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publisher/editor senior editor creative director administration

J. Paul Byrne Laurie Carter Mishell Raedeke Wendy Letwinetz

contributing writers

Michael Botner Laurie Carter Bruce Kemp Patti Shales Lefkos Shannon Linden Gillianne Richards Barbara Sutherland Yvonne Turgeon

contributing photographers

Michael Botner Scott Halleran Barry Hodgins Bruce Kemp Gillianne Richards Barbara Sutherland Yvonne Turgeon

cover photo

Lisa Blumenfeld/ Getty Images

okanaganlife.com

Laurie Carter editor

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Sylvia Gretchen, CGA

With a passion for community groups, Sylvia loves to support initiatives such as Project Literacy, Inn from the Cold, Ride for the Cure and Bike to Work Week. Away from the office, Sylvia can often be found biking, hiking or camping with family. She also loves to cheer on her daughter Morgan who is active in dance and drama.

As a member of the MacKay Tax Group, Sylvia works fulltime in all areas of taxation and is currently completing the CICA In-Depth tax program. Sylvia has been in public practice for 16 years, having formerly had her own practice, so she understands the needs of owner-managed businesses and strives to deliver top notch service to all her clients.

Mackay in the Community

Away from the office, Stan can often be found enjoying British Columbia's great outdoors with his lovely wife Kamilla and their two children Matthew and Sarah. As a big fan of the Toronto Maple Leafs and the Detroit Lions and Tigers, he keeps close tabs on his eastern roots while, at the same time, enduring the ridicule of his fellow workers.

At Mackay, Stan works with a wide range of clients to meet their financial reporting and tax compliance needs. Primarily working in assurance and client services with ownermanaged businesses, he is able to draw from more than 20 years of work experience in Ontario and BC.



Stan Bernacki, CGA

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"Small Shop Every Day"

■Think of your average businessperson in the Okanagan Valley for a couple of minutes and you'll realize they are anything but average. She might have grown up here, started or bought a small business that she runs diligently enough to nourish and care for her family. He strives to get ahead and in doing so drives local commerce and community.

On March 31, the Downtown Kelowna Association launched Small Shop Saturday. The idea of celebrating and appreciating small business is catching on around North America and it is one of the Okanagan's best ever ideas. Small businesses are the heart and soul of our Valley and they deserve shop-local appreciation.

It is easy to forget or simply not appreciate the added value small business people bring to our local economy. The human brain is well suited for forgetting or not comprehending true value throughout most of our lives.

Today, small businesses is under attack. It not only must compete with big(ger) business, it must also contend with multinational corporations with incredibly deep pockets. What might it be like to go head-to-head with one or more of the 143 transnational conglomerates that effectively control 40 per cent of the world's money and commerce (Okanagan Life November/ December 2011)? If they aren't here with bricks and mortar, they are lurking somewhere out there in cyberspace.

To make things worse, for decades we were force-fed a steady diet of propaganda that lead us to believe that small business and the public sector were inept and unqualified; at least compared to corporate CEOs, who are angelic, gifted and omnipresent in their ability to manage money and people. Big is better—it's communistic to believe otherwise.

Many of us bought into this notion and the more disconnected we became from one another the more we were manipulated by the multinationals' illusion of easier, quicker and cheaper. You see, just like you, I am a cognitive miser - hardwired to find the quickest solution to any problem — not necessarily the best. Plutocracy and its wealthy leaders took over western civilization, all the while putting the boots to small business.

Today, we live in a world that includes the Walmart Waltons, four billionaires on the top 20 list of the richest people in the world with over \$95 billion (hoarded) between them. Web-gods that once promised us that billions of dollars would be available in the long tail of the Internet. Instead, Google, Facebook, Twitter, iTunes and Amazon became monopolies, and "Wall Street math" enabled a single man to make \$3.7 billion on one shady transaction. How much money does one man really need?

In the Okanagan, thankfully we live in a world that also includes main street and the locally owned shops that still open their doors. Let's re-brand Small Shop Saturday as Small Shop Every Day, giving local businesses the boost they need to prosper in an ever more uneven playing field.

John Paul Byrne publisher

paul@okanaganlife.com for comments or suggestions Visit www.okanaganlife.com for further links and reading.



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LITTLE WOMAN INSPIRES

Lately it's been a whirlwind of interviews and photo sessions for 15-year old Alaina Podmorow and it's looking like it won't stop for awhile. The Lake Country student was recently named Canada's Top Teen Philanthropist for her efforts to aid women and girls in Afghanistan.

After hearing a presentation by journalist and human rights activist Sally Armstrong five years ago, Alaina was moved to try to do something for the young women of Afghanistan who had little hope of attaining the

education that would allow them to determine their own futures.

Armstrong's closing statement, "The worst thing you can do is nothing," caught the youngster by the heartstrings. Her response was to set up Little Women 4 Little Women in Afghanistan (LW4LW).

Working with 18 schoolmates from Davidson Road Elementary School, Alaina organized a silent auction and other events to raise funds for literacy, to train teachers and librarians and to provide the tools

necessary for Afghan girls to learn.

When I talked with Alaina, she had just returned from Toronto where the award was announced on Canada AM.

"I heard I was one on the finalists on my birthday in January," she says. But Alaina didn't know until the first day of February that she had actually won the honor.

The title came with two cash awards from title sponsor Mackenzie Investments. In recognition of her achievement as Canada's Top Teen

Philanthropist for 2011, a \$5,000 donation has been made in her name to Little Women. Alaina also receives a \$2,500 personal prize. She says she hasn't yet decided what to do with the cash. However, Alaina hasn't been to Afghanistan and wants to go, so the personal award may help with her travel expenses.

"We're going to give a library to a village in northern Afghanistan," says the teen, but she is reluctant to give the name of the village for security reasons. The Taliban still operate in the area.

The library will be part of a program called ABLE Box Libraries. Women 4 Women (the parent group of LW4LW) delivers everything needed - shelving, books, stationary and training materials for librarians — in a box. All the village needs to provide is a room for the library and security.

LW4LW has raised over \$375,000 since its creation. Unlike a number of charities, 100 per cent of the money raised makes it to the group's workers and programs on the ground. Because of this, LW4LW has also been able to contribute to the teacher training programs run by Women 4 Women. "Last year we trained 1,200 teachers, but this year we hope to produce 2,000," says Alaina.

Little Women has also gone viral. There are now branches throughout Canada and the United States.

As proof of the program's success, its founder talks about the pen pals she and her classmates have made friends with in one of Kabul's many orphanages. "I guess nothing says it better than the fact that we're now receiving their letters written in English."

All of this has had a profound effect on the young Okanagan woman. Alaina believes that "...with education girls will be able to stand up for themselves."

She says that education is so important to these Afghan girls that they go to school in shifts because their schools can't accommodate the more than 4,000 females who want to attend.

Alain's work will make a difference. www.LittleWomenforLittleWomen.com.

—Bruce Kemp



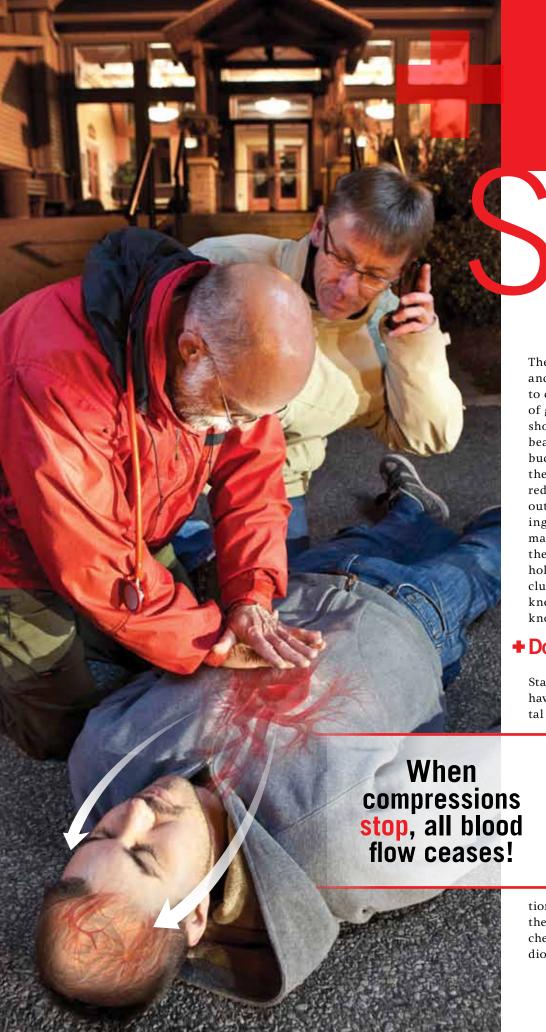
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Save

The sun is dancing across the sky and spring is in the air. You're ready to celebrate with your first round of golf. Hefting your bag over your shoulder, the weight adds only a beat to your brisk walk, but your buddy — the one who longingly eyed the golf carts—is looking a little red in the face. Beads of sweat pop out on his forehead and his breathing sounds a little shallow. You make it through the round, but on the way to the car after the 19th hole, he suddenly drops his bag and clutches at his heart. He sways, his knees buckle and the next thing you know he's crumpled on the ground.

+ Do you know what to do?

Statistics say 20,000 Canadians will have heart attacks outside of a hospital this year but only 1 in 10 of them

will survive — unless the victim receives immediate CPR.

What's really frightening is that nearly half of bystanders (including those with CPR training) say they would be too scared to take action for fear of doing further damage if someone collapsed and stopped breathing.

Enter a new, international campaign designed to take the dread out of—and immediate chest compressions into—cardiopulmonary resuscitation.

New CPR guidelines tell us to sing

+Stayin' Alive

"Push hard! Push fast!"

Sound like the call of your Zumba instructor, urging you to keep the beat? In fact, it's the mantra world heart associations want you to remember if you ever need to administer CPR. Gone are the guidelines that taught you to recall your ABC's: secure a victim's airway first, followed by breathing (mouth to mouth), then chest compressions. New guidelines say we sing a different tune where chest compressions come first—and fast—and for added fun, to the tune of the Bee Gee's disco hit, Stayin' Alive.

Yes, that 70s song is sweeping nations again—and it's not because pantsuits are back. Doctors say chest compressions should be performed at a rate of 110 per minute—which is about the tempo of the aptly named Stayin' Alive. Singing the song while pumping the chest not only helps those administering CPR keep the right beat, it may take some of the fear out of the situation and that can be crucial.

Led by the American Heart Association and endorsed by local chapters worldwide, the new order of operations is called CAB (compressions; airway; breathing) because chest compressions—even poorly done—increase the rate of survival after a heart attack by up to 400 per cent. That's how to save a life and as far as this country's ER doctors are concerned, it's the moral obligation of every Canadian to know how to boogie the new CRP beat.

