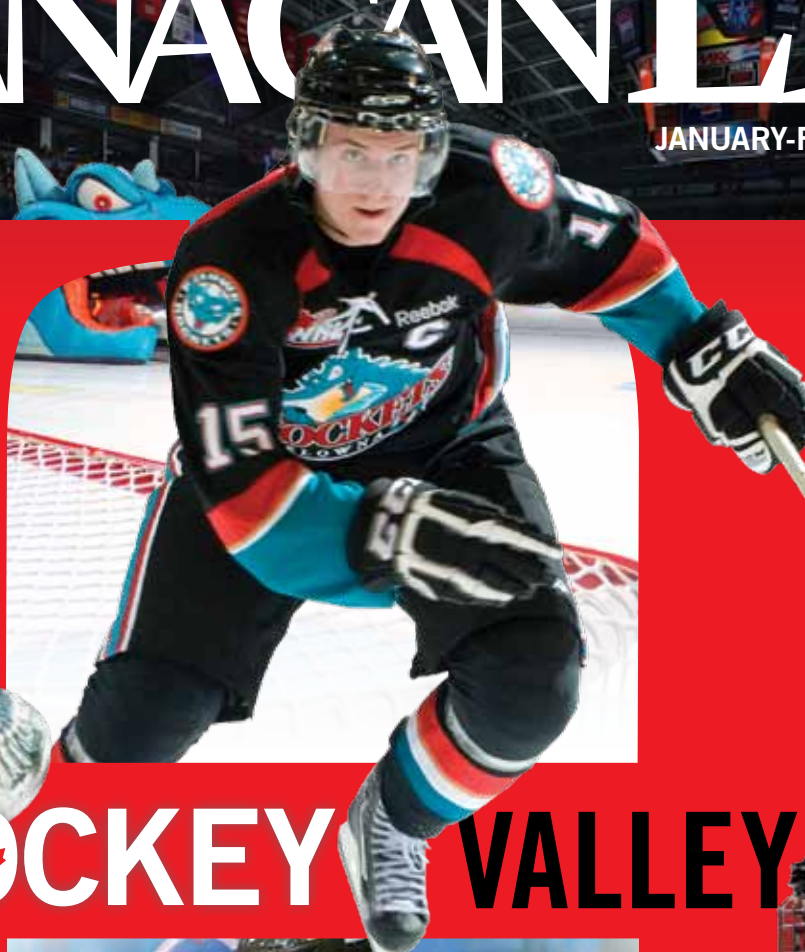
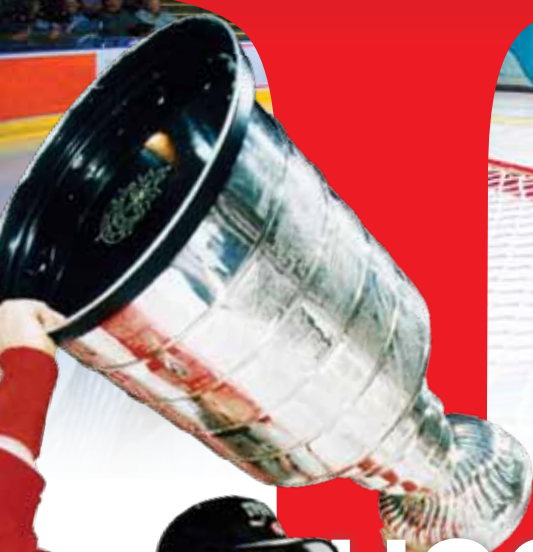


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Influenced

■ Being the youngest of eight children I was often seen and not heard by my siblings and their buddies. On this particular day in 1966, 10 of us were gathered around the TV watching the only channel we had. Yosemite Sam was influencing Bugs Bunny at gunpoint to do the high-diving act Yosemite had paid his six bits to see.

When a Cadbury Caramilk commercial came on, we salivated—influenced by the images and my 14-year-old brother Terry. You see, Terry had a paper route and was flush enough to afford the dime for the bar as well as a nickel for delivery from Benny's Confectionary. He contracted yet another younger sibling to run to the store and buy him the chocolate bar. Danny, ever the opportunist, realized that he already possessed a nickel so he too could purchase a chocolate bar with the pay he had yet to receive, get Terry's Caramilk, and be back before you could say abra-ca-pocus.

The deal was struck, money changed hands, but just as Danny was about to leave for the store, a Crunchie commercial appeared. Hard to believe, but even 14-year-old millionaires like Terry are susceptible to manipulation. He openly debated with himself on both choices.

The younger one anxiously waited, ever aware of the fact that his three-minute window of opportunity to complete the transaction before Sylvester stammered, "sufferin' succotash," was dwindling away. Terry was unable or unwilling to make a decision on which bar he actually craved more. The decision-making was becoming excruciatingly painful for the rest of us too. We could almost taste each delicious bite of both bars and truly felt Danny's pain on Terry's indecision. Crunchie final chosen, Danny bolted just as another commercial appeared.

"Oh Henry!" screamed Terry out the

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Lynn Wong, CA
Senior Manager

Always involved in the community; Lynn has been active as the treasurer for the Morningside Rotary Club and is now involved as a Director at large. Away from the office, Lynn and her husband enjoy being the number one fans of their two young children as they participate in various activities, including minor hockey, ringette, soccer and baseball.

At MacKay, Lynn ensures that her clients are well cared for. Her growing client base includes owner-managed businesses, professionals and not-for-profit organizations.

MacKay in the Community

Passionate about the community; Nicole currently represents MacKay at the Funding Really Early Development (FRED) table, a group of local investors who are jointly funding high-impact projects aimed at helping children to get a good start in life. She also enjoys supporting community fundraising events, including the Walk for ALS, the 24-hour Relay for Kids, and the Alzheimer's Society of BC's Walk for Memories.

At MacKay, Nicole primarily works in assurance and client services, assisting owner-managed businesses to meet their financial reporting and tax compliance needs.



Nicole Parent, CA
Manager

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door after his younger brother.

Whether Danny made it back before the high-diving act I do not remember. What bar Terry consumed is irrelevant. What my siblings, friends and I witnessed was the true power and influence of mass media at work. On the surface, we all might think the last TV commercial had had the final word, but I have learned that influence and life are really not that simple.

Influence is never a single scene or an invigorating instant. Rather, influence is a lifetime of emotional memories—some conscious, but the vast majority lying below our level of awareness. The colour of the candy wrapper, the grandness of the “Oh” scribbled across the bar and the memory of the laughter of our friends when we tore into our first peanut-covered cluster and so much more, all dance in our emotional brain, just out of reach of our conscious awareness.

Influence is actually automatic. It invades our senses, percolates through us and is stored in the 100 billion neural connections as emotional memories. This is one of the few places the 250-year-old ad industry has got it right—we call them brands.

Professor Gerald Zaltman at Harvard University believes that 95 per cent of all consumer decision-making occurs subconsciously. Imagine it this way. Your human body moves forward in time at the rate of one second per second, but the human brain can move through time in any direction and at any speed, accessing those memories. And 19 times out of 20 it is the powerful subconscious regions that make the decision and inform you later. Understand that and you understand influence.



John Paul Byrne
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BALLET NACIONAL DE CUBA

Kelowna: Feb. 11-12, 2012

Ranked one of the greatest ballet companies in the world and a must see. Under the leadership of the renowned Alicia Alonso, who at age 88 is still at the helm, Alicia and Fernando Alonso have created a uniquely Cuban style of dance, including a strong choreographic movement with works that rank among the most significant achievements of contemporary choreography. The company has performed in over 60 countries and received many international awards. For tickets phone 250.762.5050 or visit www.selectyourtickets.com.



LOST IN YONKERS

Penticton: Feb. 2-25, 2012

Set in 1942 Yonkers, New York, ne'er do well Eddie deposits his two young sons on his mother's doorstep while he hits the road to find his fortune. The boys are left to contend with their overbearing German grandmother, aunt Bella and her secret romance, their uncle Louie, a small-time hoodlum, and life above Kurnitz Kandy Store. Cannery Stage Thursday, Friday and Saturday nights at 8 p.m. with Sunday matinees at 2 p.m. Tickets at Wine Country Visitor's Centre phone 250.493.4055. www.manyhatstheatre.com.

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Kelowna: Feb. 10-11, 2012

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2012 BC WINTER GAMES

Vernon: Feb. 23-26, 2012

Sign up to be a volunteer or cheer on the athletes. The Winter Games attract about 1,400 young developing athletes from every region of the province to compete in archery, badminton, biathlon, curling, speed and figure skating, gymnastics, hockey, judo, karate, netball, ringette and skiing (alpine, cross-country and freestyle). To register as a volunteer or for complete competition schedule visit www.bcgames.org.

KIWANIS MUSIC FESTIVAL

Penticton: Mar. 7 – Apr. 28, 2012

The festival hosts over 1,800 competitive and non-competitive young amateur performing artists in nine disciplines including strings, guitar, piano, woodwinds, brass, vocal, dance, musical theatre and speech arts. Judges critique each performance. The festival ends with two highlight concerts in music and dance. For program and more info visit www.pkmf.org or call 250.493.8322.

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Vernon: Mar. 10, 2012

The Woman of Worth Conference, at Sparkling Hill Resort promises to be a full day with guest speakers, lunch, entertainment, door prizes, fun, laughter, empowerment, education and inspiration. This year's speakers include humourist Linda Edgcombe, women's health expert Brenda Eastwood, productivity expert Rhonda Victor and humanitarian Emily Chartrand from Penticton. For more info and tickets visit www.thewowevent.com.





