ Credit the surging wine industry for the emergence of winery restaurants committed to local food culture and for attracting young, creative, passionate chefs, some with roots in the Valley. These talented “locals” captain dynamic kitchens, adding depth and commitment to the burgeoning wine country dining scene.

“More top chefs are staying here,” says Jeremy Luypen, owner/executive chef at Hester Creek’s newly-minted Terrafina, who also substitute teaches at Okanagan College. The Aldergrove native graduated from Okanagan College at the top of his class 11 years ago. After working his way up to sous chef at Okanagan Golf Club, he accepted the executive chef position at Chicago Chophouse in Calgary, before returning to the

Okanagan to preside over the restaurant at Hotel Eldorado. With the opening of Terrafina in the spring of 2011, he fulfilled his dream of running his own restaurant. Inspired by the simplicity and style of the Tuscan hills, Jeremy’s cuisine relies on 14 local producers and artisans, such as Harker’s Organics and Covert Farms. For Jeremy, the fun is in creating flavours on the menu that aptly complement Hester Creek wines.

While I was visiting The Sonora Room Restaurant at Burrowing Owl, executive chef Chris VanHooydonk received a visit from one of his suppliers, the Okanagan Nation Alliance. “It is important to support their efforts to run the only sustainable fishing operation in the Valley, sourcing sockeye salmon from Osoyoos Lake,” he says.

After a year at Okanagan College, Chris apprenticed at the Harvest Dining Room, earning his red seal certificate in 2001 with the highest marks in the class. He worked on a cruise ship and at Ciao Thyme Bistro in Whistler before moving to the Four Seasons Hotel in Boston. Returning to the Okanagan in 2010, he took on executive chef duties at The Sonora Room. Chris’s passion for local produce includes operating a half-hectare farm at his home on the Golden Mile, which provides an array of fruits, vegetables and herbs as well as the ingredients for a line of preserves and sauces only available at the restaurant. Chris works closely with Burrowing Owl winemaker Bertus Albertyne to create memorable pairings for his culinary inspirations. **OL**



CHRISTINE COLETTA

Co-owner
Okanagan Crush Pad

Okanagan Crush Pad is first in the Okanagan to offer one stop shopping for all facets of the wine business. Christine Coletta brings a wealth of marketing experience to a team of professionals that includes winemaker Michael Bartier, viticulturist Alberto Antonini, adviser David Scholefield, and her husband Steve Lornie, Crush Pad's general manager. Starting in the hospitality industry in Vancouver, Christine managed the launch of several restaurants, was instrumental in putting VQA wines on the map as executive director of the BC Wine Institute and created marketing initiatives for international wine regions and BC wine brands. Dividing her time between Vancouver and Summerland, she purchased a four-hectare orchard on Fosbery Road. After a chance meeting with Michael Bartier, who was cycling in the area, it was converted to growing Pinot Gris in 2006. "He liked the site and I saw it as a chance to do marketing for my own brand," she says. David Scholefield, who saw the model in New Zealand, suggested a communal facility, where producers could share resources and equipment. Opened in 2011, the Switchback Vineyard winery is the first in Canada to use egg-shaped concrete fermenters to facilitate smaller lots. The 2011 line-up includes Crush Pad's Haywire, Bartier-Scholefield and Bartier Bros., plus the wines of five clients.

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FORBIDDEN FRUIT 2011 FLIRT SPARKLING PEACH WINE

Cawston, Similkameen Valley

★★★★ \$29.99

The poignant flavour of ripe, juicy organic peaches showcases this unique, sophisticated, bottle-fermented sparkling wine. But the attack is dry and crisp, balancing the fruity richness and adding elegance and complexity. Enjoy with Asian food, special occasions.



HESTER CREEK 2010 CHARACTER

Oliver, Okanagan Valley

★★★★ \$19.99

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.



ROAD 13 SPARKLING CHENIN BLANC HOME VINEYARD

Oliver, Okanagan Valley

★★★★ \$34.99

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.



HAYWIRE 2010 PINOT GRIS CLONE 52, SWITCHBACK VINEYARD

Summerland, Okanagan Valley

★★★★1/2 \$23

A class act, Crush Pad's house Pinot Gris is made in a dry, Alsatian style from estate grown grapes. Brimming with intensely fresh, fruity aromas and flavours, it shows juicy pear, apricot and melon with notes of mineral and grapefruit. Enjoy with fish or poultry.