+ Get Physical

Members of the Canadian Association of Emergency Room Physicians (CAEP) recently released a position paper stating that too many people suffering cardiac arrests needlessly die because bystanders either don't know what to do or are afraid to take action. While it's true, ribs are often broken in the CPR process (particularly in the elderly), doctors insist cardiac arrest victims are already at risk - of dying. What's a broken rib if a life is saved? As for fear of doing the procedure incorrectly, that's where the new guidelines are designed to reassure people. Anyone can do chest compressions. Scared you'll be sued? Canadians shouldn't be concerned. Good Samaritan laws, under which a bystander who voluntarily administers assistance cannot be sued for wrongdoing, are in place to protect citizens.

Really, it's this simple. "Starting chest compressions immediately saves lives," says Dr. Michael Ertel, chief and medical director of the department of emergency medicine at Kelowna General Hospital (KGH). Along with colleagues, doctors Nick Balfour and Jeff Eppler, Dr. Ertel teaches general practitioners working emergency departments in rural locations about the new CPR guidelines. Ertel and Balfour also present the new Advanced Cardiac Life Support (ACLS) guidelines to 2nd year family practice residents working at KGH, many of whom will find work in similar,

By Shannon Linden

remote settings. While such skills are standard for all physicians, they become even more critical when the nearest back up or tertiary-care hospital is hundreds of kilometers away.

According to Dr. Ertel, perfect CPR can restore one-third of normal cardiac output and 10 to 15 per cent of normal blood flow to the brain. But perfect CPR is a skill that must be learned and so, while any chest compressions are better than none at all, Dr. Ertel strongly advocates for more education. "The general public should be encouraged to take a course in basic CPR," he says.

To that end, CAEP suggests offering incentives such as 100 per cent tax rebates for those talking CPR courses and special tax exemptions for companies paying for CPR training for employees.

BC boasts one of the best, out-ofhospital, cardiac arrest survival rates in Canada, but we might do even better if this province adopted the measures of Alberta, Manitoba and Ontario, where CPR is a requirement of graduation.

"It's a no-brainer," according to Dr. Ertel. "When a cardiac arrest occurs, it's an awful situation to witness, even for many of us who have been doing this for years. I can only imagine how horrible it would be for the general public to watch a family member or friend go down." Not only does he support CAEP's position that CPR training be mandatory in high school, Dr. Ertel would like to see it extended to other groups in the Okanagan—particularly those attracting seniors—like casinos, golf courses and the yacht club.

"I've recently been approached by some senior golfers at one of our local courses to give them a demonstration on basic CPR and the use of AED's

(automated external defibrillators) as well as the fellas I play pick-up hockey with," Dr. Ertel says. He'd like to see educational resources for organizations promoting CPR, like St. John's Ambulance and the Heart and Stroke Foundation of BC, expanded. "I think the majority of people in Kelowna would say that's a good investment."

Joanne King, area manager of the Okanagan-Kootenays division of the Canadian Heart and Stroke Foundation, couldn't agree more.

"Our focus is on spreading the message of healthy lifestyle," she says.
"One in three Canadians will die of heart disease or stroke. In fact, heart disease is the number one killer of women — yet it's often preventable."

Aiming to educate the public early, Joanne is particularly proud of the Heart and Stroke Foundation's HeartSmart Kids. "The program began in 1995," she explains, "And we now have 904 teachers in the Thompson Okanagan and Kootenay area as certified instructors." This year alone, the HeartSmart Kids program will reach in excess of 16,000 elementary-aged children. Part of the curriculum, the program comes with a manual for teachers and ties in nicely with the Heart and Stroke Foundation's Jump Rope for Heart campaign, when kids collect donations and get active by skipping rope on a special day set aside for the celebration.

+Survival Saga

Dr. Ertel says getting CPR certified is "the right thing to do." Bend an ear for 66-year old, Bill Ridinger's story, and you'll be inclined to agree.

It was the year 2000 and disco

was long done, but Bill's amateur sports career was happening. A Kelowna Running Club member, avid biker and master swimmer, the long time triathlete could have posed as the poster man for middle-aged jocks. Tall, lean, exceptionally fit and just a few weeks shy of his 55th birthday, he'd won the 400-metre freestyle at the BC Seniors' Games in Kelowna. But when Bill pulled himself from the water at Parkinson Recreation Centre, he got more than the gold medal he'd fought for.

Celebrating poolside with friends, he was mid-word when the unthinkable happened. Bill had a sudden cardiac arrest and hit the deck—hard.

The first to get to Bill, lifeguards Louise Roberts-Taylor and Johanna Senechal started CPR, keeping him alive until emergency medical services arrived and took over, shocking Bill twice with an AED. In a coma for 24 hours, he can't remember anything, but the terrifying time remains clear to his wife, Sharon.

Unsure if her husband had suffered a broken neck from his fall, never mind untold damage to his heart, Sharon wasn't alone in her shock. "If we had a dime for every time someone said, 'Not Bill', we'd be rich!"

Miraculously, the damage to his heart was minimal and he went on to make a near-full recovery, running, biking, and swimming through the next 11 years—until this past fall.

Early October 2011, in a dramatic display of déjà vu, Bill was swimming lengths at Kelowna's Parkinson Recreation Centre, when he sensed something was wrong.

"I'd just gotten in the pool

and swam 75 meters—warming up, really—but when you've been swimming so long, you know when something isn't right."

Jane Jones, instructing lessons in the next lane, also sensed something was wrong. A fellow master swimmer, she knew Bill would never stop training so soon into his workout, so when she saw him sitting on the side instead of performing in the pool, she rushed over, encouraging Bill to lay down—and not a moment too soon.

"Again, I don't remember any of it," he admits. "But I'm told I immediately went into cardiac arrest."

Jane and fellow lifeguard, Liz Tanner started CPR and with the AED purchased after Bill's first cardiac event, zapped him three times. It would take 10 more minutes of CPR and two more zaps in the ambulance, before he arrived, alive, at KGH.

He was sent to Vancouver General Hospital, where heart surgeon, Dr. Guy Fradet (who will be the head of cardiac surgery when the Interior Heart and Surgical Centre opens at KGH in late 2012) implanted an internal cardiac defibrillator in Bill's chest. Now, with a few months of recovery behind him, Bill is ready to resume his active lifestyle.

"One of the physicians said, 'What's the point in saving you, if you're going to sit in your room," he grins. Walking near home and running in the pool, it won't be long before Bill is pounding the pavement and churning up the water.

Asked if his incredible experiences have brought miraculous insight, he shrugs and smiles, "I regret never doing an Ironman. If you plan to do

Getting Certified

Interested in doing the right thing? Here's a list of organizations in the Okanagan offering basic and advanced CPR training.



- 1) St. John Ambulance, Kelowna 250.878.6690 www.sja.ca/bc
- 2) Frontline First Aid and Emergency Training, Kelowna 250.470.0205 www.frontlinefirstaid.ca
- 3) Approved First Aid Training Center 250.878.6690 www.okanaganfirstaid.com

Learning through laughter
Enjoy the light-hearted (pun intended) look
at life? Check out these hilarious YouTube
videos to learn more about the new CPR
guidelines and heart disease in women.

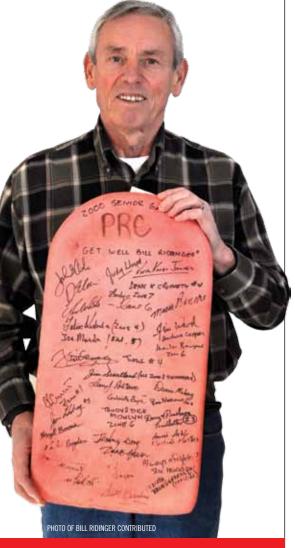
1) The American Heart Association with actor, Ken DeJong, presents, Stayin' Alive http://www.youtube.com/watch?v=n5hP4DIBCEE



things, do them. You never know."

"It's not like Bill is going to pat the dog or kiss his wife more often," Sharon laughs. "He already does that."

Maybe being that kind of man to begin with had a hand in Bill's recovery, but he is grateful to the people whose lifesaving skills truly brought him back from the brink, a lot of lifeguards, paramedics, physicians — and a little CPR. OL



2) The American Heart Association with Actress, Elizabeth Bank, presents, Just a Little Heart Attack http://www.youtube.com/watch?v=t7wmPWTnDbE

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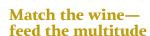
SPREAD CLOCKWISE: CHEE ROB FEENIE; SCOTT FRANDSEN AND PELLER ESTATES REP; JON CROFTS: OLYMPIANS SCOTT FRANDSEN, KRISTI RICHARDS, CHRIS LE BIHAN, KELSEY SERWA; WINNERS JP ST-DENIS (BRONZE), MARC LEPINE (GOLD), ROB FEENIE (SILVER); GALA GUESTS: GOLD MEDAL PLATES AWARDS: JUDGE PERRY BENTLEY FROM OKANAGAN COLLEGE

"Are you looking for a fishmonger?" calls out Jon Crofts, co-owner of Codfathers Fish and Seafood Market in Kelowna. It's the eve of the Canadian **Culinary Championships** and Jon has been hoping all night that the mystery wine, feature element of the first leg of the competition, will be white—and he's in luck. While the competitors won't know it until 24 hours later, the bottle is an Old Vines Riesling from Chateau des Charmes in Niagara (although many mistake it for the Okanagan's own Tantalus Riesling).

By Yvonne Turgeon







Jon's call is answered by Anthony McCarthy, Saskatoon's top chef, and it parleys into an early morning purchase of ivory salmon. Jon has sourced the fish from Vancouver Island where its diet of sea floor creatures rather than shrimp makes the spring a white rather than pink colour.

With only \$500 in his pocket and facing the first challenge to feed 350 people and perfectly complement the wine, Anthony opts for the flavourrich belly rather than the fillet.

"The chefs are looking for value for their dollar, searching for what gives them the most flavour per pound," says Jon. "The prairie chefs are used to nose-to-tail eating and I've already gotten some smart questions about fish collars and bones."

The fishmonger's wares feature prominently among the majority of chefs. Ling cod for Edmonton's

Jan Trittenbach, squid for Toronto's Jonathan Gushe, and the people's choice for the first night, Marc Lepine's langoustine served with puffed wild rice and Granny Smith apple, orange zest and lemon rind to pair with the citrus notes in the wine.

The ultimate stars of the championship are the Quadra Island scallops chosen for Marc's final offering. Hailing from Ottawa's Atelier restaurant, Marc takes home the gold medal.









Black box event Olympic connections

The culinary championships are intense and the heat is turned up during the second leg of competition. Hosted at the Okanagan College Culinary Arts School, the black box event comes down to split second timing.

Each chef has 60 minutes to open the box, review the ingredients, decide on a menu, prepare and plate two dishes for the 12 judges.

Spectators for the event include Olympians Kristi Richards and Scott Frandsen. Own the Podium, the program supporting Scott's bid for a second Olympic medal at the 2012 London Games and that helped Kristi and fellow Kelowna athletes, skicross racer Kelsey Serwa and bobsled bronze medalist Chris Le Bihan compete in the 2010 Vancouver Games, is the beneficiary of the two-day competition that pairs the country's top culinary talent with its top athletes.

Kristi, a world mogul champion

and Summerland native knows focus is a key aspect of competing.