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COMMUNITY ACTIVIST

■ “I feel like we were put on this planet to help one another,” says Hannah Paracholski a 14-year-old Vernon Secondary School student. “I think we should go out of our way to do so whether the person is next door or far away.” When Hannah sets her mind to something, it gets done with a big heart and impressive results. Whether it’s placing in an Irish dancing competition, winning a downhill slalom ski race or reaching out to help others

across the globe, Hannah stays committed, especially when it benefits others. She showed her willingness to jump in with both feet during her crusade to help Japanese tsunami victims. After seeing the aftermath of the earthquake and tsunami on the news, Hannah put together a team and organized a fundraising run and fun day that raised over \$7,000. “We were so amazed at the support we received for those in Japan.

They are people just like us that needed our help,” she says. Closer to home Hannah volunteered more time in an effort to gather votes in a sadly unsuccessful bid to advance in a competition that could have seen \$150,000 awarded to the rebuilding of Camp Hurlburt, an outdoor Vernon youth camp. Hannah believes if you reach out to others they might do the same for someone else down the road, and that’s what’s really important. —Stacy Pavlov

Pirouette

Kelowna dance troupe teams up with master chefs for the arts tour de force of the season

■ It's time to dust off your formal wear and join Ballet Kelowna for a special evening of food, wine and dance on Feb. 4, 2012, at the Delta Grand Okanagan Resort.

Ballet Kelowna is a non-profit society dedicated to inspiring, educating and entertaining through the energy and artistry of ballet. Funding from grants, individual and corporate sponsors helps keep the six dancers en pointe.

Started in 2002, the organization has built a professional company that fosters excellence, develops Canadian dancers and opens a world of dance to audiences (and budding dancers) in communities large and small in both BC and Alberta.

Because of the training and experience the dancers receive, several have gone on to be scouted and hired by Alberta Ballet, Ballet British Columbia, National Ballet of Canada, Royal Winnipeg Ballet and others.

Each year the troupe performs two separate seasons as well as appearing in the *Nutcracker* with

the Canadian School of Ballet. The company commissions new works from emerging and established Canadian choreographers, and presents masterworks from the Canadian ballet legacy along with ballets and excerpts from the Classical and Romantic eras.

This spring audiences will be taken on a passionate journey. Argentine composer Astor Piazzola's exciting and vibrant music is the inspiration for *Tangazzo* (2005), an intoxicating look into the seductive dance of love and passion. *Romeo and Juliet Appassionata* (2010), set to Tchaikovsky's soaring and powerful music, is a condensed version of the familiar tale of star-crossed young lovers.

Last year *Pirouette* raised over \$125,000 for Ballet Kelowna. This year's event promises to be the culinary experience of the season.

Some of the Valley's best chefs have been busy preparing a five-

course menu. Stuart Klassen at the Delta Grand Okanagan Resort will be sharing his kitchen with Rod Butters (RauDZ Regional Table), Bernard Casavant (Manteo Resort), Mark Filatow (Waterfront Restaurant), Sandrine Raffault-Martin (Sandrine French Pastry & Chocolate) and Roger Sleiman (Quails' Gate Old Vines Restaurant). Junior chefs of the Okanagan Chefs Association will be lending a hand on the day to help prepare the plates for the 220 guests.

You can expect a sumptuous dinner, ballet performance, silent and live auctions, and after party, all for \$250. For tickets visit www.balletkelowna.ca or call Debbie MacMillan at 250.764.4803 (buy a table, donate an auction item or become a sponsor). **OL**



by Shannon Linden

Romantic backgrounder

Girls, goats and all that Valentine gush



■ According to the Romans, Venus was the goddess of love and the little naked guy with the bow and arrow was her son. Since the origins of Valentine's Day are steeped in Roman history, it makes sense that Cupid makes the most of his celebrity on February 14th.

Like many histories mixed with folklore, the roots of Valentine's Day are not actually known, but a few ideas go like this:

Valentine was a Catholic priest who served as a soldier in Roman times. When Emperor Claudius II outlawed marriage for soldiers because it distracted men from the task of defending the empire, Valentine performed the ceremonies anyway, eventually paying the price with his life.

Another idea suggests he was killed for helping Christians escape Roman prisons. But the most popular version of Valentine's rise to sainthood claims that

while in prison he fell in love with his captor's daughter, cured her from blindness, and on his execution bed, sent her the first valentine: a letter proclaiming his love, signed, "Your Valentine."

Whatever the truth there's an unsettling common thread here: death. Apparently love does more than hurt; it kills.

Frankly the only thing I find deadly about Valentine's Day is the date. Cold temperatures and cloudy skies make me embrace any excuse to be particularly nice to my husband, book a babysitter and go out for dinner. Roses do something to elevate the mood, too. But that's not why we celebrate the day of hearts during the dreary month.

A nice notion is that February marks the anniversary of St. Valentine's burial. A not so nice notion is that it was chosen by the church to divert attention from the pagan festival, Lupercalia, in which goats (for fertility) and dogs (for purification) were sacrificed. Apparently boys then dipped slices of goat hide in the sacrificial blood, gently slapping them against both women and crop fields to encourage fertility.

I hope Valentine turned red in his grave over that one. A man of true romance, I'm sure he'd take issue with women and crops being one, and surely with the slapping of hide on hide. The only slapping I want to see is my husband's hand banging the table faster than mine for the dinner bill.

But in Roman times the fun didn't stop with the fur. After getting whacked with a bloody bit of goat, the women got to put their names into an urn

for the men to play lotto. Bachelors drew names and the lucky gals picked were theirs for a year. Apparently a lot of these matches ended in marriage—first comes goatskin-induced fertility, then comes marriage.

Around 498 AD, Pope Gelasius decided this kind of match making was missing something (other than sanity). Proclaiming it unChristian, he named February 14th St. Valentine's Day.

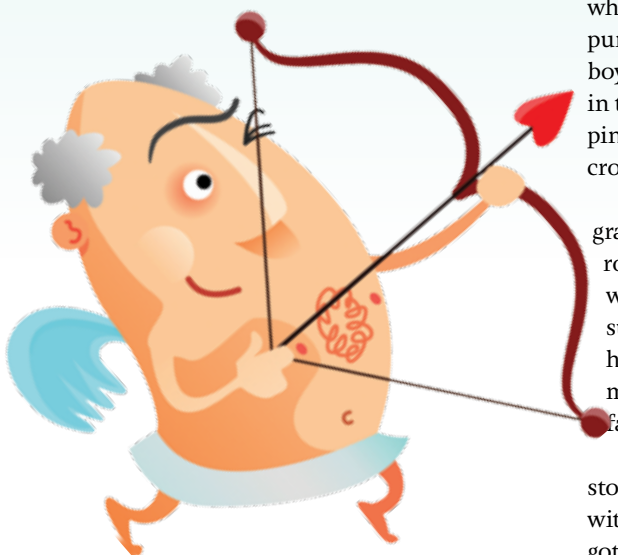
The celebration became solidified in the Middle Ages, when the French and English set aside the day for romance, in part because they believed mid-February was mating season for birds, so why not people?

Apparently North Americans got into it around the 1700s, with a woman creating the first commercial greeting cards a century later.

Women are still drawn to cards (85 per cent of valentines are bought by women). Sure, we've come a long way since being slapped with sacrificial animal skins but I'm sure St. Valentine is shaking his head in shame—again—somewhere. Never mind the animals, he sacrificed himself for love. Surely mortal men can at least manage a greeting card?

For the record, my husband is immortal in my eyes and a lot of guys I know do try harder to romance their significant others than those statistics suggest.

But perhaps there is a lesson in this for everyone. Avoid the goat cheese salad on Valentine's Day and pen a love letter (or at least sign a card) for someone special, because love really is worth celebrating. **OL**



Not a grannie's tale

Knitting a winter work of art

■ It's a cold winter evening. I gather my jacket around me, tucking my hands into its folds and shrugging my shoulders to block the wind from my neck. I scurry into a warmly lit store, and see a table circled by eager 20-somethings, chatting and laughing as they pull out their supplies. A no-nonsense woman with silver hair and spirited eyes walks out from the backroom to greet her students. She's backdropped by dozens of boxes filled with folded orbs of colour, waiting to be plucked and formed into their future shapes.

"What's everyone working on today?" she asks.

"I thought I would try the left hand fingerless," says one; "I'm shooting for a hooded cowl," says another. The only boy in the group pipes up, "I'm making a bikini for my girlfriend." He throws back a loose strand of hair and pulls out two firm balls of yarn.

I've just entered my first knitting class. Not only am I the oldest one here, but by the sounds of it the most out of touch with current trends in the knitting world. "I want to learn how to get the yarn on my needle," I manage to mumble, my head slowly panning the room, mouth agape at the endless materials, tools, samples, books and patterns that line the walls. I'm at The Art of Yarn, a beautiful shop in Kelowna that provides endless fuel for those passionate about the many things that wool and her threaded sisters have to offer.

I have a small goal, a scarf for my husband. I thought I came to learn a skill from the days of yore, a quaint

talent I would pick up from a group of loving and slightly gnarl-fingered grannies crocheting tea cosies as fast as I could pour a cup of Earl Grey. As I sit among my young peers, however, and admire an incredible pair of socks someone made, which are practically Monets in merino, I'm awakened to the truth behind the needles; knitting is for all ages and personality types and you can make anything from a sweater vest to a baby booty into a work of art.

So much can be said with a twist of the needle that it is perhaps the most versatile of three dimensional pallets. That the life span of clothes and bedding is often short lived, makes handmade originals all that much more precious. My mother was not a knitter, but she did turn out a small yellow and orange blanket of soft wool

while I was waiting to be born. It is, in its humble innocence and crooked edge, a tale of transition and hope painted in affordable yarn that was sturdy enough to outlive the havoc and daily disasters of a baby gone wild. How can that not be considered art in its most serving form?

