

OkanaganLife

JULY-AUGUST 2012

Okanagan
types
ordinary,
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Community roundup:
Okanagan/Shuswap

Photo essay: Penticton's
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features

- 17** **COMMUNITY ROUNDUP**
City buzz and country calm: get the inside story on cities and towns from the Shuswap to the South Okanagan

- 34** **OKANAGAN TYPES**
Ordinary, extraordinary Okanaganites pass on their tips and secret bits about life in the Valley

contents

departments

- 6** **PAUL'S VOICE**
- 8** **PULSE**
News roundup
- 10** **IN PERSON**
Lori Mairs
- 12** **CULTURISTA**
Art spark
- 14** **BOOKSHELF**
Summer reads by Okanagan authors
- 44** **PHOTO ESSAY**
Ironman
- 49** **ROTARY GOLF**
20th Annual Pro-Am
Charity Golf Tournament
- 50** **PRO TENNIS**
Kelowna Futures pro tournament
- 52** **OKANAGAN BUSINESS**
New Lexus dealership;
More awards for Castoro de Oro
- 54** **HIGH SPIRITS**
Not long ago, wine tourists moaned about the shortage of on-site eateries. Not any more
- 56** **WHO AMONG US**
Festivals Kelowna executive director
Renata Mills
- 62** **REARVIEW**
Card reader crazed

ON THE COVER:
SKYTREK ADVENTURE PARK
BY DAVID GLUNS

Colliers Introduces:

Colliers International is pleased to announce that James Brown has joined the Kelowna office as Lead Appraiser for the Valuations Advisory & Consulting team and as a licensed Broker.

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Wine and music, cowboys and good times!

Did you know that music can influence your wine purchases? In a new study, researchers played German music in a store for a day and 73 per cent of the wine sold that day was German. The next day when French music was played, French wines made up 77 per cent of sales; a clear and sobering demonstration of how easy it is to subliminally influence us all.

So it got me thinking, do we have music that Okanagan winemakers could play that sounds purely Canadian? Gordon Lightfoot comes to mind. Celine Dion or Shania Twain? Bryan Adams or perhaps some Barenaked Ladies? Hmm, now that could pair well with a refreshing blush.

With so much music going on in the Okanagan this summer and Okanagan wine showing a great vintage, can the perfect pairing of sound and sip be found?

Perhaps the Canadian sound will surface in the Sam Roberts Band, headlining at Penticton's Rock the Peach Music Fest, or Serena Ryder at Salmon Arm's 20th Roots & Blues Festival. Closer to home, three young men from West Kelowna, We Are The City, sang to their hometown fans from the Island Stage at the Keloha festival in early July. Between songs, their advice to the crowd: turn off Facebook and have a far better summer.

Got a problem? We'll fix it!

Dear Ashley*: I wanted to send a quick note of thanks to you and your team for the support and effort given towards my parents' flood damage renovation in Falkland. They have been really comfortable and satisfied with the level of professionalism offered by Stutters. In particular, my parents have spoke very highly of Mike Teager, the carpenter. His willingness to go above and beyond to ensure the customers are satisfied, has been very impressive. Given the compromised health of both my parents and the fact that I live on Vancouver Island and cannot be physically involved to help them through this time of need, it has been a great relief knowing they have been well looked after. Your support and willingness to accommodate is greatly appreciated, Ashley. Please pass on my gratitude to Mike as well. —Scott Leaf

*Ashley Green, Project Manager



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We reach for a glass to toast visiting friends and families, to celebrate milestones, to mark an anniversary or simply to savour the flavour of life in the Okanagan.

Many a glass was raised this month in Calgary, which showcased the best of Township 7 winery, chosen as the official wine of the 100th anniversary of the Calgary Stampede. It's my hope that a fine Okanagan wine and Okanagan music will accompany your festivities this summer.

Any great glass will have a symphony of flavour notes building off of each other to create a super sensation. I've found the notes that pair well for me with my guitar partner Johnny Vesterinen, in our band Johnny vs. Johnny. I'm taking a moment to raise a glass to Johnny and the other talented and passionate Okanagan musicians who have given me the privilege of sharing a stage (and a glass or two) with them, whether on the patio of an Okanagan winery or in my own backyard.

May your days be full of great Canadian music, exciting moments, blissful opportunities and fine wine. Like any good vintage you want to share, keep this issue of *Okanagan Life* around for friends and family to browse and read. Unlike a bottle of wine, you can open and consume our magazine time and time again.



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ASSISTANT PROFESSOR OF ENGINEERING LUKAS BICHLER WITH STUDENT KAREN ROBLES

NATIONAL RECOGNITION

UBCO Prof wins Brimacombe Award

■ Lukas Bichler, assistant professor of engineering at UBC Okanagan, has received the Brimacombe Award—a national award given by the Metallurgy and Materials Society (MetSoc) to young achievers who bring people together to collaborate on innovative research and significantly advance research in the field of materials science.