"When I'm at the starting gate, I just let the thoughts go through my mind and pick the one I need," she says. "You need to be ultra-focused, able to block out all the clutter to get the job done."

Scott, who claimed his silver medal in rowing puts his trust in training.

"If you get caught up in the moment too much, if you overthink it, it becomes more than it is and that's when

CLOCKWISE: KRISTI RICHARDS AND KELLY SERWA WITH 2011 **GOLD MEDAL WINNER MARTIN** JUNEAU; JIM RHINDRESS AND MIKE MUELLER FROM THE BAND COVER-2-COVER: HAYWIRE WINES: GALA GUESTS: CHEF MICHAEL DACQUISTO CHEF ANTHONY MCCARTHY













you can slip up and have a bad performance," he says remembering the 2008 Beijing Games start. "We train so hard day after day to do what we do, when the gun goes for the race, the idea is that you need to go and do that, and that will be enough."

Kristi sees the culinary and athletic connection as a perfect fit. In her teens she worked at Sumac Ridge, with Okanagan Valley wine pioneer Harry McWatters, and at Quail's Gate with Marc Taylor, one of the country's top sommeliers. "I definitely have a passion for food and wine," she says.

In the black box kitchen, you can see the parallel with high performance sport where Kristi says, "the best prevail under any situation."

When the boxes are opened each chef finds goose breast from Ottawa's Mariposa Farms, steelhead trout pulled from Lake Diefenbaker in Saskatchewan, Le Rassembleu blue cheese from Ouebec and Manitoba wild rice, which at it best takes the better part of an hour to cook. Most mistake the white root vegetable for parsnip, but the creamy purée created from parsley root (sourced from Calgary) satisfies the palate in the same way.

The most mysterious ingredient is a jar of cloudberries or, as Newfoundland chef Mike Barsky and others from

Atlantic Canada call them, bake apple.

The wild rice gives but a moment's concern to BC's Rob Feenie, head chef of the Cactus Club in Vancouver. He pops it into the deep fryer and puffs if up for use as a garnish. He sears the goose breast, tops it with shallots and panko crumbs and lays it next to a rich purée of parsley root and blue cheese and a second of spinach. On the trout, he uses citrus juice to cure the fish for a melt-in-your-mouth experience.

The palates of the 580 people attending the gala banquet later in the evening are also satisfied at the BC chef's station. Following a starter shot glass of duck broth, his rabbit and duck duo result in a savour sampling of rabbit presse and a miniature sausage of rabbit and foie gras coupled with carrot pearls, carrot purée, carrot paper and black truffle jus.

"The king of mushrooms is the truffle," says Rob, who selects an Okanagan Haywire 2010 Pinot Noir to match his meal. "When you think Pinot Noir, you think of mushrooms. Both come from Burgundy, the home of the Pinot Noir grape."

"Taken from the vineyard in Oliver, grown in a high mountain setting, the wine has acidity and a lively flavour," says Christine Coletta owner of the Okanagan Crush Pad at Summerland. "It's very young, but has nice cheery

notes and an earthy tone, including the sage that grows in the area."

Pinot Noir isn't the only Okanagan wine shining on this night. Winnipeg's Michael Dacquisto steps out with Gray Monk's Odyssey Rosé Brut. "Everything goes great with a little sparking wine," he laughs. "We had fun with it, creating little pearls of wine caviar to complement the real caviar."

He brought a trio of deepfried pickerel fins, pike mouse and whitefish caviar.

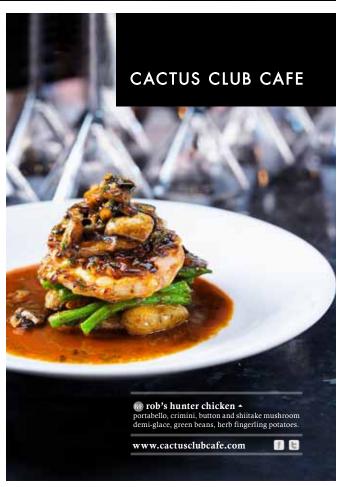
Another crowd pleaser is Peller Estates Private Reserve 2009 Syrah paired with pulled beef chuck wrapped in venison, thanks to the talents of Edmonton's Jan Trittenbach. But for the judges, the best paring of the night is Anthony McCarthy's duck creation teamed with a Nichol Vineyard 2007 Cabernet Franc-Syrah.

The wines of the Similkameen Valley also join the show, taking centre table for the dessert and auction segments. The judges pick a 2009 Syrah from Orifino as best wine of the night.

At the wrap up, Ottawa takes gold, BC captures silver and Montreal carries home the bronze, but the real winners are Scott and his Canadian teammates who will have the financial support they need to take their talent to the top of the podium. OL







culturista

by Gillianne Richards

Okanagan clog-in

The dance that made the day go by

It's 1812, Lancashire, England. A weaver sits on an old stool over a damp floor, spinning cotton. There are rows of women to her left and rows to the right. The large cotton mill, airy and dark, whirrs and clicks to the spinning of thread. Up from the floor another noise purrs, the rise of a warmblooded beat. The sounds of machines are mimicked through hundreds of wooden soled feet. Heel and toe, heel and toe, their work turns to music through clogging.

Fast forward 200 years. A dark winter night frosts the Okanagan as I peek through the windows of the Westbank Senior Centre. Working hard are three rows of women, dressed in cotton, with the glisten of sweat on their brows. Their feet clog madly like the ladies of yore, but the looms are long gone, the stools kicked back and their job—to rock-out to a playlist of pop songs.

Clogging is a form of dance that has been passed down over centuries, between cultures, popping up in different forms across continents. It's travelled from the factories of the Industrial Revolution, to the festivals of the Netherlands, to the dance halls of the Appalachian Mountains. There are many styles as well as names. Whether you're buck dancing, flat-footing, in a hoedown, jigging, surefooting or simply stepping, the gist is the same: have feet, will hustle.

Curious to see how it is being practiced in my neck of the woods, I find myself at the Senior Centre to learn what I can from a clogging class. Barbara Bizovie, the instructor, smiles from the front of the room and introduces me to a beaming group of beginners. The sweet ladies, some

with silver hair, some with gray, and one or two that have held on to the blond, click around the room, practicing steps and asking Barbara their questions. I consider popping onto the floor to maybe try a move or two, when suddenly the music starts up again. Instantly the ladies switch from chatting friends to hop stepping machines, aligned in Riverdance rows of heart thumping action. "Wow," I whisper to myself. "That's awesome!" For some it's only the second or third lesson and yet they have no problem clogging to the downbeat of fast paced songs in time and in unison.

I watch and take pictures until the advanced class arrives. A rosy-cheeked woman named Jean Anderson sits down next to me and gives me a tour of her shoes. Modern clogging shoes look especially fun, not just because Jean has added sparkly gold laces, but because they have four taps, also called "jingles," that give them a sound distinctly different, more jubilant, than your average tap shoe.

The ladies who have been clogging



for awhile fill me in on the lifestyle. Great cardio, great music, great friends they say. Throw in a couple of trips to Nashville and other towns for clogging conventions, and you can't beat the micro-culture of the step-dancing world. Not to mention there are hoards of young clogging men out there. Fast and furious they duel it out, with sweat-drenched shirts draped over sculpted abs while the force of their thundering legs makes their torn blue jeans hold on for dear life. At least, that's what I saw on Youtube when I Googled the sport.

For now, the group at the Senior Centre is all ladies, but they have had a husband or two come out. Barbara leads the advanced class through songs that range from German instrumentals to Top 40 favorites. All of it goes well with clogging. "It's about becoming part of the music," Barbara says. She's right. Perhaps that's part of the appeal. Tap and other forms of dance are often about doing solos with choreographed steps to a melody. Clogging, in all its foot-stomping glory, is about fueling the tune with the beat of your feet; step, weaving step, into music.

Contact info: Barbara Bizovie okanagancloggin@hotmail.com. OL

FACING PAGE TOP: JEAN ANDERSON SHOWS OFF CLOGGING SHOES FACING PAGE BOTTOM: ADVANCED CLOGGING CLASS AT THE WESTBANK SENIOR CENTRE BELOW: DECKED OUT FOR CLOGGIN





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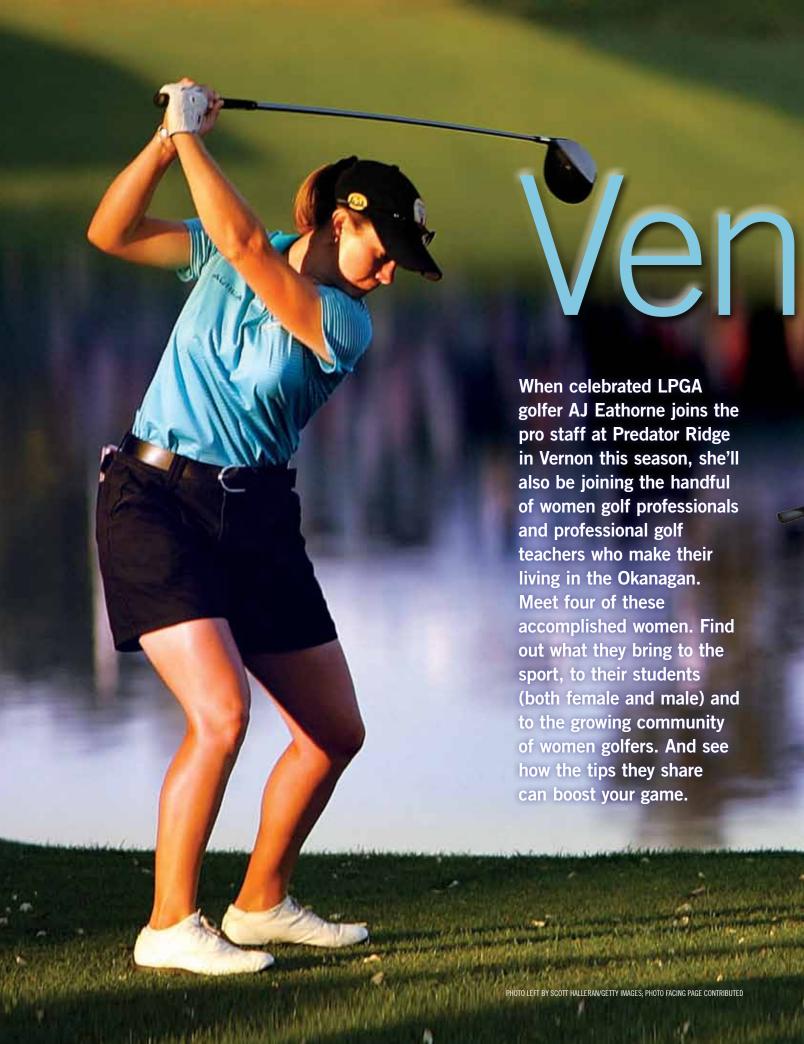




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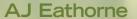


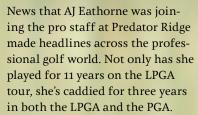
By Barbara Sutherland











AJ isn't a new face in the Okanagan Valley. She was born and raised in Penticton, and that's where she was introduced to the game. She's looking forward to living in the Valley again and especially to sharing what she's learned over the years.