I look over basic scarf patterns as the clicking of needles fills the room and the class hums with the energy of creative motion. I pick one that is simple, but different, and decide to stitch a little symbol on the end that means something special to my spouse. In the past I've given him paintings and other art as gifts. I hope, in the details of the stitching, he will see my love and imagination indelibly offered through my very first steps into the art of yarn. **OL**





WINNING WORK ETHIC

■ Jeremy Woo doesn't do things for others to gain glory, accolades or attention, he reaches out because it fills him up. "When you help someone else, you feel and they feel better. There's twice the benefit," says Jeremy, a 17-year-old, Grade 12 Kalamalka Secondary School student. For the past two years Jeremy's been the brains and the workhorse behind the Vernon Lawn Bowling Club's 24-hour bowling relay raising almost \$7,000 for the United Way, a good portion of which

he sees go back into his community. "If I follow my heart, I'll make a difference. I really want to leave things a little better than they were before," he says with pride. Jeremy credits his parents with his drive and strong work ethic and says if it weren't for his family he wouldn't be making such a difference. Along with his volunteer work Jeremy also runs the school newspaper, stage manages for the drama club, curls four

days a week and holds down a part-time job. Jeremy is also leader of the Safe School Team, a group that promotes respect, anti-bullying and connectedness. "That's really important for kids to understand," he says. Yet as busy as Jeremy is doing for others, he makes sure school work is a priority, maintaining a 90 per cent average. "Hard works gets you somewhere. It might sound old fashioned, but that's how it's done." —Stacy Pavlov

PHOTO BY STACY PAVLOV



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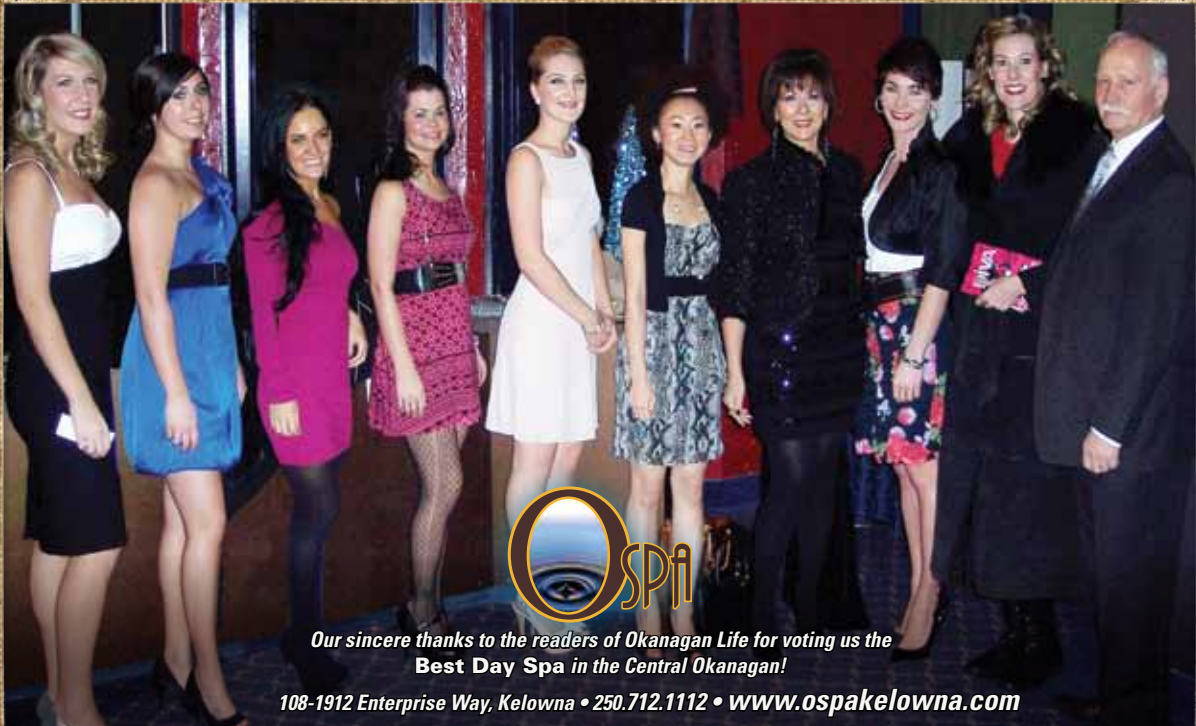
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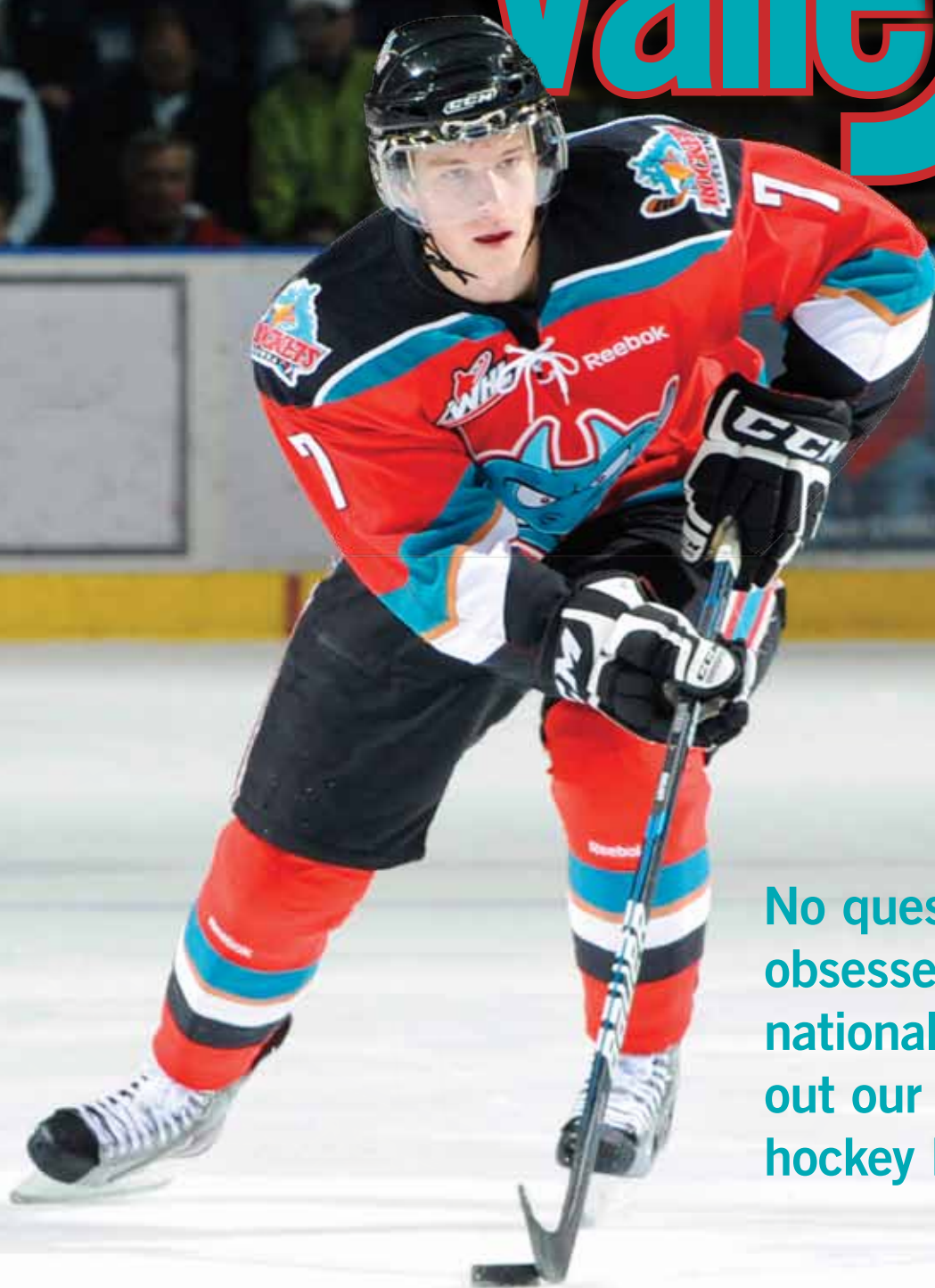


The Home Hardware CHL/NHL **Top Prospects Game** showcases 40 of the league's **Top Prospects** eligible for the **2012 NHL Entry Draft**, including **Kelowna Rockets** Forward **Colton Sissons** and defenceman **Damon Severson**

ROCKETS

Hockey Valley

By John Paul Byrne



No question we're obsessed with the national sport. Check out our Okanagan hockey highlights



On the Scouts' List

The top prospects for the 2012 NHL draft will take to the ice at Prospera Place in Kelowna at the end of January. It will be familiar territory for two talented Kelowna Rockets.

The Rockets' right-handed captain Colton Sissons (#15) fin-

ished December with 21 goals and seven assists. Dubbed a defensive forward, Sissons' proficiency at both ends of the ice may be just what the scouts are looking for in a multi-faceted player.

Also on the scouts' radar is

defenceman Damon Severson (#7) who neared Sission's end-of-year record with 20 points including four goals. With size, great skating and an ability to jump into the play, Damon's talent may take him to the next level.

Fan Appeal

Spending time with their loyal fans is as much of a thrill for the Penticton Vees as it is for the kids who join the team for their annual community skate. As of the end of December 2011, the Vees had six of the top 10 scoring leaders and were ranked #2 in Canadian Junior A hockey.