MEYER FAMILY VINEYARDS 2010 PINOT NOIR

Okanagan Falls, Okanagan Valley

★★★★ \$25

Tasty, food-friendly Pinot Noir is a blend sourced from selected growers throughout the Valley. Delicate and fragrant, flavours suggest strawberry, black cherry, dry herbs, cola, leather and spicy oak, backed by fine tannins. Try manicotti in a mushroom tomato sauce.



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Białystok, Poland

★★★★ \$23.95

Brewed in northeastern Poland for over 600 years, Zubrówka contains a blade of bison grass from the last primeval forest in Europe. Pale greenish yellow and delicately fragrant, subtle flavours suggest herbs, almond, citrus and honey. Serve with smoky or spicy tapas.

PHOTOS BY MICHAEL BOTNER



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PHOTO BY PAUL LINDEN

Gem of a guy

Books have been written, documentaries produced; he's even been a guest on *The Fifth Estate*. Kelowna geologist, Charles Fipke, may live his life out loud, but he prefers to quietly hand out cash

■ Long before you spot him among the crowd you might hear Charles (Chuck) Fipke laugh. A delighted kind of a cackle, its an unbridled and boisterous display of pleasure as unique as the man himself.

Canada's most decorated discoverer of diamonds—and one of the most renowned geologists in the world—relishes good friends, good food and wine, good racehorses and of course, good, mineral-rich ground.

Once an undaunted scientist living out of his car in the Northwest Territories, collecting samples to be baked back home in his oven, Charles Fipke made history with the discovery that led to Canada's first surface and underground diamond mine—Ekati—north-east of Yellowknife, in 1998.

While the polar bear emblazoned gems have made him a legend in geologists' circles, it's Chuck's contributions to his alma mater, the University of British Columbia, that have endeared him locally.

Already a benefactor extraordi-

naire, donating millions of dollars to UBC Okanagan, Chuck recently put his money where the microscope is.

"I've donated a laser ablation ICP mass spectrometer," he says, the name of the sophisticated science equipment already invoking awe. "Then I donated a scanning electron microscope with a new type of head that allows the microscope to achieve one micron resolution."

The capacity of this kind of equipment is intricate, applicable not only to geology (the powerful microscope can detect all of the elements in a substance, while the electron microprobe analyses findings) but biology too, aiding in medical research for viruses.

The gorgeous glass building bearing his name—the Charles E. Fipke Centre for Innovative Research—clearly announces Chuck's extensive contributions to UBC Okanagan but what is not so apparent is this accomplished man's humble history.

"I'd prefer my donations to be anonymous," he quietly explains, gazing out at Okanagan Lake, lapping at his beach house shore, "But I've been

cast into the position of a role model, particularly to young geologists."

He relays a story of when he first became famous, when the Ekati mine was sparking headlines. The men's magazine, *Maxim*, (more substance than sexy in those days) approached him looking for an interview, but at first he declined. "Why?" he says with a shrug. "I had no real reason to do the interview. I really wasn't that interested."

That is until his eldest son pointed out what came to prophesy Chuck's future philosophy. "My son told me that we live in an apathetic society and what people need is someone to look up to."

That got Chuck thinking and remembering his own role models; the men who had, through hard work and determination, not to mention selfless generosity, inspired a young Charles to challenge himself and ultimately to give back.

After graduating from Kelowna Secondary School, Chuck went on to study geology at UBC in Vancouver. Married with a baby, at one point he was nearly forced to quit school. ►



Grab the java. Start the morning with a cup of coffee and the *Globe and Mail*, followed by business calls.



Check the fax. Read mining memos from holdings and explorations in Angola, Brazil, Morocco, Nevada, Yemen, Ontario, Quebec and the Yukon. But favourite faxes are reports on racehorses from around the world.



Work up a sweat. Ride bike to the lab (which employs 40 people) on Powick Rd. Confer with staff, read and analyze findings, conduct on-going research.



Happy trails home. Ride along Mission Creek back home to the lower Mission. Dinner is often takeout, probably Indian, Italian or Greek.



Tube time. Might unwind with a little television, usually the BBC or Discovery Channel. Sometimes enjoy a glass of vintage wine from the home cellar.