"Being around golf for so long, I've taken lessons every few weeks and had coaches, and on the tour I was like a sponge. I always wanted to hear what people were working on. Now I can be the person that relays all that information," she says. "In the last few years the teaching I've done is mostly in clinic and group settings. It's a lot of fun. You get a lot of feedback with groups. It's nice to be around people who are excited to learn."

What about Mars and Venus on the greens? AJ doesn't believe men and women necessarily learn differently, but there are differences that can't be ignored. "We're just made up differently as far as our body composition goes, so our strengths and weaknesses are going to be different. Basically women have hip and lower body issues to work with. Men are stronger physically—their upper body and forearms

are a lot stronger. Men are going to hit the ball farther than women."

Ironically, AJ says men who play at a competitive recreational level have a lot to learn from women pros. "The average male amateur is just about equal to a female pro as far as distance and arm strength," she says. "The tempo is really what you notice from women's professional golf. It sets you apart from the average golfer. Tempo is key to their success and it's a great thing others can learn from us."

For someone trying to shave shots off their game, she advises, "Most of your scores are probably around the putting green. Let's work on putting and chipping for now and you'll see a difference; then we'll work on length."

And for those lucky golfers who get to take a camp or a lesson with AJ... "I think being able to tell a few stories here and there makes it a good and unique experience. I can tell what happened on the PGA tour or the LPGA tour, and the ins and outs of being on the road and what it's like behind the scenes compared with what you see on TV."

When Predator Ridge is covered in a blanket of snow, AJ plans to keep building her teaching practice in Phoenix, Arizona. "I can grab some clients down there and hopefully influence them to come visit me at Predator. It's a win-win situation." (www.predatorridge.com)



Tara Roden

Tara Roden's love of golf is infectious. She was exposed to the game as a young girl, doing cartwheels down the fairways while her parents and older brothers played the course. Eventually she settled on her feet, picked up the clubs and hasn't looked back.

By the time she was 16 she knew she wanted to teach golf. She's been at it for 22 years and still brings her springboard energy to every aspect of the game—private lessons, coaching talented juniors, golf boot camps, competitive tournaments and simply talking about the sport.

About half of her students are women and over the years she's concluded, "Teaching is done very well all over the world for men, but I don't believe the women have been looked after the way they could be." In her experience, men and women approach learning and improving their golf game very differently. With men, "They tend to come to me with what they're doing wrong already identified. They've been studying and they've read the books and they know what it is," she says. "My job is identifying what the issue really is and explaining it to them through drills."

That almost never happens with her female students. "The majority of women that I teach say, 'I don't know-tell me.' So, I'm educating women and deciphering for men."

Their approach to playing is usually different too. "The majority of guys are a little more focused on their shot and on the game and their scores, and they look at their performance and then compare themselves with the other players. They compete - I love doing that myself," says Tara.

"Women are very much the social side of life-nurturing and caring. But I always laugh when women say, 'Oh, I'm not competitive.' They are." One of Tara's passions is preparing women for tournament golf with the Let's Play Great Golf competitive women's league for the Okanagan.

For the purely recreational player, Tara says women need to understand that they're entitled to take the time they need for each shot, but between shots, a little concentration goes a long way. "If you're talking (which I do all the time) and you're 30 yards from your ball, start looking at where you need it to go and by the time you get there, you've already made your decision what club you need. When you miss-hit a shot, get over it and go on to the next one and try it again."

Most of Tara's teaching takes place at Gallagher's Canyon Golf and Country Club in Kelowna. In 2011 she was shortlisted for the Professional Golfers' Association of British Columbia Teacher of the Year Award. Over the next several months, Tara is taking her love of golf for women to the marketplace with a new enterprise, "Empowering women to be whatever they want to be in the golf industry, from player to businesswoman." (www.tararodengolf.com; www.gallagherscanyon.com)

With an area



Jo-Anne Grove

Jo-Anne Grove is an institution at the Kelowna Golf and Country Club (KGCC). Now in her 18th year as a CPGA (Canadian Professional Golfers Association) Class-A professional, she provides a range of services including teaching, pro shop duties, club fitting and tournament organization.

She came relatively late, and somewhat reluctantly, to the game of golf. "I thought it was a stupid game," says Jo-Anne. "I played hockey competitively and team sports were my thing. But both my parents played golf and

> in 1987 I started going out with them for the odd casual game." You know where this goes-she caught the golf bug, found out she had the juice to excel and made it her career.

Io-Anne finds that 80 per cent of her students are women. "There's no doubt that I'm better able (than a man) to understand the structure as

well as other unique entities (i.e. hormones) that make up a woman golfer. I also know that a lot of women, especially beginners, are more

TARA RODEN PHOTO BY BARBARA SUTHERLAND; JO-ANNE GROVES PHOTOS CONTRIBUTED



comfortable and feel less intimidated with a woman pro," she says.

"I have a very biomechanical approach to golf. I think it is imperative to take the mystery out of the golf swing." She adds, "I like to engage the students by challenging them to help solve the puzzle called the golf swing. Communication and dialogue are key. I am very passionate about the role that my students take in their lessons. It is more about me being the guide to helping the students teach themselves."

Jo-Anne recalls one client who only came for instruction because her husband bought her a lesson package. The woman actually hated golf. "We worked together and I discovered that she thought you could only play golf if you had played other sports during your life. Once we started discussing

her ability to move her body in a fluid motion, she loosened up and got a bit more open minded. As we progressed and she started to get the ball airborne, she got hooked. She now plays more golf than her husband."

While the number of women who play the game increases, Jo-Anne appreciates that the percentage of





women professionals is low. "Most golf professionals in Canada start out as junior golfers, and since there are far fewer junior girls, we see far fewer female pros," she says. "Juniors who become good at golf usually go to school in the States where there is more opportunity for scholarships. If they can't play professionally, they're likely to enter a career based on their degree." Jo-Anne concludes, "In Canada, golf is mainly a seasonal sport (except in the Lower Mainland), so short seasons may also play a part. During the season, the long hours make it hard to raise a family."

(www.kelownagolfandcountryclub.com)

Lynne Kildaw

Lynne Kildaw ranks among the World Golf Teachers Federation top 60 teachers worldwide. As a dual sport athlete (volleyball and basketball) at Grand Prairie Regional College, where she began her studies towards degrees in education, mathematics and nutrition, she knows all about athletic performance.

Even though her first experience of golf was at the ripe old age of 24, Lynne picked up the sport in the most natural way. She was working at a golf course and during breaks she began hitting balls on the driving range. She asked the golf pro (who happened to be Norm Boden who taught LPGA player and fellow Canadian Dawn Coe Jones) if she should take lessons. Norm watched her for a bit, and told her to just keep swinging and find out what worked for her. She did, and later that summer in her first round ever, Lynne shot a 92.

Trimming that score down to the low seventies was where she really discovered performance on the course was more about the brain than the skills. "People might have the best-on-the-range type of practice swing, but when they get to the course, it breaks down—for some it really, really breaks down," she says. For men in particular, "They like it

to be mechanical and break it down step-by-step-by-step: your address position; what your position should be at the top of your backswing; your club; your thumb... That's what breaks down on the golf course."

"I don't teach like that," says Lynne.
"I really try to relate it to some other action they might do, even like lobbing a ball. I ask them to do certain things and I see perfect golf coordination with how the hips are moving, how the arms are moving, and everything is timed up and beautiful. Then they put that stupid stick in their hands and it goes away."

"I'm saying, 'I don't have to teach your body how to move appropriately. I've got to find out why you're in your way!" Lynne laughs, "I joke with people, 'You keep reading those golf magazines and keep phoning me when you haven't figured it out.""

That's one reason she likes to teach at courses like Skaha Meadows in Penticton. "If I can teach the way I like to, we start on the putting green, then the range and then take it on to the course. Par-3s and -4s are best for that."

About 80 per cent of Lynne's

students are women. "Some ladies are more comfortable with a lady teaching them. As a woman I can talk about body parts and get right down to brass tacks. If you have to talk about your hips or breasts, I have a little more freedom and comfort to talk about

what to do with them."

Lynne's goal is to give all of her students a lifelong love of the game. "The number one thing I ask all my golfers is 'What's your goal?' Their goal might simply be that they want to go and enjoy a Sunday with their kids or grandkids on the golf course. This is a lifetime sport—you can

be hooked up to an oxygen machine and not even get off the cart. Physical limitations are no barrier. Those with wheelchairs, fused vertebrae, missing limbs, hip and knee replacements, and very minimal range of motion can all enjoy golf." She adds, "To make it last a lifetime you're going to have your ups and downs as far as the mental part of the game goes. But if you can understand that in more detail, you're more bound to stick with it and to go out and literally enjoy nature—the beauty of the course, the smells, everything about it."

One of Lynne's tips for all golfers, but particularly those new to the game is this: rank your shots on the sweetness scale. "Everybody should know what a sweet ball feels like. It has a different feeling, different sound and it seems to go farther. It feels like you've done nothing." She says this helps golfers to focus on the positive, "When you hit a sweet one, make a happy face on your scorecard."

In the off-season, Lynne puts her master herbalist skills to work in a wellness business she shares with partner Ean Langille. (www.skahameadowsgolf.com; www.totalwellness.ca) OL



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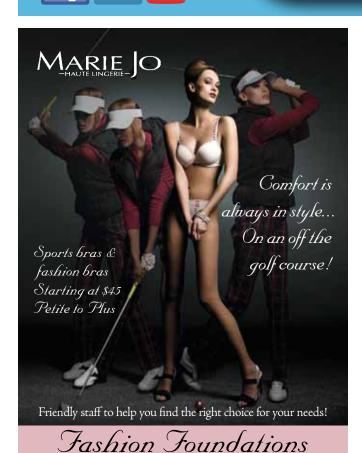


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In the past, problems with varicose veins generally resulted in hospital time and painful surgery. But the new laser therapies practiced by doctors Jenna Bentley and Mandy Wong at Lakeshore Vein and Aesthetics Clinic get you back on your feet and feeling better with virtually no downtime.

The Lakeshore team has developed a high level of expertise with therapeutic lasers. Theirs is among the few clinics certified in British Columbia to provide Endovenous Laser Treatment (EVLT).

EVLT is quick and minimally invasive. It leaves no scar, has little postoperative pain and the recovery period (10 minutes) requires no time off from work. EVLT provides almost immediate relief.

The procedure is performed in the clinic under local anesthesia. An ultrasound probe is used

to damage and shrink the walls of the vein so that blood can no longer flow through it. The vein begins to harden and the body breaks it down and absorbs the remaining cells back into itself.

Another issue in this age of heightened body awareness is the fat on thighs, backs and chest areas that no exercise short of a full triathlon seems capable of handling. Doctors Bentley and Wong offer the patented CoolSculpting™ procedure to eliminate fat cells without causing damage to the surrounding skin tissue.

CoolSculpting™ freezes up to 20 per cent of fat cells, which then begin to crystallize. In a few weeks, the body disposes of these dead cells. All of this is accomplished without leaving any fat deposits in the arteries.