Pursuit of Excellence

Jordan Krause (inset above) is taking to the ice in the cherished red jersey. The young Kelowna defence is going for gold with Team Canada in the 2012 Under 18 World Championships in the Czech Republic.

A midget AAA player on the Pursuit of Excellence Academy team, Jordan sees coach David Roy (right) as a role model.

"He has such passion for the game, an unbelievable drive to help me and all my teammates to improve. His strong character inspires me every day to just keep going," she says. "As a result of his knowledge of the game and values as a person, I feel like I have one of the greatest opportunities in the world and am going to do my best to soak it all up."

Having a powerful influence on hockey players is nothing new for Roy. As one of the most respected skating coaches in the world, he's worked with national, Olympic and NHL teams. A former skating coach for the Philadelphia Flyers and Dallas Stars, Roy returned to Kelowna to start his hockey camps in 2003.

For young, Okanagan athletes, the support has propelled their careers. West

Kelowna's Justin Schultz attended the academy for two seasons prior to playing with the Westside Warriors. Chosen by the Anaheim Ducks in the 2008 NHL Draft, the young defenceman is attending the University of Wisconsin, playing for the Badgers and leading the scoring.

In the 2010 WHL Bantam Draft, Vernon's Curtis Lazar, another academy student, went second overall to the Edmonton Oil Kings. The 16-year-old centre has already wrapped up 10 goals and nine assists in his 33 games this season.

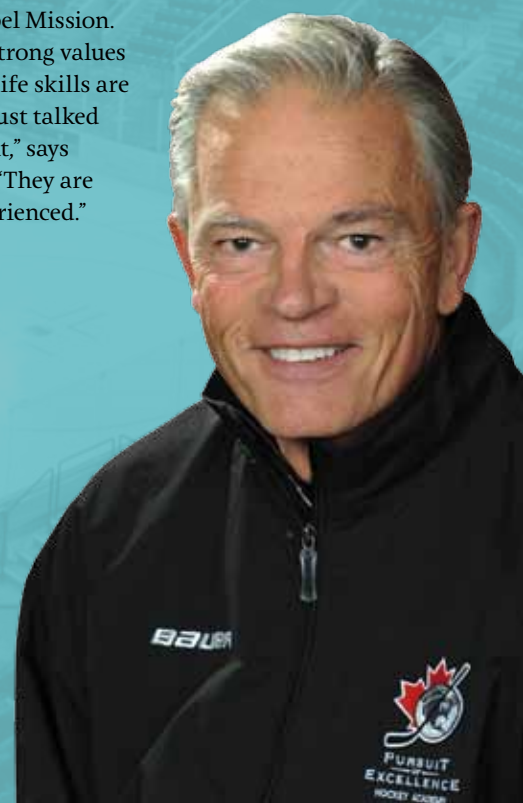
Roy has touched the lives of many hockey players, sharing his passing and talent for explosive speed with a number of NHLers from Dany Heatley to Brendan Morrison.

"We're not just a school for elite players," say Roy. "Our goal is developing kids as hockey players and people." Roy and his wife have worked with kids all their lives and they believe that hockey is a great vehicle. With a half-day in school and half-day working on the game both on and off the ice, academy players improve their hockey skills and mental preparation.

The development of every player's

character and values is of equal importance to Roy. The academy provides players the opportunity to be involved in the community and in specific projects of service to others. Players have travelled to Mexico to build houses for the poor, sponsored children from Third World countries and served food to people off the street at Kelowna's Gospel Mission.

"Strong values and life skills are not just talked about," says Roy. "They are experienced."

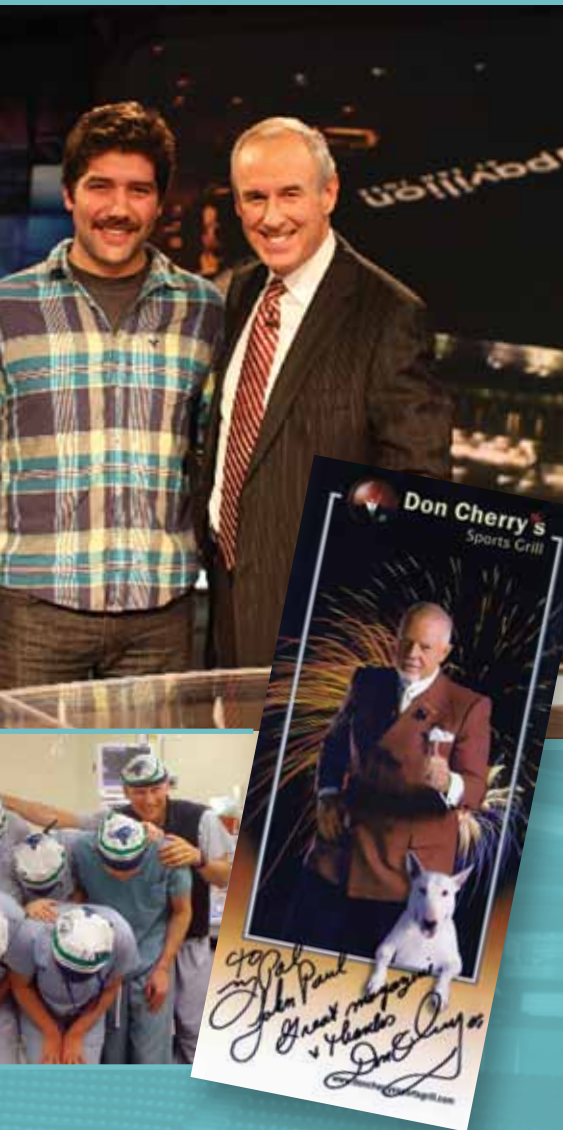




NHL Roundup

With the cup: Brent Gilchrist (left top & bottom) is a champion in so many ways. In 1998, he hoisted the Stanley Cup as a forward with the Detroit Red Wings. Today, he's a champion fundraiser in the community. For 20 years, his invitational golf tournament has raised funds for the BC Children's Hospital and the North Okanagan Neurological Association, reaching over the million dollar mark. Brent is just one of many NHLers living and coaching in the Okanagan, supporting both charities and young player development.

In the net: Kids of all ages, like weekend warrior Greg Thierman (second row left) dream of shooting the puck like Wayne Gretzky, but the dream of any young goalie is to stop the puck flying off the Great One's stick. In 1985, a Hersey Bears goalie got the call



to the NHL when a tragic auto accident took the life of the Philadelphia Flyer's number one goaltender Pelle Lindbergh. Darren Jensen (top & second row middle) now calls the Okanagan home and still revels in his victory over the defending Stanley Cup champion Edmonton Oilers.

Behind the camera: The game is long over but the highlight reels still run, thanks in part to Kelowna native Dimitri Gammer (top right), an associate producer with CBC. Clocking many hours in the Hockey Night in Canada "war room" Dimitri pulls footage for Don Cherry, Ron MacLean and Kelly Hrudey

In the OR: During last spring's playoff run, Canuck fever was burning hot in the Penticton Regional Hospital operating room.

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On the Bench

Cheers rise to the rafters in Rutland Arena as families root for their new hometown favourite, the Kelowna Chiefs. A development team for the Western Hockey League, the Chiefs provide a competitive level of junior hockey, attracting players who want to study at Okanagan College and UBCO. The team's 2010 move to Kelowna was due in part to the efforts of Grant Sheridan who has taken the reins as assistant coach. Hockey permeates Grant's life. The Sheridans billet Kelowna Rocket Zach Franko and their seven-year-old son Tanner is busy with minor hockey. During the day, Grant keeps his coaching skills active, setting financial strategies for professional players through his work with the Peacock Sheridan Group. He says, "Hockey is my hobby, my business and my passion." **OL**

At the Box Office

Ticket in one hand, pop and snacks in the other, fans head to their seats. A great crowd sparks spirit in the rink and adds millions to the local economy. In 2011, the Kelowna Rockets, a franchise in the Western Hockey League that showcases the highest level of junior hockey talent in Canada, pegged the indirect annual economic impact of the team at \$31.5 million.

UBC Okanagan economics associate professor Ken Carlaw, who headed up the study, looked at both the economic and social impact hockey can have on a community. For any young player, a chance to skate or meet with a hockey star is a thrill. For a vulnerable youth, hearing from a hockey hero could mean turning away from drug use. Ken points out that the Rockets' investment in school outreach and charity programs is an investment in the social fabric of the community.

The Kelowna Rockets are among the top producers both in terms of pennants won and players graduated to the National Hockey League.

At least 20 former Rockets, most following their NHL careers, have returned to the Okanagan to live.

Downtown Kelowna is a buzz during a home game. Fans catch a quick bite before the game, out-of-towners stay at hotels, and special guests are wined and dined in corporate-sponsored suites. When the dollars are added up, nearly \$15 million flows into local stores, restaurants and hotels as a result of regular season activities. And when the team makes the playoffs, another \$5 million is generated for the local economy.

The organization itself generates nearly \$4 million in direct benefit: staff salaries and wages, advertising done by the team, player pocket money and expenses, billet expenses and the annual cost of the WHL scholarship program.

OUR OTHER ICE SPORT

Story & photos
by Bruce Kemp



When Mom warned you not to throw stones, she wasn't talking about this popular Okanagan winter-buster

When you see the portrait of James Cameron Dun-Waters (the Okanagan's early 20th century answer to Scottish landed gentry) on the cover of Stan Sauerwein's book *Fintry*, you wonder if this man ever had a passion for anything. Known as the Laird of Fintry, his face defines the dour Scotsman.

Togged out (and "togged" is the only adjective that comes close to working) in his curling tweeds and Tam o' Shanter, he glowers at the viewer from the sepia-coloured photo. Could this man possibly be having fun?