Lukas is only the fourth recipient of the award since its creation in 1998.

“Winning the Brimacombe Award is a very humbling experience,” he says. “I must give credit to my research team, students, collaborators and mentors, who have helped me tremendously with my research. The excellent collaborative relationship I share with my colleagues enables us to push the boundaries of science and create materials which never existed.”

Bichler’s primary research activity is in the development of novel ceramic materials for the next generation of nuclear power reactors. These reactors (being developed by Atomic Energy of Canada Ltd.) are expected to be significantly more fuel efficient, safer and more economical to operate than any other nuclear technology to date.

“In order to enable this technology development, scientists and engineers

need materials with properties that are very difficult to achieve with conventional or traditional materials. My research team of MASc, PhD, and post-doc students is working with international groups of scientists from numerous organizations and universities in fabricating materials using the most advanced technologies that enable us to prepare materials which would not normally exist in nature.”

Karen Robles, a master of applied science student who works with Lukas, recently received the first-ever MetSoc Masters Scholarship to support her work in the field of materials science. She is working to develop and characterize ceramic composite materials using a unique processing method called Spark Plasma Sintering (SPS).

The materials Lukas and Karen are working with could also be of use to other industries, such as fuel cells or oil and gas, where wear resistance is a crucial property of design materials.

“I feel absolutely ecstatic about receiving the award,” says Karen. “This award will fund my tuition for the upcoming year, but more importantly the scholarship is motivation for me and my research team to keep going and deliver the research that we have been working so hard to complete.”

EYE ON THE SKY

First Qilak Award

Kelowna resident Colleen O’Hare has been named the first recipient of a new national award for astronomy outreach and communication. The Royal Astronomical Society of Canada (RASC) has recognized her outstanding work in popularizing and bringing astronomy within reach of the public with the new Qilak Award, named for the Inuit word for the entire sky. In addition to her work as Kelowna Outreach director since 2005, Colleen is the current president of the Okanagan Centre, which hosts the Okanagan Observatory. Contributing to the award were outreach activities, which, last year alone, included over 125 events reaching more than 8,000 members of the public. The Okanagan Observatory’s fifth season of public programs is underway featuring audio/visual presentations and observation through the club telescope (as well as members’ scopes) every clear Friday evening. Find details at www.okanaganobservatory.ca.



ROYAL ASTRONOMICAL SOCIETY OF CANADA PRESIDENT MARY-LOU WHITEHORNE (L) AND COLLEEN O'HARE (R)

7TH ANNUAL ORGANIC OKANAGAN FESTIVAL

Sept. 23, 2012

Every year the Okanagan Greens Society produces a comprehensive, approachable and enjoyable green living exposition. To date, the organization has showcased over 70 exhibitors, collected over \$9,000 in food and funds for the Kelowna Community Food Bank and hosted more than 1,000 guests annually.

Browsers at the festival can sample and shop for organic wine, food and goods in the Certified Organic Farmers' Market and Green Living Marketplace, and enjoy local music, children's entertainment and the Consignment is Cool fashion show. Additional attractions include Activist Alley, drumming circles in the kekuli earth house, and the opportunity to increase their knowledge with eco-conscious lectures in the Summerhill Pyramid.

General admission is \$7 at the door plus a non-perishable food item for the Kelowna Community Food Bank. Students and seniors \$5, cyclists \$3 and children under 12, free. For more details on the festival and the work of the Okanagan Greens Society, visit www.okanagangreens.ca.



THE ORGANIC OKANAGAN FESTIVAL IS HELD ANNUALLY AT SUMMERHILL PYRAMID WINERY, KELOWNA



SCOTT LANIGAN OF TRINITY BAPTIST CHURCH WITH LENETTA PARRY FROM THE KELOWNA FOOD BANK

SNACK PACKS FOR KIDS

Trinity donation helps No Hungry Children campaign

Launched as a pilot project in 2007, the Kids Snack Pack program provides one- to six-year-old children with age-specific, healthy snacks to take with them to day care, pre-school and school. Endorsed by School District 23, the food bank distributes an average of 2,700 snack packs per year, valued at \$25 each. Eligibility has now been expanded to include all recipient children up to age 12, effectively doubling the program.

"We have set a goal to eliminate child hunger in Kelowna," says Lenetta Parry, food bank associate executive director. "Although we have made great strides towards assisting vulnerable children, there is still much work to be done. Expanding our Kids Snack Pack program is an important first step."

Lenetta says the snack packs are part of their Kids Nutrition Improvement programming. "Because 40 per cent of our clients are children under age 15 we created three specific nutrition programs to serve their special dietary needs."