"CoolSculpting™ isn't a weight loss product. You won't see any results when you step on the scales," says Dr. Bentley. "But you do see an attractive change in your body's silhouette."

With more than 22 years combined experience, the physicians at the Lakeshore Vein and Aesthetics Clinic know how to work with patients to help make sound treatment decisions. Accredited by the College of Physicians and Surgeons of British Columbia, Lakeshore not only provides remarkable aesthetic results. it can also deal with more serious medical issues and is recognized in the treatment of skin cancers.

Skin cancers, especially melanomas, are a growing concern in the Okanagan. Many people don't really understand that the skin is their body's biggest organ and that they have to look after it by reducing exposure to the sun's ultraviolet rays and the artificial ultraviolet generated by tanning beds.

Because the clinic is a licensed medical facility, Valley physicians can refer skin cancer patients to them. Clinic staff is approved to do excisions for testing to determine whether a skin condition is benign, pre-cancerous or a fully developed cancer. It is also a diagnostic clinic, meaning that a person worried about an abnormal mole or lesion can consult them directly without a referral from their family doctor.

The medical staff at Lakeshore Vein and Aesthetics Clinic are constantly upgrading their skills and

Health & Wellness Valley Style

are recognized as experts by their peers. Understanding the need for specialized expertise in the unfortunately growing field of skin cancer, Dr. Wong and associate Dr. Henry Docherty are completing their master of medicine in skin cancer qualification through the University of Queensland, Australia.

In February 2011, doctors Bentley and Wong were individually elected as executive board members for the Canadian Society of Phlebology. This capped a year that also saw the two doctors receive appointments to the new University of British Columbia -Okanagan faculty of medicine.

To learn more about the services provided by Lakeshore Vein and Aesthetics Clinic, refer to the ad (facing page) and visit www.veinskin.com.

DermMedica — Kelowna Vein & Skin Solutions

Imagine regaining the trim figure you had 15 years ago without the dangers or discomforts of surgery. And, wouldn't it be great to feel like you did when you first put on your wedding gown or tux. Nationally renowned Dr. Craig Crippen, MD ABPh DPD and DermMedica-Kelowna Vein and Skin Solutions can help you feel it all again with a revolutionary body-shaping technique.

CoolSculpting™ is a new, noninvasive technology developed by researchers at Harvard University. It involves isolating and freezing fat cells in the body. With the very first treatment, fat cells are crystallized and begin to break down. Then the body eliminates them naturally in the days following your first treatment and you start to see results within weeks.

This precision procedure is accomplished without damage to the skin and performed without surgery or anesthetic eliminating any of the risks usually associated with body enhancement procedures. It is particularly effective on places where men and women iust can't seem to lose fat-love handles, muffin tops, back fat and men's chest fat (gynecomastia).

Treatment begins with a "cool" gel sheet being applied to the treatment area. Then a suction device is used to cool down the fat cells essentially freezing them without hurting the surrounding area. The fat cells begin breaking down once they are crystallized and the body metabolizes them naturally. Patients report no discomfort of any kind.

DermMedica—Kelowna Vein and Skin Solutions is a clinic dedicated to safer, more natural medical procedures that really work.

When supermodel Monica Schnarre had a varicose vein that had been bothering her for some time she turned to Dr. Crippen for treatment. In a recent note of appreciation, she wrote, "Thank you, Dr. Crippen, for treating my vein. It had bothered me for many years and I can't believe how quick and painless it was. Thank you."

DermMedica specializes in

varicose vein disease and offers a number of treatments. Among the most effective options is EVLT or Endovenous Laser Therapy. Used to treat affected veins lying deeper in the leg, EVLT uses both ultrasound and laser technology. The ultrasound creates a precise map of the target vein before an insulating/local anesthetic solution is injected around the vein and a fine fibre optic laser is inserted to seal the vein from the inside.

With the vein closed, no blood can enter it to cause swelling. Eventually the body breaks down the dried passages and the leg begins to heal.

Dr. Crippen has been so successful with this procedure he has been asked to make a presentation at the upcoming Family Medical Forum in Toronto that will be attended by physicians from across the country.

Closer to home, DermMedica will also host the Canadian Society of Phlebology to demonstrate state-of-the-art treatments like EVLT and the brand new, patented ClariVein procedure.

ClariVein is used for what are commonly called "spider veins." A catheter with a rotating tip is inserted into the vein. This is followed by a sclerosant drug that is sprayed by the catheter as it is slowly removed from the vein. Eventually the sclerosant helps to breaks down the vein and the remnants are eliminated naturally from the body with the very minimum of discomfort and bruising.

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procedure and will be offering professional development sessions for their national colleagues at the Kelowna conference.

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Dr. Don MacRae & Associates

It's not easy to find a general dentistry practice these days to look after your whole family's needs. Dental clinics seem to be more interested in a gourmet menu than the basic à la carte services. But Peachland's Dr. Don MacRae and Associates maintain that family-focus.

Dr. Don, to his patients, works hard to keep his practice patientdriven. When he speaks about his relationship with the people who sit in his chair, you can hear the pride. "We do what the patient wants, not what we want," he says.

This includes creating a relaxed atmosphere where new patients are always welcome and the hours make sense for working families. Extended hours run from 8 a.m. to 8 p.m. Monday to Thursday, 8 to 4 p.m. on Fridays and by appointment on Saturdays.

Dr. Don MacRae and associates, doctors Jeff Krawchuk and Peter Cormillot along with 13 hygienists, assistants and administrative staff, offer a full list of services like sedation dentistry, orthodontics, sports guards and sleep apnea devices. Dr. Don even does pre-school tours so kids don't grow up in fear of the dentist.

Since launching his practice in 1993, Dr. Don has developed a reputation for working with children. He sees them both in his 3rd Street clinic and at the Summerland Health Centre, although his hospital visits are not limited to kids.

For mom and dad, he makes visits to his office a little less painful by working hard to maximize the benefits of the family dental plan, including direct billing.

This people-friendly approach has garnered him clients from as far away as Salmon Arm and Washington State. But in the end, it all boils down to great dental health and the fact that, as Dr. Don says, "So much begins with a smile."

Look for more details in the adon page 31 and learn more online at www.peachlanddentists.com.

OKAPED

OKAPED has a long history of promoting healthy living throughout the Okanagan. The company introduced the profession of pedorthics to the Kelowna medical community in 1997. Its clinicians all have university degrees in health sciences and additional extensive pedorthic training and continuing education in the field of biomechanics, gait analysis and anatomy.

They are experts in performing biomechanical evaluations and video gait analysis and in providing custom foot orthotics, knee and ankle bracing, shoe modifications and specialty footwear.

OKAPED clinicians take a oneon-one approach to conducting their quality assessment of clients' gait characteristics and possible biomechanical abnormalities. Clients are primarily referred by their family physicians when concerns about foot alignment, gait abnormalities or the effects of diseases such as arthritis or diabetes create complications within foot and leg structures. Some of these conditions can be life limiting or, in severe cases of diabetes complications, limb threatening.

Athletes with performance or pain issues also visit OKAPED to consult about possible biomechanical abnormalities. Recent changes in running styles and the use of minimalist shoes has kept the professionals at OKAPED busy reviewing studies of these trends and helping to mend those runners that are breaking down either due to poor biomechanics or improper training methods.

They also deal with occupational and sports injuries and work with athletes in specialized areas such as reviewing bike fit or ski stance as well as performing individualized running analysis. Their knowledge of foot biomechanics aids OKAPED professionals in designing and fabricating custom orthotics and shoe modifications in their local lab. OKAPED also retails specialty orthopaedic footwear including a product tailor-made for the Okanagan lifestyle—anatomically supportive flip-flops that help keep feet happy

So much begins with a smile









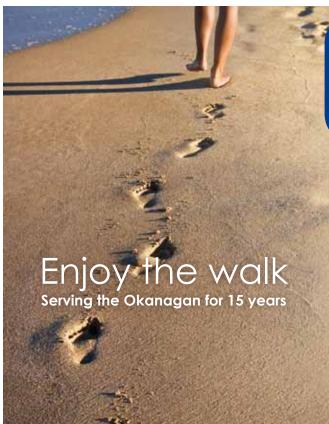
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Simply Amazing Smiles

It's not really amazing that the first thing we notice when we look at people is their smile, but it is amazing how positively we react to a beautiful smile. Dr. Trevor Morhaliek and his team at Simply Amazing Smiles knows this and works to make sure everyone who sees your smile has the most positive reaction to you.

Cosmetic dentistry has been around for a long time, but in today's modern orthodontics practice "good just isn't good enough." Dr. Morhaliek says he goes beyond that by building special relationships with his clients and treating them to five-star, VIP hospitality that embodies the culture of care that patients find comforting.

For a lot of clients, going to the dentist has always been a negative experience, but Simply Amazing Smiles has re-invented the traditional dental visit. Dr. Morhaliek's clinic offers a spalike experience with comfortable surroundings, private treatment rooms, reassuring massage therapy and even fresh lattes or cappuccinos while you wait.

"In order to make a patient's experience with us as comfortable as possible, we work to respond to that client's needs at any given moment. And believing that prevention is the key to a satisfying visit, we take a conservative, but pro-active approach to their overall care."

Along with general dentistry, Simply Amazing Smiles offers smile design consultation to give you the smile that fits your face and personality; veneer and porcelain restoration; and Invisalign—a transparent alternative to the unflattering railroad track look of metal braces.

While a smile compliments your face, your face is the frame for that smile and it is important to take a holistic view when you consider cosmetic dentistry. Keeping this in mind, Simply Amazing Smiles also offers a unique approach to Botox therapy to harmonize all of your facial features so they enhance each other.

Trevor Morhaliek is an internationally renowned clinician who works beyond his daily routine by teaching other practitioners at home and abroad on cosmetic dental procedures. He is also a lecturer at the California Institute for Advanced Dental Studies and heads up the Okanagan Society for Dental Aesthetics.

So if you're looking for an amazing reaction to yourself and your smile, consider Simply Amazing Smiles.

There's more info in the ad on page 33 or visit the website at www.simplyamazingsmiles.ca.

Singleton Dental Implants

The face of dentistry is constantly advancing with improvements in materials and techniques. For many years, the Smile Makeover has been the big buzz. "It's still an amazing way to change people's lives," says Dr. Alan Singleton.

He routinely does makeovers, but these days he is most passionate about the benefits of Invisaline (invisible braces) and dental implants to improve function and aesthetics.

The link between oral health and overall body health, especially heart health, is clear. Dr. Singleton says that keeping your mouth clean and healthy is easier with straight teeth and Invisalign can help achieve this.

He uses dental implants in many different situations from replacing a single tooth to securely holding in dentures. Made from titanium screws, implants are artificial teeth roots that are placed in the jaw to support restoration. "Having teeth



that you don't have to take out is life changing," says Dr. Singleton. "Eat anything you want, smile as big as you can, no flying denture mishaps."

Just as significant is avoiding or dealing with potential health problems. Bacteria can grow where teeth used to be or where there is extra space from poor fitting dentures. This can lead to gum disease, adding to the risk for a host of health problems. Missing teeth can also throw the bite off, which can lead to headaches, sore jaws, aching necks and backs.