Apparently so. James was so obsessed with curling that he wrote this ode to the sport:

*"You cannot be a piker
and you must stand the gaff,
And learn to hit them with a smile
and miss them with a laugh."*

Before cars and chairlifts made downhill skiing accessible, curling was the Okanagan's big winter sport. By the turn of the

20th century, every town in the North Okanagan had its own curling sheet (read ice rink). It's not that southern Okanaganites didn't like to curl, but the game was played outdoors in those days and the southern end of the Valley was often not cold enough to form a stable ice surface.

Curling arrived with the earliest immigrants and was promoted by the likes of the Laird of Fintry. He was so devoted to the broom and stone that employment on his estate often depended as much on a man's ability to curl as it did on his ability to do the actual job.

The Laird's 21st century curling descendents are cut from a different bolt of tweed. Although the game is taken just as seriously, today there's a lot more laughter and not a dour face among the players.

Kids as young as eight curl in organized leagues and seniors well into their upper 80s and a few in their early 90s still play for the love of the game.

Curling is regarded by many as an old man's game. Americans scoff and refuse to call it a sport because there's no fast action or violence and the scores don't skyrocket to create the feeling that something great has been accomplished. Even video game designers don't see enough action in curling to create a virtual version. Google curling and the closest thing you come up with is Barbie's curling iron.

When you talk to a dedicated curler, you hear apho-

risms like “chess on ice.” Curling is a game of strategy and cooperation more than sudden bursts and individual stardom. It doesn’t take a rare individual to play, just one willing to walk a different path.

At the Kelowna Curling Club (KCC), Ewan and Ramsey Murray are making headway in the sport. The 12-year-olds are part of the club’s 15-member junior league. Fraternal twins, the brothers wear orange hoodies—a far cry from the Laird’s tweeds and tam. But they’re serious enough to defend curling in the face of all the hockey hoopla broadcast on television.

“Hockey’s too violent,” says Ewan. “I watch it on TV and see all the guys getting hurt and I don’t want to be injured. Besides, I’m not that good at skating...”

Ewan and Ramsey are on the KCC Junior Club’s travel team, playing in tournaments with other clubs around the Valley. There are 14 curling clubs in the Okanagan where they can compete.

Teammate Logan Miron, also 12, has been playing for seven years. Like a lot of curlers, he started with his

grandpa and although he likes watching hockey, he understands the financial cost of the game. “It’s too expensive. With curling I have a lot of fun and it turns out that I’m good at it.”

Anyone interested in curling can get into the game for under \$50. All you need is a broom and a set of clean-soled shoes. The stones and ice sheets are provided by the curling club.

Girls have a different take on the sport. It’s a level playing field with the boys and as much for socializing as it is for the good-natured competition.

Vernon’s Carley Cade also came to the sport through her grandfather, Doug. He’s been curling for nearly 40 years and started on outdoor sheets in the North Thompson. Now he coaches the juniors at the Vernon Curling Club and passes on his knowledge to Carley, mixed in with a bit of family together time.

Hailee Kepes is another keener. Within her first month-and-a-half of curling she had improved to the point where she joined Logan, Ewan and Ramsey on the KCC travel team. “I really

Curling starter-kit

Curling has its own language and strategic tactics, which can be a little confusing if you only watch the Brier or Tournament of Hearts once a year. Here’s a primer to get you started and talking like a curler.

Gear, Rules and Play

Curling sheet: The sheet of ice the game is played on is pebbled like an orange peel. The ice may be fast or slow. On fast ice, a stone will travel farther with a given amount of throwing force.

Stones: Sometimes called rocks, modern stones are polished granite and weigh between 17 and 20 kilograms. They have a handle on the top and a maximum allowable circumference of 910 millimetres. Originally, curling stones were flat on the bottom, but today’s stones have limited contact area called the running surface, a ring slightly more than six millimetres wide and only 130 millimetres in diameter, and the edges round up and away from this. Modern stones allow the thrower a greater ability to turn the stone creating the “curl” in its path down the ice. This lets the thrower place the stone with more precision.

Brooms and brushes: These are used to sweep the ice ahead of the stone and for balance by the thrower. Originally, when the game was played outdoors, curlers used brooms made of corn fibre similar to today’s household broom to sweep the ice clean and affect the action of the stone. Sweeping melts the top surface of the ice, producing a thin film of water that reduces friction with the stone allowing it to move faster. Brushes came into use by older curlers who needed support, but they have now been adopted by all curlers. Today brushes have pads rather than bristles.

Shoes: Depending on how serious a player is, the curler has the option of using dedicated curling shoes or slip-on soles that are worn over a clean pair of athletic shoes. Dedicated curling shoes have two different soles—one with a smooth sliding surface and the other with a textured surface to grip the ice. The smooth sole is worn on the shoe a player glides on and is usually Teflon. The hack shoe (the one used in the hack and to propel the player up and down the curling sheet) is designed to grip the ice.



Teams: Four players to a team. Each player throws a stone. The skip is the person who controls the play by directing the throws of teammates and the work of the sweepers. In play, one person throws, two sweep and one directs. When the skip throws, the third directs.

House: The circular targets at each end of the curling sheet made up of three rings defined by their diameter as the 4-foot, 8-foot and 12-foot rings.

Button: The centre of the house.

Hack: Gives curlers something to push against when making the throw. Hacks are placed 12 feet behind the button.

Centre, hog, tee and back lines: The centre line evenly divides the curling sheet along its length. The hog line (21 feet from the button) is the point by which the thrower must release the stone. The tee line crosses the centre of the house and the back line is at the outside edge of the 12-foot circle nearest the hack.

Hammer: The last-rock advantage in an end. To start the game, teams may toss a coin to determine first end hammer. Then the hammer goes to the team that did not score in the preceding end. If neither team scores, the hammer remains with the same team. The team with the hammer tries to score two or more points and if only one point is possible, the skip may decide not to score in order to keep the hammer for the next end.

Play: Players deliver stones to reach a particular position in the house (draw shots), to rest in front of the house (guard shots) or bump an opponent's stone out of play (takeout shots). Until four stones have been thrown, takeout shots cannot remove an opponent's stones from the free guard zone (between the hog line and tee line outside the house).

End: Games are comprised of ends—10 for advanced competition and eight for club play. Each team plays eight stones in an end. When all the stones have been delivered, the team with the stone closest to the button wins the end and scores a point for each of their stones lying closer to the button than the opponent's closest stone. Only stones lying in the house can score.



like curling and it's really helped that I'm with an amazing team who are helping me get better and better."

The first written record of curling was in 1541, but the game was obviously played well before that. Curling was an outdoor sport between the 16th and 19th centuries and may have benefited from what is now known as the Little Ice Age. This was a cool period lasting from the Middle Ages to the mid-1800s, which coincided nicely with the growth of curling.

Because of the long, cold winters Canada proved an ideal locale for the sport. It arrived with decommissioned Scottish soldiers who received land grants as pensions in what was to become Canada.

The Royal Montreal Curling Club was founded in 1807 and is the oldest continually active sports club in North America.

Scotland still maintains control over the game that most Scots feel is their national sport. The World Curling Federation is based in Perth, Scotland, and the Royal

Opening page: Eight-year-old Zack Kuechle positions his stones in front of the hack prior to his throw in the Penticton Curling Club's Junior League.

Facing page: Kelowna Curling Club Junior Club players.

This page: (Top) Penticton junior curler Jade Decosse. (Bottom) Sweepers get ready to give her stone some help.



Caledonian Curling Club is the “mother club” of curling. Ironically, the Royal Caledonian was founded in 1838 making it 31 years younger than the Royal Montreal.

Also known as the “roaring game” because of the sound the stones make as they pass over the ice, curling is now played across northern Europe, Japan, China, Australia, New Zealand and Korea.

Yet for a game that’s been played constantly for at least five centuries and internationally for nearly two hundred years, curling is pretty casual compared with many other sports. The first world championship, in Edinburgh, Scotland, wasn’t held until 1959.

Canada took home the first Scotch Cup. Ernie Richardson, from Regina, skipped the winning team. Ernie and his family are game legends of the sort Don Cherry would love to talk about.

Curling finally made it into the Olympics in 1998, but Olympic curling has kind of a hazy history. It was introduced to the International Winter Sports Week in 1924 and sporadically continued as a demonstration sport.

In a strange twist in 2002, the International Olympic Committee (IOC) declared the 1924 Winter Sports Week to be the earliest Olympic Winter Games. The IOC then went on to award medals to the winners of that event. In a competition that included only men and official teams from just three nations, Great Britain received the gold, Sweden took home the silver medal and France walked away with the bronze.

But all the events between then and 1998 were only considered demonstration games. Too bad. In the 1932 Olympics, for example, curling was a demonstration sport with teams from Canada and the United States. Canada won, 12 games to 4.

Stone and broom have been taken to heart in this country. According to the Canadian Curling Association, we are the

largest curling nation in the world with more than 729,000 active players (2008 Census). Since 1998, both men’s and women’s teams have stood on the podium in every Olympics.

When Sandra Schmirler, first ever woman’s curling Olympic gold medalist, died in 2000, over 15,000 people attended her funeral and it was broadcast on national TV.

So what is it about curling that appeals to the Canadian soul? Is it the lack of bench-clearing brawls? Or is it civility and polite competition where you don’t have to man-up on steroids and UFC commercials?

This is a very civilized game played by all ages where sportsman-like teams shake hands and wish each other “Good curling” before the event and afterward, teams stack their brooms and the winner traditionally buys the loser a drink.