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DR. JACK GOWER, EXPLORATION MANAGER OF KENNECOTT CANADA & UBC PROFESSOR, LET CHUCK INTO HIS THEORY OF ORE SEARCH COURSE, RESERVED FOR MASTERS AND PHD STUDENTS; NEXT HE HELPED CHUCK GET A JOB WITH KENNECOTT COPPER. AMERICAN GYMNAST, **PETER VIDMAR**, OLYMPIC GOLD MEDALIST IN POMMEL HORSE AND ALL-ROUND COMPETITION (1984) TOLD CHUCK THE POMMEL HORSE WAS ALWAYS HIS WORST EVENT UNTIL A LEG INJURY RELEGATED HIM TO THAT APPARATUS ONLY FOR SIX MONTHS. **SECRETARIAT**, TRIPLE CROWN CHAMPION RACEHORSE (1973) INSPIRED CHUCK WITH HIS INCREDIBLE EFFORT.

"I was totally busted broke," he says. "So I made an appointment with dean Walter Gage, asking him if there were any bursaries, scholarships, anything I could apply for."

With only two months left in the school year, the dean informed Chuck that kind of funding was finished but then Walter Gage (after whom a residence and library are named) did something incredible. "He asked me how much I needed. I told him two or three hundred dollars," Chuck explains. "He opened his desk drawer and pulled out his personal cheque book."

Did that generous act ultimately give rise to one of the most stunning mineral discoveries of our time? Who knows, but it certainly inspired Chuck to—quite literally—pay it forward.

"A few years ago, former premier, Bill Bennett, asked me to donate to a professor at UBC Vancouver who was doing research with aspirin and Alzheimer's. I wanted to but I got busy and put it aside." He pauses, a saddened look on his face. "Then last Christmas his son, Brad, attended my company party and I asked after his dad." Chuck was stricken when he learned that Bill was suffering from dementia. "I felt terrible. There was an urgency there that I didn't act on. So many great minds have suffered from this disease."

With a recent contribution of three million dollars toward that research, Chuck hopes to make up for lost time.

"I would have nothing if it weren't for my education," he says. "I'm privileged to give back." **OL**

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by Patti Shales Lefkos

Back off!

Reflections on a blizzard bound bumper-jumper

■ It's 4:30 on a December afternoon. Grocery shopping complete I'm heading home up the 21 kilometre Silver Star Road in the dark, in a blizzard. Snowflakes blast merrily past my windshield, hypnotizing me as they frolic in the glare of my headlights.

Halfway up the hill, just before the first switchback I notice a flash of red to my left. A small car in the ditch. One tired skier who won't make it home in time for dinner tonight. At the second switchback half the road is blocked by a huge semi-trailer, cab in the downhill lane, trailer mired in the soft snow. Drivers take turns slipping gingerly around it.

But I'm OK. Remembering to breathe I chant my mantra of choice. "Go slowly, be mindful, live simply." I've driven this road a thousand times, my four-wheel drive vehicle is equipped with new winter tires and the light snow promises powder skiing tomorrow. At a steady speed I patiently continue the climb.

Then suddenly I'm frozen like a deer caught in the headlights, but these headlights are in my rearview mirror. Well, excuse me for keeping to the 60 kilometre speed limit. Even the meditative music of my *Zen Garden* CD doesn't prevent me from white knuckling the steering wheel. What does this guy in the jacked-up truck about to jump into the back seat of my car not get about how long it takes to stop in snow?

OK, I admit it. I don't always keep to the speed limit either. There have been times on the Coquihalla, on a clear dry afternoon — when there are no other cars as far as the eye can see — that I may have driven 10, 20, so fine, maybe even 30 kilometres over the speed limit. But there's a time and a place for everything. And I figure a blizzard is no time to check your vehicle's top speed.

My driving skills were honed on the mean streets of Toronto, so I'm no stranger to slushy, slippery roads. Tutored by my dad in ice slicked parking lots on Sunday afternoons, back in the day when shopping was forbidden on the Sabbath, I learned to perform doughnuts with the

best of them and how to steer out of a skid. Lessons that came in handy when twice I encountered black ice, once in a compact car in a Vancouver morning rush hour and once on a country road in my half-ton pickup.

So, I'm here to tell you that trucks, light in the back, don't perform well in snow. And their lights are higher, now blinding me with a blazing reflection in my mirror. A tension headache threatens.

Still, I remain calm and maintain pace. Yoga, meditation and the wisdom of the Dalai Lama remind me to have compassion for others. We're all connected. In this case almost bumper-to-bumper. Only a few more kilometres.

I flip him the rearview mirror shade. I'll make it home to ski another day. And stuck behind me, so will he. **OL**



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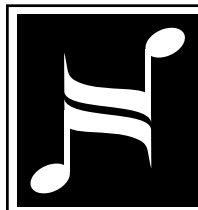


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