Dr. Singleton is a dental implant specialist. He understands the need to be aware of all options, outcomes and cost. Before prescribing any kind of treatment, he gets to know his patient's oral health and then discusses the best option for each individual right here in the Okanagan. Find out more from the ad on page 33 or visit the website for full details www.dentalimplantspenticton.com.







Osoyoos Dental Centre, 8524 Main St.

(250) 495-6144

www.dentalimplantspenticton.com

Veneers

Health & Wellness Valley Style

Okanagan Dental Care for Kids

For a lifetime of dental health, care needs to start early. "My philosophy is that we are here for the children," says Dr. Terry Farguhar, who runs Okanagan Dental Care for Kids with Dr. Alan Milnes. "My first priority is to provide preventive care and a positive dental experience from a very young age, ideally seeing kids by one year of age or six months after the eruption of their first teeth."

Dr. Farguhar says this appointment is about the family. "I believe that when parents are given the information they need to prevent cavities from a young age we can reduce the chance that the children will develop cavities in the future."

Developing a comfort level with the office and team also helps build relationships and a trusting environment where kids can comfortably come with oral health issues of any kind, not just cavities. But if the dreaded C-word does arise, this practice offers a range of support from TLC for the slightly nervous to nitrous oxide and oxygen inhalational sedation (laughing gas), oral sedation, intravenous sedation or even treatment under general anesthesia both at Kelowna General Hospital (KGH) and Summerland Health Centre. (This office developed the pediatric dental program at both.)

Okanagan Dental Care for Kids is a place where kids can have all of their dental needs addressed including early orthodontic screening with space management or timely referral to an orthodontist as necessary. Serving the community and the entire BC Interior for 15 years, this practice goes well beyond the basics, providing families with online access to a wealth of information via archived articles written as a public service.

Doctors Farguhar and Milnes are sought after as resources for Interior Health and general practitioners throughout the Okanagan as well as medical colleagues at KGH. Dr. Milnes is also involved with lecturing and guideline development nationally and in the US. "When families come to our office," says Dr. Farquhar, "they are receiving care from recognized experts in the field."

Ultimately, though, it's all about the children. "We live here, we care about our community and we have a vested interest in providing a place where families can come for support for their children's dental needs."

Contact details in the ad on page 35. To learn more, including info for parents on pediatric dental care, visit www.okanagandentalcareforkids.com.

Rocky Mountain Fitness

"Selling fitness is a service business," says Rocky Mountain Fitness owner, Les Gordichuk. "We take offence when people say their equipment has become nothing but coat hangers."

Although he and his staff are proud to carry the best product lines, providing value through volume buying, they are determined to see that customers leave with the right equipment to achieve their fitness goals.

Rocky Mountain carries the same selection of quality equipment as stores in major metropolitan areas. Customers will find a wide selection of elliptical trainers, treadmills, exercise bikes, rowing machines, suspension trainers and multi-gyms. The store stocks equipment for Pilates, vibration training, fight gear and a huge array of weight training gear including benches, racks and free weights. And they offer a full range of price points in all categories to meet everyone's budget needs.

But at Rocky Mountain the service isn't just cash and carry. Here customers receive personal attention from trained staff who are constantly updating their knowledge of the latest equipment and the most up to date training techniques.

For people who are ready to make the leap, Les extends an invitation to come in for friendly, honest, dedicated service. He warns that they may not hear what they came in looking to hear, but they will get the truth. A pet peeve of Rocky Mountain staff is mass marketing. They see fad equipment in the same light as fad diets. They don't want customers settling for the wrong product just because it's the latest thing they've seen on TV. Les says that much of the company's sales volume comes from repeat customers because fitness is an ongoing process. When people have been counselled wisely and treated fairly, they keep coming back.



Caring for young children, adolescents, and children with special needs, both in the office and in the hospital; no referral required. Dr. Farguhar and Dr. Milnes are board certified specialists in pediatric dentistry, on staff at both Kelowna General Hospital and Summerland Health Centre.

Apositive experience for your child and for you.

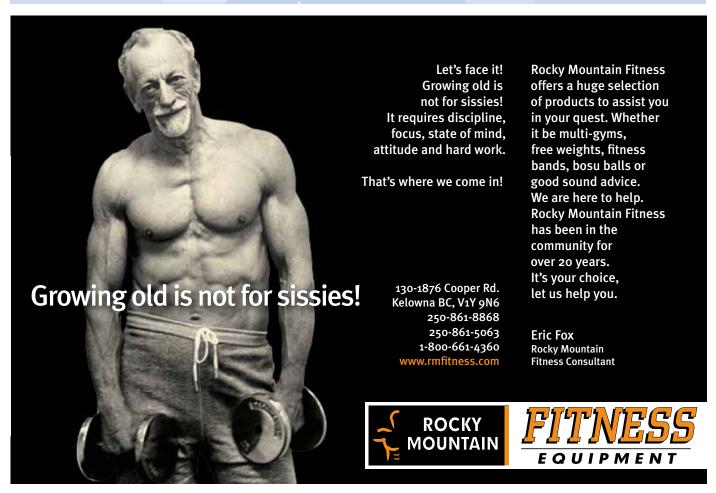


Terry C.L. Farquhar **Board Certified Specialist** in Pediatric Dentistry Alan R. Milnes **Board Certified Specialist** in Pediatric Dentistry

Okanagan Dental Care for Kids

www.okanagandentalcareforkids.com

101-1890 Cooper Rd, Kelowna, BC • t. 250 763 5101 • f. 250 763 5131



Health & Wellness Valley Style

And Rocky Mountain isn't just catering to perfect-body 20-somethings. With growing fitness consciousness among 40- and 50-year-olds, people in this age group are often fitter now than they were two decades ago. "We all know," says Les, "that we 50-pluses want to be more fit. If we could take off two belt sizes or two dress sizes, we'd want to do it."

Serving the community for 20 years, Rocky Mountain Fitness is all about personal attention to help people achieve their personal fitness goals.

Look for more information in the ad on page 35 and find full details online at www.rmfitness.com.



Chelation Medical Centers of the Okanagan

With the effects of aging, especially heart disease, top-of-mind for so many people today, it's exciting to learn of chelation therapy, a time-tested option for the prevention and treatment of atherosclerosis. Doubly exciting that it also provides many other benefits.

"We just help you heal yourself," says Dr. Dietrich Wittel, who adds that he doesn't own a prescription pad and hasn't seen a drug rep for 15 years. He compares chelation therapy with pulling a sliver out of a festering wound. Once the sliver is removed the wound usually heals flawlessly by itself.

The way the therapy works is that a chelating agent called EDTA is injected by IV and it literally grabs "the slivers"—toxic metals like lead and stealth infections like certain herpes viruses from the body.

A recent Swedish study showed that for patients with hardening of the arteries, the loss of elasticity in the aorta was reduced by the equivalent of between 20 and 27 years as a result of applying the proper chelation protocol. Remember, says Dr. Wittel, "You are only as old as your blood vessels."

Dr. Wittel insists that patients of the Chelation Medical Centers of the Okanagan become informed by watching his lecture on DVD and he cautions that they "had better be prepared to listen to our nutrition advice. which differs a great deal from what you see and hear at the hospital."

Learn more from the ad on page 37 and www.chelationbc.com.

iSight Optometry

When it comes to health and wellness, vision is a top priority. Dr. Brent Westfall and his partner Dr. Calvin Kettner, together with their team of optometric assistants, opticians and the entire iSight staff are dedicated to providing the best eye care experience through friendly service and with the most up to date equipment available.

Technology is our friend in eye examination and iSight employs the most advanced equipment in the Valley. With the fast, easy and comfortable Optomap Retinal Exam, the doctors are able to detect peripheral retinal disease, a potential side effect of diabetes. They use full visual field testing for glaucoma, OCT for detection of glaucoma and macular degeneration, and Foresee for early detection of macular degenerative changes. Corneal topography comes into play for custom contact lens design and kerataconus management. The best way to protect your vision is regular eye exams.

And when correction is required, iSight offers a wide selection of glasses to fit every need, from kids and teens to industrial and high fashion, with exclusive frame lines and contact lenses.

Whether the eve care issue involves eye health, correcting vision with glasses or contact lenses, or helping a patient find the right frame, iSight's experienced team will identify and implement the best eye care solutions possible.

"We would like iSight to become your best eye care experience," says Dr. Westfall, "your vision source."

Check out the ad on page 37 and visit www.isightinfo.com for more detailed information.

Westside Dental Centre

A key component of overall wellness has to be dental health. We all know that, but finding the motivation to actually work with a dentist, well, that's another story. It really boils down to relationships and dental surgeon Jack DeGruchy is a master at building them.

Whether he's working with Robert Bateman to help kids realize a greener future, being instrumental in bringing face masks to minor hockey, helping to develop arts venues for the Okanagan or standing on-call to provide emergency dental care for the Queen, Jack is connecting with people. And that way of life transfers to his dental practice.

Jack has dedicated his life to building smiles in many ways, but certainly through comprehensive, compassionate dental care. He feels strongly that it is vital to build relationships with his patients, to listen and truly hear what they want for their smiles.

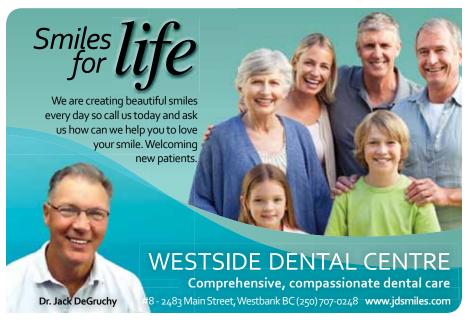
At the Westside Dental Centre, Jack specializes in procedures designed to make people want to show off their smile. Not surprisingly, given his long connection with minor sports, Jack uses the most up to date techniques in implant dentistry. He performs a wide range of cosmetic procedures including bonding, gum reshaping, tooth whitening, crowns and veneers. When tooth loss is unavoidable, he consults with patients to determine and implement the most harmonious denture solution. Westside Dental even offers a Fresh Breath Centre. Now we're talking relationships.

Contact info in the ad on page 37. Learn more at www.jdsmiles.com.





4-2070 Harvey Avenue, Kelowna, BC | Dr. Westfall | Dr. Kettner Appts 860-2020 | www.isightinfo.com





Pinotage takes root in the Valley

by Michael Botner

South Africa's signature grape finds a home in the Okanagan as winemakers expand their cellars with another big red

A tasting at Cornucopia, in Whistler, showcased the wines of modern South Africa. Featured were two intriguing Pinotages, KWV Café Culture and The Grinder. A South African specialty, the red grape is also grown successfully by a small contingent in the Okanagan.

In 1925, Stellenbosch University viticulturist A. I. Perold gave birth to Pinotage when he crossed Pinot Noir with Cinsaut, a Rhône variety, then known as Hermitage in South Africa. Its fame skyrocketed in 1991 when Kanonkop's 1989 Pinotage was judged the world's Best Red Wine at London's International Wine & Spirit Competition, and its winemaker, Beyers Truter, was named International Winemaker of the year. For many oenophiles, Pinotage is the South African equivalent of

Zinfandel in California, Shiraz in Australia and Malbec in Argentina.