Curling is a game for people with a wide range of physical abilities

Stick curling has come on strong in recent years. This version of the sport allows the players to use “push sticks” to deliver their rocks. For



many folks with joint issues, this allows them to play the game without having to bend or squat at the hack (the anchored blocks from which players push off on the slick ice surface).

An experienced stick curler has all the control players using hand-thrown stones have. The stone can be spun either clockwise or counter clockwise to alter its course down the sheet and the weight of the throw (the force with which the stone is thrown) can be varied to successfully accomplish different tactics.

Stick curling also makes it possible for special needs athletes to take part in the sport. Jonathon Macdonald, a 24-year-old special athlete and his buddy Dayle Booth represented KCC at the Special Olympics provincial championships a few years ago. Another friend, Joanne Siefried played on the provincial Special Olympics team and placed second in the recent provincials.

Joanne, along with Teri-Kay Lawrence are the veterans of the Special Olympics team having joined when KCC first offered stick curling.

All three are proud and brag about their accomplishments. But



Jonathon has another reason why he likes curling—it introduced him to his girlfriend and fiancé Tiffany Conners.

Tiffany curls from her wheelchair. When it's her turn to throw, a teammate pushes her chair off from the hack and she guides the stone with her stick toward the hog line (the line where a curler has to let go of the stone or be penalized). Tiffany is in total control and follows the skips directions on placement.

When she has to sweep, she works her brush over the ice surface while being pushed along.

"I have a lot of fun on the curling team. The people are really nice and I get to meet a lot of new friends. It's especially cool because I got to meet Jon through curling." Tiffany holds up her diamond engagement ring emphasizing her love of the stones. **OL**

Facing Page: (Left) Kelowna Curling Club teen player. Many young people become full members in their clubs. (Right) Lois Lynka of Penticton now uses a curling stick to throw her stone without having to bend down. **This page:** (Top) Kelowna Curling Club's Special Olympics athletes. (Bottom) Logan Miron (left) and Ewan Murray sweep their teammate's rock into the house. Both boys play on the Kelowna Curling Club's junior travel team.



Steroids fo

Performance-enhancing drugs can give athletes an edge on the

When “Benfastic” Johnson flew across the finish line in Seoul, capturing the 100-metre, 1988 Olympic gold medal, Canadians marvelled at our machine of a man. He’d clocked his win at a world-record breaking, 9.79 seconds.

Then the truth came out: Johnson was indeed a machine—a carefully constructed, steroid enhanced, ripoff of the real thing. Ceremoniously stripped of his titles after testing positive for a performance enhancing substance, Ben Johnson’s downfall gave rise to an ongoing issue in sport: Who’s using drugs—or perhaps more accurately, who isn’t?

Talk of the “juice” to jazz performance is so commonplace it’s passé. What’s very today, however, is how a whole new breed of abusers is using performance enhancement drugs in an entirely different domain: the classroom.

Never mind the Olympics, nowadays young adults are competing on the world stage for employment. That puts a lot of pressure on university students and just as Johnson looked for the athletic edge, some post-secondary students are turning to academic doping to compete for scholastic excellence.

The student’s little helper

They’re touted as medicinal miracles for youth suffering from attention deficit hyperactivity disorder (ADHD), but what happens when healthy students take mild amphetamines like Adderall and Ritalin? Not an uncommon practice on some American campuses, more and more Canadian kids are taking stimulants for the purpose of staying alert for prolonged periods of time while experiencing improved productivity. Known as “study drugs,” about 5.5 percent of students recently surveyed at McGill University in Montreal admitted to taking some sort of speed for cognitive enhancement.

Supplied by fellow students for whom the drugs are prescribed, academic dopers claim to get phe-

By Shannon Linden

r students

e competition, but can pill-popping pump up students' grades?

nomenal, short-term focus, a sort of sharpening of the mind. One student said he was able to read multiple chapters faster, free of boredom, while another claimed she pumped out a term paper in one night. Then there are exams. Who wouldn't want to be able to comfortably cram?

If it's a little scary, what it's not, is limited to big cities. Students all over the country are savvy to the stuff, including right here in the Okanagan.

"I used to have a prescription for ADHD meds," one 22-year-old biochemistry student at the University of British Columbia-Okanagan (UBCO), admitted. "I didn't exactly sell them to friends. More like traded one for a beer at the bar." No longer on the medication, he struggles to stay awake through long study hours, prompting him to turn to other stimulants for energy. Pulling a bottle of ephedrine (a stimulant found in some cold medications) from his pack, he shrugs. "If you're sleeping, you can't learn."

While most students would agree, keeping up with the demands of studying, work-

ing at part-time jobs and maintaining their social lives isn't easy, a significant number said that turning to stimulants—while tempting—wasn't the answer.

A group of 17- and 18-year old young men, all of whom moved from places ranging from BC's Lower Mainland to the Maritimes to attend UBCO, condemned the practice. "If I'm going to get something, I'd rather do it through hard work, otherwise, where's the satisfaction?" one asked.

"The point is to learn something, not just pass your courses," another added.

Some students were unaware the trend exists. "I don't know what it is," an 18-year-old art major said, while a young man studying science agreed, "I've never even heard of it."

Roger Wilson, senior counsellor at the Health and Wellness Clinic at UBCO admits, academic doping may not be as prevalent here but that doesn't mean it isn't a concern on campus.

As part of the American College Health Association, UBCO participates in the National College Health Assessment, a survey that scopes student health habits, behaviours, and perceptions. Recent results confirm: academic doping is about half the problem at UBCO as say at McGill. Of the 1,300 students who responded to a 2010 survey (three per cent male; two per cent female) almost 2.5 per cent admitted to taking stimulants not prescribed to them.

"It's a lower number," Wilson says, "But we have to be aware of it and keep track of any kind of substance abuse on campus."

So far he hasn't had any students visit his office who admit to taking stimulants for the purpose of improving

performance. "It's typically anxiety, depression or relationship issues that can involve substance abuse," he says.

Still, being aware of the issue is paramount to preventing and dealing with it, something Wilson insists UBCO staff is uniquely committed to. "We have a tight network of staff who provide all kinds of services to students. We don't do any active campaigning on academic doping per se, but we have an Interior Health drug and alcohol representative. We also do a lot of work in terms of a health and wellness approach to life and dealing with substance abuse."

The helper that comes with hazards

Study drugs might sound like a simple solution, but what happened to the old fashioned pot of coffee to see a student through an all-nighter? Word is, stimulants deliver the same buzz, minus the discomforts of jittery agitation and prolonged wakefulness, not to mention coffee breath.

Trendy movies like last spring's *Limitless* even glamorize the practice. When a down and out Edward Morra (played by Bradley Cooper) gets hold of a wonder drug that not only has him completing his long-endevoured novel overnight, but speaking several languages while sporting super cool clothes and a much better hairdo, the message is perpetuated: popping a pill can put us on top.

But is it sustainable? Or even safe?

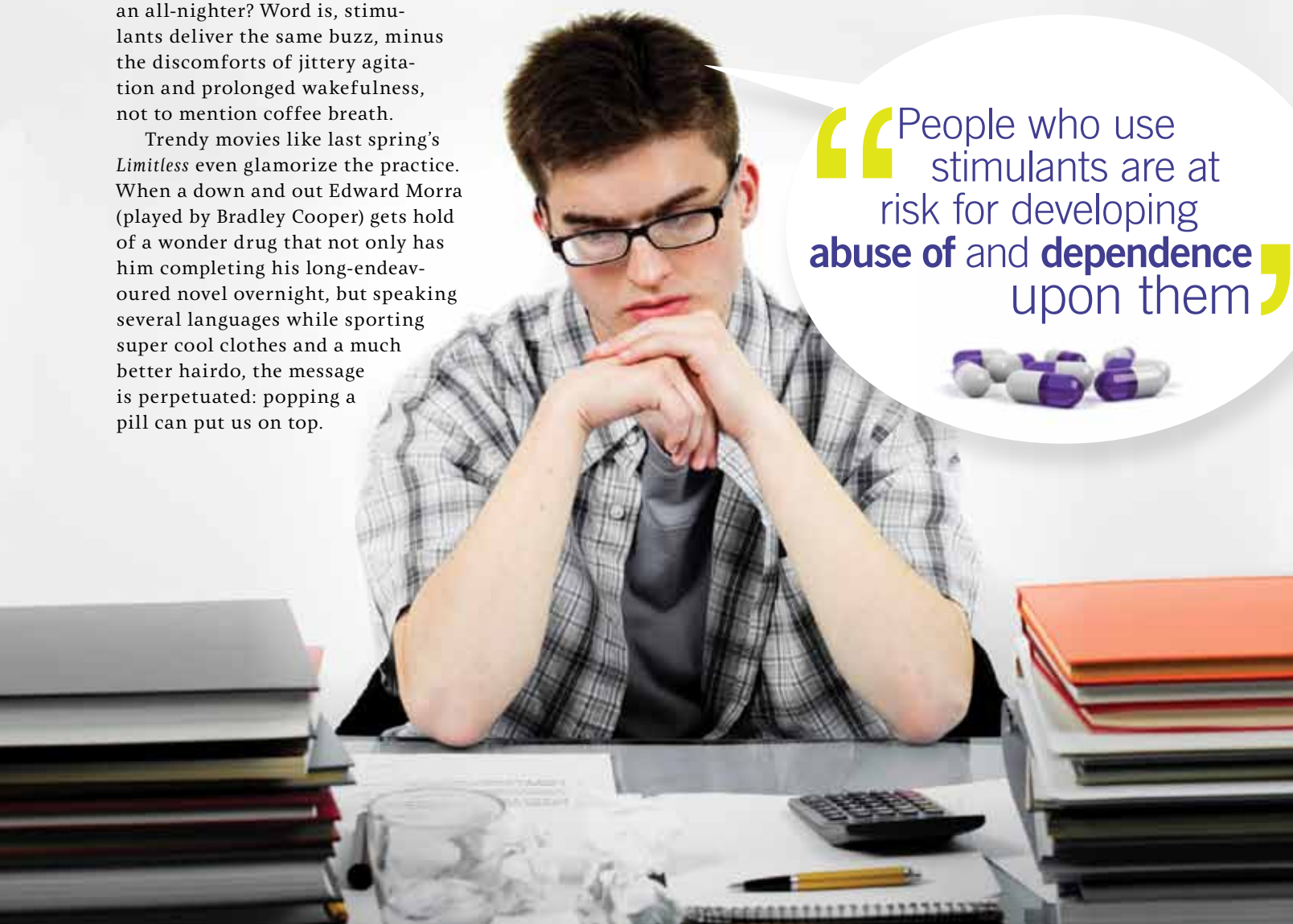
Kelowna psychiatrist and UBCO consultant, Dr. James Chin, says no. The list of potential side effects of taking medications like methylphenidate and dextroamphetamine (generic names for brands like Ritalin, Concerta, Biphentin, Dexedrine, Adderall and Vyvanse) reads like one of those pharmaceutically endorsed commercials. Users may experience non-life-threatening symptoms such as shakiness, motor tics, increased heart rate and blood pressure, restlessness, anxiety, poor appetite and headaches, to name a few. Then there are the more dangerous side effects like delusions, hallucinations, seizures, fatal heart problems and critically elevated blood pressure.