The grape got its start in the Okanagan in 1996 when Paul Moser, a South African immigrant, planted cuttings as he established Naramata's Lake Breeze Vineyards. Although Moser has since sold, he left the indelible stamp of his homeland—Pinotage vines, white-washed, Cape-style buildings and winemaker Garron Elmes. The Cape Town native made the first Lake Breeze vintage and continues as winemaker 17 years later.

In another part of the Okanagan, Chris Turton started replacing apple trees with vines, including Pinotage. From a family of long-time fruit growers in South Kelowna, Turton eventually planted six hectares of Pinotage and

hired South African Willem Semmelink as vineyard manager. Owned by Jennifer and Kent Molgat and Chris Turton (Jennifer's dad), The View Winery & Vineyard opened in 2008. It is housed in a splendidly solid heritage packing house built by Jennifer's grandfather, George Ward, in the 1930s.

At the south end of the Valley, Lanny Martiniuk planted a Pinotage block in 1998 in sandier soil "that warms easily, aiding ripening while gently restricting growth." A major supplier of vines to other growers, Martiniuk owns three vineyards in the Lower Black Sage totaling 20 hectares under vine, eight in Pinotage. In 2007, he launched Stoneboat Vineyards with his wife Julie and sons Jay, Tim and Chris. OL

Showcasing a selection of robust Pinotage reds from the Okanagan and South Africa, the five star rating system stresses value for price.



THE GRAPE GRINDER 2010 PINOTAGE

Paarl, South Africa

**** \$14.99

No holds barred Pinotage boldly suggests succulent blackberry essence and espresso bean with dark chocolate, earth and smoky oak. Ripe tannins are finely-textured and peppery. It accompanies robust meat stews or bobotjie, the national dish of South Africa.



LAKE BREEZE **2009 SEVEN POPLARS PINOTAGE**

Naramata, Okanagan Valley

****^{1/2} \$29.90

With a native South African as winemaker and tiny production from 25-year-old vines, this stunning Pinotage shouts rich, dense plum and Cassis and velvety tannins spiced with chocolate, tobacco, coffee, anise and smoke. Pairs with steak or venison.



THE VIEW 2009 PINOTAGE

Kelowna, Okanagan Valley

**** \$19.95

Aromatic Pinotage nose introduces a bold, tasty palate featuring ripe, richlyconcentrated plum and black cherry fruit, semi-sweet chocolate, roasted coffee bean and smoky oak, lifted by lively balance and chewy tannins. Enjoy with roast beef and barbecued ribs.



INNISKILLIN 2008 DISCOVERY **SERIES PINOTAGE**

Oliver, Okanagan Valley

**** \$29.99

Elegant Pinotage combines lip-smacking fruit and spice character with a firm. Bordeaux-like structure. It boasts essences of ripe plum and raspberry, violet, black pepper, coffee bean, spicy oak and dusty tannins. It partners grilled or roasted steak or lamb.



STONEBOAT VINEYARDS 2009 PINOTAGE

Oliver, Okanagan Valley

**** \$25

Easy to enjoy now, this wine has depth and elegance. Silky palate reveals juicy blackberry and damson fruit, and notes of liquorice, marshmallow, game and sweet tobacco smoke, backed by chalky tannins. Partners roast beef or spring lamb.



THE VIEW 2008 PINOTAGE

Kelowna, Okanagan Valley

**** \$19.95

The style is traditionally robust and gamy with a big spicy nose and succulent flavours suggesting blackberry and plum, black pepper, smoked bacon, earth, tobacco leaf and espresso followed by puckery tannins. Serve with meat stews and casseroles.



SUSAN DULIK

Manager Metro Liquor, Kelowna

The offspring of pioneering Kelowna growers, Sue Dulik remembers many of the Okanagan's leading lights talking shop in the family kitchen. "Inspired by the Becker Project, they were at the forefront of early steps to plant vinifera," says Sue. "At 15 or 16, I wanted to be involved." In 1923, when her immigrant grandfather, Martin, acquired the family vineyard in southeast Kelowna, he grew labrusca vines. In 1978 her father, Den, planted vinifera. His two hectares of Riesling were the first in the Valley and Jordan & Ste-Michelle (later Bright's) released its 1981 Riesling from his initial harvest. Sue's career began in 1980 when she joined Jordan & Ste-Michelle in Surrey. Back in Kelowna in 1990, she worked in her father's vineyard and apprenticed with Eric van Krosigk at Summerhill. In 1997, she realized her dream of making wine when she opened Pinot Reach Cellars on the family vineyard. Despite fame—Jancis Robinson cited her Old Vines Riesling in the 5th edition of The World Atlas of Wine—the journey ended in 2004 when the Duliks sold the winery. "With my father about to retire, the horrible 2003 fire was the last straw," she says. She joined the Metro Group in 2006. "It was an eye-opener," she says. "I was exposed to fantastic wines from all over the world while learning about wine retailing." Named manager of the specialty Waterfront location in 2009, Metro recently moved its store to the Old Train Station. "It is the only downtown, full-service liquor store," says Sue.



whoamongus

by Patti Shales Lefkos

Citizens' Patrol

Speed watch, stop sign violations, parking lot checks and a child ID program, Bill Reichelt and his fellow Lake Country Citizens Patrol volunteers are on the case

■ It's obvious that Bill Reichelt, president of the Lake Country Citizens' Patrol Society, has finally found his true calling. Whether settled in his tiny office adjacent to the Lake Country RCMP detachment, buried in statistical forms, stationed on roadside speed watch or cruising Lake Country behind the wheel of the patrol vehicle, he's happy to serve.

"In the back of my mind, I'm just a wannabe cop," says the Fort Erie, Ontario, native. "We are the extra eyes and ears for the police. Our volunteers gather information so the police have time for other jobs."

No stranger to volunteer work, the retired salesman, former hockey and football coach, based his family in St. Albert, Alberta, before moving to the Okanagan eight years ago. "We came here for the shorter winters and more gardening time for my wife," says Bill, who immediately got involved in Lake Country Community Policing, the umbrella organization for Citizens' Patrol. "It's a way to get to know the area, meet people and give back to the community," he says.

Pride in his eyes, Bill describes the roles played by the 28-year-old organization. "We act as traffic directors and security at the annual Terry Fox Run, Canada Day events or the Oyama Day Parade," he says.

The group also offers a Child ID program. "We provide families with a fingerprint, handprint or footprint of their child and advise them to place it, along with a lock of hair, in a plastic bag in their freezer."

Checking hotel and mall parking lots and driving up dark, dead-end roads may not seem like a fun way to spend an evening, but Bill says it's worthwhile when he finds a stolen vehicle or licence plate. Volunteers are also on the lookout for unlocked vehicles or kids, dogs, computers or change left in parked cars.

A gregarious guy, Bill likes to be where the action is. His face lights up when describing the roadside speed watch. Radar gun and reader board (which shows drivers their speed) set up on each side of the road by 7:30 a.m., Bill and his partner record the licence number, colour and make of any car doing more than 30 km/h above the limit. "We give the licence number to the RCMP. Sometimes a driver will speed up and give us the finger, then get nabbed by the RCMP further down the road," he says with a grin.

New volunteers receive on-the-job training during their required fivehour monthly shift, partnered with a more senior member. "It takes a few months to build confidence and feel comfortable in the position," says Bill. And all members go through a rigorous 13-page security check, the same check used for new police officers.

Safety first. While on patrol volunteers maintain radio contact with the RCMP, checking once an hour and calling for back up if necessary.

Patrollers can attend the annual symposium set up by volunteers from various Okanagan patrols, featuring sessions offered by the BC Crime Prevention Association including non-confrontational communication skills, recognizing a grow op, first aid and training in radar, reader board and radio use.



Healthy start. Banana, slice of toast with peanut butter and a small howl of cold cereal. Then head to Tim's for a kick-start coffee.



Hit the deck. Arrive at RCMP building office. Meet partner. Grab vehicle keys. Check permanently installed reader board and radar. Load second set used for opposite side of the road.



Speed watch set up. Okanagan Centre Road East and Robinson Road. Monitor rush hour speeders coming from Carrs' Landing area. 50 km/h limit. Slowest car is going 70 km/h.



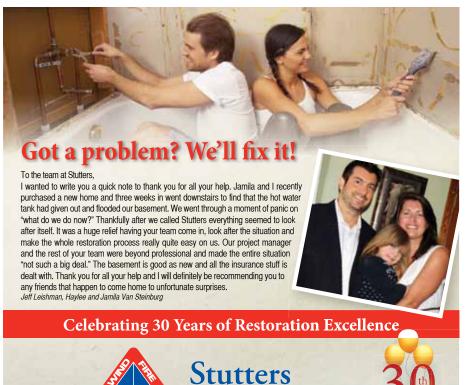
Duo debrief. Pack up gear then off to Lake Country Coffee House to plan next week's stakeout, Review the list of specific problem areas, often school zones and quiet neighbourhoods.



Office overload. Fill out forms for Citizens' Patrol and RCMP documenting number of drivers using cell phones, not using seat belts, driving at or 10, 20 or 30 km/h over the speed limit.



Chow down. Time for some lunch before grabbing the clubs and hitting the greens at Hillview Golf.

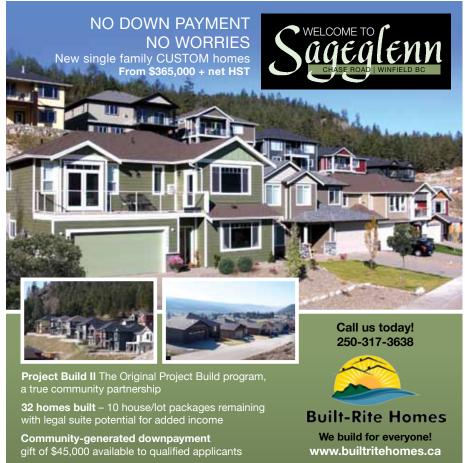


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MIDNIGHT OIL: SECURITY WORK IN KELOWNA FIVE NIGHTS A WEEK. "IT PAYS FOR MY GOLF." ON THE NIGHT TABLE: SCORE GOLF MAGAZINE AND GOLF MAGAZINE BACKYARD BISTRO BOY: BILL BARBECUES 12 MONTHS OF THE YEAR. "I COOK A GOOD STEAK." DOING LIFE OVER: NO REGRETS BUT NEXT TIME I'LL BE A COP. **VALUED FRIENDS: HONEST PEOPLE** YOU KNOW YOU CAN COUNT ON. **GUIDING PRINCIPLE: IF YOU'RE GOING** TO DO SOMETHING, DO IT RIGHT.

After four years as president, Bill is stepping down. "But I'll keep going as coordinator of speed watch," he says, "I have no desire to leave." Presently he is recruiting new volunteers. "We have 16. and most members do much more than five hours a month. Of course, some time is for socializing. We have barbecues with members of other Okanagan Patrols."