"The dangerous effects are almost exclusively seen when the medica-

tion is not used as prescribed," Dr. Chin explains, which is reassuring to those under a doctor's care. The problem, of course, is that students using stimulants on the fly are doing so in unmonitored secrecy.

While potentially lethal, overdoses are rare, but it is the addictive potential of the prescriptions that concerns doctors most. "People who use stimulants are at risk for developing abuse of and dependence upon them," Dr. Chin warns. If someone takes more medication, more frequently than prescribed, a level of tolerance develops. Seeking the ever-elusive high, he or she soon experiences the spiral effect: taking more medication to get the same impact. "Students may begin using stimulants fairly innocently for academic doping," Dr. Chin says, "but inadvertently put themselves at risk for serious substance abuse and dependence."

“People who use stimulants are at risk for developing abuse of and dependence upon them”



A recent editorial in the Canadian Medical Association Journal goes so far as to suggest, given the addictive qualities of stimulants, not to mention unapproved methods of use (including snorting and injection of dissolved, crushed tablets), educational institutions must recognize “grade-boosting” stimulant abuse as a life-threatening issue.

If such dangers exist, why are some people still OK with the idea? One suggestion is that stimulant use has its place in certain situations—like military pilots flying on long missions. But as Dr. Chin points out, “The official use of stimulants in the military is controlled and regulated, while academic doping is completely at the discretion of students themselves.”

Ultimately, prescribed medications can only come from doctors—perhaps the best check point for keeping the problem of unmonitored use at bay. While some students will go so far as to “fake” symptoms of ADHD in order to legitimately get their hands on a prescription (sadly there are Internet sites offering advice on how to do this), the onus is on physicians—not to deny medications when indicated—but to monitor their use more scrupulously.

To this end, Dr. Chin has advocated for tighter guidelines for prescribing stimulants on campus. “Our medical system exists to help those suffering with disease and illness, not to serve the educational needs of students,” he says.

If an informal survey of students is any indication, that approach seems to be working. While some ADHD patients might sell their extra pills (Adderall goes for about \$10 a tablet) or more dangerously, forego them, it’s not as though there is an excess supply up for grabs.

“To be honest,” one McGill student reportedly said, “It’s pretty hard to get hold of.... Around exam time a lot of people are looking for it.”

“I’ve been asked, sure,” an 18-year-old, UBCO science major with ADHD says. “I could make some quick cash but I’ve never been tempted to sell my pills.”

Students have to help themselves

Even if the methods have changed, the appeal of the quick fix is nothing new. “We know university students have been trying to game the system in any way they can,” Ian Cull, associate vice president of students at UBCO admits. “It used to be Jolt Cola. Now it’s Red Bull.”

In fact, energy drinks (like Red Bull) are particularly popular and a seemingly innocent choice of stimulants. If consumed in high doses, however, they can send the heart into palpitations. “We’ve had to call an ambulance and send students to the ER because they thought they were having heart attacks,” Cull says.

Naturally his first concern is for student health and safety but he says logistically there’s little that can be done to stop students from taking what they want. “We do not have any academic rules that prohibit ingesting a substance before an exam and we have no mechanism to test for that. You can’t assess it and you can’t enforce it.”

The bottom line, according to Cull, “There’s no magic bullet out there. You just have to do the work.”

For the most part, students seem to agree.

“It would be like faking it,” a young science major from Vernon said of academic doping. “Besides,” she added, “I don’t need it.” Which is not to say she and a group of friends were entirely unsympathetic to those who might turn to stimulants to keep up. “If someone is really struggling, I can see it,” she said. “But then they should get some help from counsellors.”

Roger Wilson’s sentiments exactly. “Our approach on campus is, if you are late with your paper, talk to your prof. If you’ve been working hard and can’t get it together, our professors are very understanding.”

For students contemplating how best to compete, maybe another look at Ben Johnson is enough. He is remembered—not as a great athlete, not as the author of a self-published autobiography, not as an advocate for AIDS orphans in Africa—but for doping. [OL](#)





Golden Mile ... sub-appellation?

by Michael Botner

Learn how nature and nurture combine to create unique flavours and a premier Okanagan tasting tour

■ When sub-appellations are named in the Okanagan, the Golden Mile Bench between Oliver and Osoyoos is on track to be among the first (along with the Black Sage and Naramata benches). Highlighting the individuality of the wines, sub-appellations are part of the evolution of a mature wine region—and much coveted by wineries.

The Golden Mile is well suited to wine production. In *Okanagan Geology South*, local geologists Murray Roed and Robert Fulton describe the desired characteristics. Murray says the Golden Mile consists of “three terraces and associated alluvial fans (on the slopes of Mount Kobau) between Tinhorn and Testalinden creeks” plus Hester Creek. “These terraces and raised fans are favoured sites for the wine industry,” Robert says, “The

fan sediments include an in-filling of fine material (clay loam) and...scattered large stones. The finer matrix tends to hold moisture better and is richer (than the sandy soil of Black Sage across the Valley), but the coarse material creates planting and cultivation problems.”

Situated on an upper bench, significantly warmer than the valley floor, Golden Mile vineyards benefit from good airflow, allowing the vines to escape spring and fall frosts. Generally facing east to south-east, the vines catch good early morning sun but shade by late afternoon. The cool evenings slow ripening, encouraging the development of complexity and intense flavours. The unique conditions are ideal for growing cooler climate varieties, such as Pinot Noir

and Riesling, as well as sinewy reds.

For wine trekkers, the Golden Mile (more than a mile) runs from Fairview Cellars, named after the old gold mining town outside Oliver, to Castoro de Oro, north of Osoyoos Lake. Home to a dozen wineries, the Golden Mile integrates intriguing vintages with a dynamic, rural setting.

Combine fine wines with a duo of international caliber winery restaurants at Hester Creek (Terrafina) and Tinhorn Creek (Miradoro), impressive architecture at Road 13, Tinhorn Creek, Hester Creek and Cassini, plus local history at Fairview and Rustico, a network of hiking trails overlooking the bench and beyond, and you have the formula for one of the Okanagan’s most irresistible agri-tourism experiences. **OL**

PHOTO BY STUART BISH

Showcasing a collection of impressive wines from Golden Mile Bench wineries, the five star rating system stresses value for price.



**TINHORN CREEK
2009 CABERNET FRANC**

Oliver, Okanagan Valley

★★★★1/2 \$19.99

Dynamite Cabernet Franc exudes supple fruit and sweet spice. Yummy flavours suggest blackberry, black cherry, dark chocolate, coconut, tobacco leaf, dill and cedar backed by chalky tannins. Pair with house-made charcuterie and pizza pancetta at winery restaurant Miradoro.



**ROAD 13
2009 ROCKPILE**

Oliver, Okanagan Valley

★★★★1/2 \$24.99

Stunning blend includes Merlot and Syrah, spiced with four other varieties in small amounts. Palate delivers succulent black cherry and cassis with dark chocolate, tobacco, coffee bean, coconut and toast, and sweet tannins. Accompanies roast beef or lamb.



**CASTORO DE ORO
2008 PINOT NOIR**

Oliver, Okanagan Valley

★★★★1/2 \$17.40

Delightful, nuanced Pinot Noir is a class act. It features a subtly sweet, spicy nose and a silky palate suggesting delicate flavours of ripe plum, strawberry, earth, red pepper, cinnamon, vanilla and light toast. Partners pork, poultry or veal roasts with mushrooms.



**RUSTICO 2008 BONANZA
OLD VINES ZINFANDEL**

Oliver, Okanagan Valley

★★★★1/2 \$34.90

Brimming with spicy, concentrated fruit, this gentle giant shows character and complexity. Powerful, mouth-filling with a potent nose and flavours suggesting supple blackberry and cherry, mixed spice and sweet briar. Best with barbecues and meat pies.



**HESTER CREEK
2008 THE JUDGE**

Oliver, Okanagan Valley

★★★★1/2 \$45

From Hester Creek's oldest vines, this gorgeous blend of Bordeaux varieties projects elegance and complexity. The richly textured palate exhibits nuances of dried plum and cherry, black liquorice, cedar box and sweet, spicy tannins. Pair with roasted leg of lamb.