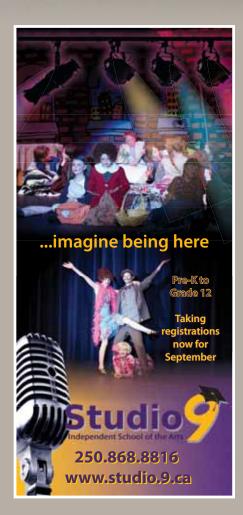
The present dedicated group logs 1,000 volunteer hours a year, monitoring 10,000 vehicles with the speed watch program, providing Child ID for 300 children and has found four stolen vehicles.

The new Ford Explorer, designated specifically for patrol use, is bigger and more comfortable than the last as members put 8,500 kilometres on it in 2011. Grants from the District of Lake Country, a good deal at Watkin Motors and a Capri Insurance discount helped with the purchase. Bill is also grateful for the donation of two laptops from ICBC and additional support from the Central Okanagan Regional District and the Lake Country United Church.

His goal for the future? "Get more members," he says, picking up the phone. OL



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Baby & Me isn't just a baby store: it's a place a new parent and grandparents can get the information they need. When stocking a nursery, the choices can be overwhelming.

Our goal is to make your job a whole lot easier — not by offering everything out there, but by offering the best of everything out there.

We've done the homework for you. You'll find all your must have baby and mommy items, to include only the most stylish, healthy, practical and innovative products available — from fun, bright bedding and furniture to gear, toys, baby care, maternity, and more.

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1969 Harvey Avenue, Kelowna

250.717.0556 www.babyandme.ca

New Consignment store opening next door in April/May

Thank you to all our valued customers for supporting our business during these 12 years of continued success. We are starting a new year wishing you the best. WATCH & JEWELLERY

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BizBuzzz

Kelowna Cycle

"We will rise again."

www.kelownacycle.ca

On Dec. 2, 2011 fire scorched the Christmas retail hopes of Pat Rosen and his Kelowna Cycle staff. Shell-shocked but determined, he recorded his reactions. Nearing the reopening of Kelowna Cycle's Pandosy Village location, Pat has agreed to share some of what he wrote.

"It's 24 hours since I arrived at the scene after being alerted to the situation by my friend and employee Tannille. I can't tell you the sick feeling you have when you're told your store is on fire. Many of you know me, but I feel now is a pretty good time to tell you about myself, this amazing store and the people that made it what it is today. I grew up in Kelowna, actually in Rutland, and I'm proud of what it taught me, which was to grow up strong and never take anything for granted....

I came back to KC in '98 and knew that I wanted to own this store. In 2008 it happened, I became owner of Kelowna Cycle.... I probably should ride my bike to work more

often, but I love my dog and want her to be there with the staff and myself instead of being home alone.

This Monday my routine is broken—coming to work, to smell the rubber in the shop, to greet the staff, to have an espresso with Mike and laugh about whatever. I won't have to

get mad because Shane is late or think about what we have to do today, instead its a whole different day. There will be no customers to greet, no Michael or Eric to come and check on us after their coffee, no Dan from Purolator dropping off packages, nothing that resembles the day-to-day life that we've all become accustomed to.

I wouldn't be where I am without the support of the greatest staff a bike shop owner could ask for: Mike, Tannille, Dave, Shane, David, Scott, Ryan, Lucas and



Stef, Cody, oh yeah, Fergie who's in Denmark playing hockey. These are the people that made KC what it is today, an institution embedded in the core of Kelowna since 1948. I love what we created, a little store that has helped so many over the years, it's the customers we've

helped once or a hundred times that I say thanks to, you've made owning a bike shop easy. I'm grateful to have been fortunate enough to help so many people reach their dream of owing a bike they love. I couldn't do this alone. Everyone is part of the success of KC. Thank you."

Kelowna Cycle is located in temporary digs on Sutherland Avenue until restoration of the Pandosy Village shop is completed this spring. Keep up with the latest news at www.KelownaCycle.ca.

Ponderosa

All-inclusive golf community

www.ponderosaliving.ca

In partnership with Treegroup and the Westbank First Nation, Greg Norman is bringing his love of the good life to the shores of Okanagan Lake at Ponderosa in Peachland. The community features a premium estate winery, lakefront vistas, amphitheatre, NHL-sized outdoor ice rink and the Signature Greg Norman golf course, designed by the Shark himself.

Ponderosa has announced the release of its first phase of 69 luxury townhomes and pre-sales are under way. These 2- and 3-bedroom townhomes are situated on the golf course and many have unobstructed lakefront views. Construction on the 1,247- to 1,994-sq./ft homes is scheduled to begin in April with first occupancy in winter 2012.

The 400-acre site wraps around the base of Pincushion Mountain, carved from rugged rock and wilderness forests. The 7,200-yard championship course is the centrepiece of a community that will eventually include some

2,300 residences in a range of price points. The single family, multi-family, townhomes, condos, golf cottages and wine villas will be released in stages. Pre-sales for craftsmanstyle single detached homes starts this spring followed by golf cottages and wine villas.

Fourteen holes of the golf course are near completion, while construction continues on the remaining four with the grand opening scheduled for late spring 2013. Greg Norman and members of his design team say that Ponderosa, with its breathtaking views and stunning elevation changes, will be among the top three courses they've designed over six continents.

Ponderosa recently named Doug Goubault as general manager/resort, which he says means, "I am in charge of everything fun." Doug is a leader in the golf resort industry, known for building exceptional teams focused on memorable experiences. Most recently director of golf at Predator Ridge, Doug also brings 10 years experience with Fairmont Hotels & Resorts in Mexico and Canada. While director of golf at El Camaleón, Mayakoba in Playa del Carmen, Mexico, Doug opened the new course, which was subsequently awarded the Best New International Course by *Travel and Leisure* magazine. He was also instrumental in creating the first PGA tour event outside Canada or the USA.

Discovery Centre open daily 12–5, Peachland IGA plaza. Call 250.767.2148 or visit **www.PonderosaLiving.ca**.



rearview

by Bruce Kemp

The craft of writing

How a fountain pen changed my life

Close to a decade ago I was beginning to feel more than a little anonymous in the digital world. My cameras had gone digital and everything I composed was done on a computer. The feeling that bothered me most was the one that told me my work was disposable and of fleeting value—just so much digital fish wrap. All those carefully crafted phrases and delicious plays on words would be lost forever in the cybersphere. So I exercised my only option and asked my wife for a fountain pen with which to return some sense of permanence to my life.

I don't know why a fountain pen occurred to me. I was the bane of our Grade 5 class in terms of penmanship. After successfully passing through Pencil Technology 101 in grades one through four, I moved on to a stick pen and inkwell. This is where I began a long slide into slovenliness on the page. To say my copybook was blotted is an understatement. It was chock-a-block with puddled ink, streaks and scratches—but very little resembling the written word.

Shortly after I was reluctantly passed out of that grade, they discontinued the use of stick pens in our school system. I suspect it may have had something to do with my limited abilities.

As a dismal failure with the stick pen, why a fountain pen made sense is beyond me. Regardless, it is my shout of protest. I am not a Luddite by any stretch. Give me a technology that will up my tax bracket and I'm onto that puppy in the blink of an eye.

If I were to spend a lot of time thinking about why I did this, I guess I would have to say I was looking for two things and was surprised to find a third.

Initially, I needed a technology to slow me down and make me think once again as I committed thoughts to paper. I learned to write stories with a typewriter and as my fingers grew more dexterous, my thoughts became less sophisticated.

The second hole in my soul would only be filled through a search for elegance that seems to be slipping out of our world. Elegance is something easily definable that we no longer care to define. Can you tell the difference between a new Ford Taurus and a new Jaguar? Neither can I. Nor does one aluminum-bodied MacBook look sleeker or sexier than another. Marketing guys use the term elegant, but then I suspect they really don't know what it means or how to achieve it. Elegance is just another word in their

sales armory. But it does still exist.

Since I started scribbling with a pen that could do substantial damage to any shirt I own, I've noticed I take more time with things—and the patience has had an unexpectedly pleasurable result. Writing is now tangible and a pure joy. My penmanship has become something to brag about.

My e's contain actual loops and my a's look as good as any third grader's. If I write on lined paper, my sentences and paragraphs are neat and orderly. I've even discovered that I can make a sheet of unlined writing paper look good.

Speaking of paper, I no longer use napkins for notes. My improved penmanship has given me renewed confidence, so I now have stationary (with matching envelopes) as well as garden-variety paper.

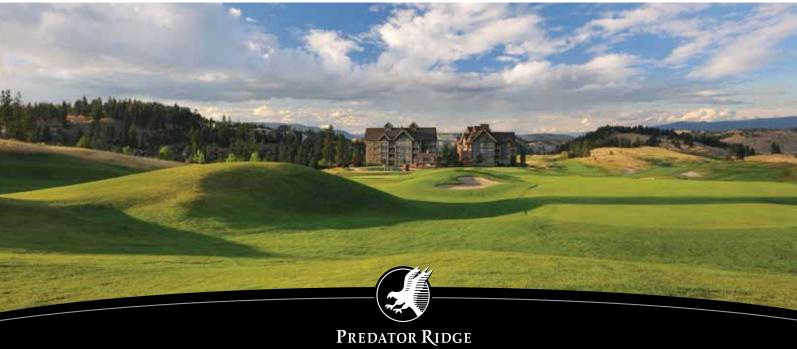
A third reason occurred to me while considering this essay. I am more than ever environmentally friendly. True, I discard empty ink cartridges—if the ink companies would only make them biodegradable I'd force them upon my friends by the fistful—still, I am not throwing complete pens away every time I run out of ink.

All of this gives me the great sense that I have set right my little corner of the world. I now have pride in the way I represent myself when I communicate and I am using something sustainable in its modest way. Yep, it takes more effort than an email, but I've never welcomed an email the way I do a handwritten letter and I expect the people I send letters to feel the same way - just a little more elegant and a little less anonymous for the day. OL









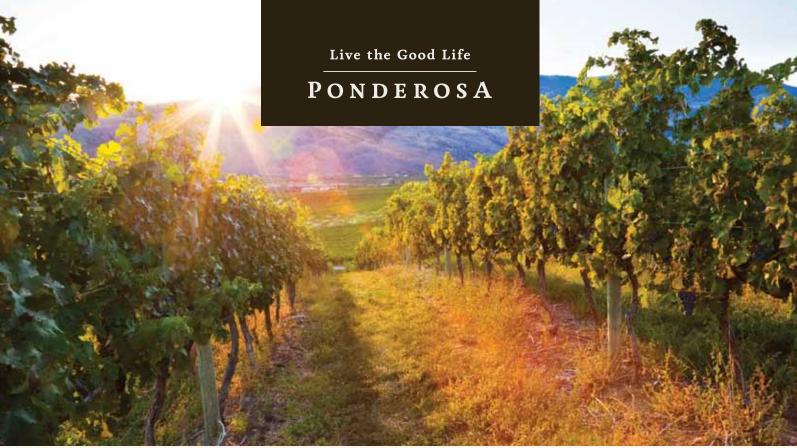
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