**CASSINI CELLARS
2008 SYRAH**

Oliver, Okanagan Valley

★★★★1/2 \$34

Meaty Syrah boasts heady aromas and a majestic structure. Rich and dense, it features ripe, concentrated blackberry and plum, notes of mint, smoked game, violets and black pepper, and fine, firm tannins. Cellar for 3-5 years or enjoy with roasted/grilled venison.



BRUNO KELLE

Co-owner and winemaker
Castoro de Oro Estate Winery

Drawn to the farming life in the Okanagan Valley, Bruno Kelle and Stella Schmidt took over Gersighel Wineberg, a small winery on the Golden Mile, in 2006. Both have rural roots, Stella in Alberta and Bruno in Tillsonburg, Ontario, where he grew up on his family's tobacco farm. With Bruno's help, they switched to culinary herbs, becoming one of the largest producers in Canada. An electrical engineering graduate, he embarked on a career in the high tech sector. After 13 years at Noma in Tillsonburg, he moved to Calgary where he worked for telecom giants as a senior executive. He met Stella who had trained in accounting and marketing and ran a bookkeeping consulting business. A visit to the Okanagan in 2005 changed their lives. After a talk with Vern Rose at House of Rose winery in East Kelowna, Bruno decided "to return to the land and steer my own ship." Stella's business smarts proved invaluable as they developed a business plan. They set their sights on Gersighel Wineberg, which boasted a three-hectare, class 1 vineyard with 30 year old vines and more than a dozen varieties. "The vines were healthy but the vineyard and facilities needed work," says Bruno. They opened in 2006 as Golden Beaver, "in tribute to our country and where the winery is located." But they got a lot of flak over the name from image conscious critics. By changing to Castoro de Oro, a Latin-based translation, "We didn't sell our soul but we kept our story."

whoamongus



PHOTO BY BARRY HODGINS

Crisis line

If you're on the edge, don't see a way out, don't know how to face the future—dedicated volunteers like Maria Boruta at the Kelowna Crisis Line are ready to listen 24-7 at 250.763.9191

■ As a Crisis Line volunteer Maria's voice is her signature. Our first meeting is on the phone when I call to set up an interview. Her warmth and empathy are evident from that first hello. Later, at the Kelowna Community Resources office, I am greeted by a blue-eyed blond, fit and fashionable, whose radiant smile exudes vitality and the joy of life. A woman who playfully reversed the numerals on her cake from 75 to 57 at her recent birthday celebration and almost got away with it.

"Life is all about attitude. I love having fun and I appreciate life," she says.

Once on the line, however, Maria is all business. She settles into the office chair with a massive resource binder open for quick access. "This one day a week belongs to me and my callers," she says.

A day as a Crisis Line volunteer has rewards and challenges. "There was joy the day someone called and said they just got out of the hospital and I had saved their life," says Maria. "Or getting positive feedback from the RCMP when I stayed on the line dur-

ing a suicide in progress, sometimes an hour or more, until help arrived.

"And then there's the day you read in the newspaper about a suicide and you know the person could have called and didn't."

The Kelowna Crisis Line has been serving the community since October 1976 and in 2001 was honoured as the Volunteer Organization of the year at the City of Kelowna Civic Awards. Volunteers provide short-term crisis intervention when a caller is unable to cope with a situation. Volunteers offer empathy, information and referrals to community services to empower individuals to meet their own needs and find solutions.

What does she hope people will understand about those who call the Crisis Line? "They are lost and need people to look out for them," she says. Maria hopes the public will not be judgmental about those who are depressed, mentally ill or on drugs and alcohol. "They are the victims," she says.

Encouraged by a friend, Maria signed on, armed with high school

graduation from Burlington, Ontario, retail experience in Toronto and Surrey Eaton's fashion and cosmetics and, perhaps most importantly, raising three sons. She enthusiastically completed the 50 hours of required training, which included instruction in communication and specific crisis line preparation. "The training was excellent," she says, "and during that time I realized this is what I was looking for as a volunteer."

For the first few days on the line new volunteers are audited by those with more experience. "You never feel you have enough training, but what's important is what you do with the training and the guidelines they give you."

The Okanagan Suicide Awareness Society says that suicide rates are highest in April and the summer months June and July. They emphasize that suicidal behaviour is a result of a medical condition and not a sign of weakness or character defect. And the biggest cause of suicide among college students is mental illness, usually depression. ►



Rise early. Go for a walk to clear head. Dress with care to look professional. Light breakfast of crackers and tea.



Arrive at Kelowna Community Resources (KCR) building for Crisis Line shift. Check in with departing volunteer. Settle in to office and get on the phone.



Quick light lunch break in conference room. Enjoy camaraderie and support of Crisis Line coordinator and KCR staff.



Relax on the deck listening to classical music. Enjoy some alone time after buying groceries and checking out clothes at Winners on the way home.



Dinner of veggies and fruits. "As a cancer survivor I'm careful to maintain a healthy diet." Watch Oprah or Dr. Phil. "They've helped me a lot in life."



Doze off on the sofa after watching movies based on true stories or psychological dramas on TV.

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whoamongus

BACKGROUND: ONE OF FOUR SIBLINGS BORN IN WARSAW, POLAND, DURING THE SECOND WORLD WAR. CAME TO CANADA AS A 12-YEAR-OLD.

SELF-DESCRIPTION: COMPASSIONATE, UNDERSTANDING, FORGIVING.

READING LIST: BOOKS ON SPIRITUALITY.

GUIDING PRINCIPLE: LISTEN TO AND FOLLOW YOUR HEART.

HOBBIES: TRAVELLING, READING, DECORATING WITH PLANTS, DESIGNING AND SEWING HER OWN CLOTHES, CREATING DESSERT RECIPES AND CAKE DECORATING.

But it's not all about suicide. "The age range of the callers I get is from 15 to 65." Sometimes she gets multiple calls from the same teen struggling with drugs, alcohol and family issues. "I tell them to never, never give up on themselves," she says and is thrilled if they finally accept referral to an agency.

"But I am also getting an increasing number of calls from retired people who feel anxious, lonely, useless and depressed. They don't know what to do with themselves now they are no longer working," says Maria.

As for unwinding after her shift? Maria says she stays around the office to chat with others, then takes a few minutes of quiet time to think through the past five hours.

Maria encourages everyone to be involved in the community in some way and to be vigilant about their own neighbourhood. "Don't be afraid to help. It's a privilege to be able to help people. I'm a drop in the ocean. My contribution is little, but put all the drops together and we can make a difference."

Here is one 75-year-old not likely to slow down soon. "I'll continue to volunteer for as long as I can," she says. The voice of an angel. **OL**



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GREEK NIGHT FOR SWINGING WITH THE STARS COME HELP US RAISE MONEY FOR HOSPICE DARREN & CAROLE VISOSKY HOST AN EVENING IN GREECE EXECUTIVE CHEF DEAN HOSSACK PRESENTS GREEK WITH HIS SPECIAL FLAIR



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Greed redefined

An occupy movement reality check

- There's a group of greedy individuals in Lower Manhattan who think that they deserve more than their fair share. Their selfishness blinds them to the fact that most people on the planet have drastically less than they do. They appear to be concerned only with themselves. They live a life of privilege and luxury, oblivious to those who have nothing; they live in comfort while others starve. These men and women ought to be called to account for their greed, for their selfish regard for only themselves.

If you want to find these men and women, head straight for Wall Street...and then continue on another block to a place called Zucotti Park.

This is the birthplace of the Occupy Wall Street Movement, which has as one of its many slogans, "We are the 99 per cent." This phrase is meant to unify us in solidarity against the one per cent. (Nothing brings people together like a common enemy.) The one per cent are the rich and the powerful who control most of the wealth and resources while the 99 per cent slave (if they're lucky enough to have a job) to make ends meet. The one per cent are the unscrupulous corporate fat cats who, aided by corrupt politicians, hoard vast mountains of cash while the rest of us are forced to smash our piggy banks in order to collect enough pennies for bus fare to get to the local food bank.

Far be it from me to make fun of poverty. The crushing weight and hopelessness that accompanies real poverty deserves our compassion, and more importantly, requires us to act.

But the sad irony of the occupy protests, and what makes them almost laughable, is that they're based in North America — one of the richest parts of the world. North America accounts for only six per cent of adults worldwide, but held 34 per cent of the globe's household wealth in 2006. In that same year, Canada's net worth per capita came in at US\$70,916 while America's net worth was \$143,867 per person. By comparison, Ethiopia registered \$193 per person and Congo \$180.

The United Nations Development Program released a

report in 2007 which states that the richest 20 per cent of the world's population — which includes Canadians and Americans — accounted for three-quarters of world income, while the bottom 40 per cent (who live on less than \$2 a day) accounted for only five per cent of world income.

Let me put that another way. The poor, hard done by, downtrodden 99 per cent here in North America belong to a group of people that have a share in 75 per cent of the world's wealth, while a group of people twice the size has a share in only five per cent. The 99 per cent in North America already have a huge slice of the world's pie and the 99 per cent wants more? In 2005 an individual required a little over US \$2,200 in assets to be included in the top half of the world's wealth distribution. That's a Macbook laptop, an iPad and perhaps an iPhone tossed in for good measure (much like those being used by the protesters.) While there can be greed among the one per cent (Bernie Madoff comes to mind), there can just as easily be greed among the 99 per cent.

We need to stop taking the Occupy Wall Street Movement and its hypocritical brand of Marxism seriously. Instead, we need to wake up to our responsibility as the top 20 per cent to seek justice for the real poor in this world. (Hint: it's not us.) **OL**



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