The Tiny Bundles Weekly program supports pregnant women

and families with children under a year old. The Kids Vitality program ensures that families with children under age 15 receive adequate nutrition as outlined in Canada's Food Guide. The Kids Snack Packs provide children with a one-week supply of ready to eat healthy snacks.

"We can't thank the Trinity Church enough for helping us make this possible, it's like an early Christmas gift," says Lenetta.

"Hunger in our schools is preventable," says Scott Lanigan, director of cause at Trinity Baptist Church. "Hungry kids face many disadvantages that can last a lifetime. It is critical we invest in their early development."

Additional funds from the Kelowna Food Bank's No Hungry Children campaign and a one-time grant of \$5,000 from the Central Okanagan Foundation will assist in program expansion.

For a monthly commitment of \$35 you can help support the Kids Nutrition Improvement program and help reduce child hunger in Kelowna. Learn more at www.nohungrychildren.com.



BONE UP ON THE ARTS SCENE

■ Lori Mairs is an Okanagan artist who truly embraces the saying “go big or go home.” She spent the first 24 years of her adult life in service to people with developmental disabilities. But one snowy night near Christmas, at exactly midnight, she quit her job.

After some discussion with her great aunt, a professor at Stanford University, Lori decided to go back to school. She graduated first in her class with a fine arts degree from Okanagan University College in 2005.

As an artist, Lori is particularly fascinated with bones and they feature in some of her best works. She’d had a commercial practice making jewellery from naturally shed antlers for years when a call from a friend in 2008 led her to unite these interests in a unique project. The friend wanted to give her the bones of a moose—a moose named Toby.

Lori prepared Toby’s bones and then the magic began as she created the *Bones of Tobias* exhibit for the Lake Country Art Gallery. She decided to make what

she knew best, jewellery. But not just any jewellery: this jewellery was to fit Lori herself, if she were 60 feet tall.

To create the huge pieces she needed metal and lucked out with four-by-nine foot sheets of copper from Action Metals. “These recyclers are a huge sponsor of my work,” says Lori. “The employees are given the heads-up and a general idea of what I’m after, then when I come by shopping, they’ve set aside materials that might take my interest. These four sheets of 1/16-inch copper were a major find.”

The nine-foot sheets of copper were thrown into a fire and had coals raked over them. They were flipped a few times, dragged out, and then hosed off. The result was exactly what she wanted. Other copper was cut into smaller rectangles and thrown in her wood stove.

The *Bones of Tobias* collection includes a necklace with the moose skull as a pendant, the entire creation measuring 10 feet, 10 inches. There is also a 7-foot, 3-inch bracelet made of vertebrae; 41-inch earrings made from the shoulder blades and vertebrae; a 30-inch brooch made from the ribs; and a 17-inch diameter ring with smaller bones at the base of a rose quartz stone.

Later this year Lori will present a paper in Cornwall, England. "My job is to play with all senses that we have plus the sense and the sensibility that seeks relationships. My job as an artist is to have a relationship with the treeness of the tree—not the tree itself. The paper on acoustic ecology I am presenting is called *The Invisible Inbetween*."

Lori is editing a film for Nancy Holmes, called *Poets in Their Places*, as well as working on a film for a conference and another for her thesis. She recently received a Social Sciences and Humanities Research Council of Canada scholarship towards her masters degree. Her work is on exhibit at the Ashpa Naira Gallery, located at Killiney Beach, south of Vernon on the west side of Okanagan Lake. —Darcy Nybo



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culturista

Art spark

by Gillianne Richards

Bumbershoot hosts kids' art show

■ What responsibility does a community have to create an alliance through the arts with our youth? Where do the leaders reside who, like a ream of canvas, welcome wild splatters of excitement and folly? Roald Dahl, the author who gave us such well-written wonders as *Charlie and the Chocolate Factory*, spent his childhood under the oppressive thumb of British boarding schools where his most creative tasks were to avoid caning and to warm outhouse seats for dormitory bullies. A decade of torture, where the only wing of creative influence is your own, can unlock outlandish ideas and post-traumatic disorders, albeit flecked with anecdotes of hilarity, but if you don't have the patience and vocabulary skills to turn them into comic gold, you may end up on a dangerous or dead-end path. Dahl's time bomb, thank goodness, exploded into talent until he too became a guide for the young.

I'm not sure about Shannon Moore's childhood, but something helped forge a gazebo of greatness. Her training's in acting and art, and her gifts for set design and painting already provide backdrops for children at play. With dark hair, fair skin and flickering brown eyes, she's the rebel sister of Snow White who keeps a room alight with theatrical embers burning in her belly. You can't help but want to step into the warmth. If you're brave enough to stoke her thoughts, bam! The fire flares and she's up, delivering each emotion with split-second candor and onomatopoeic bursts of inflection. It's fitting, then, that she's the newest heavy lifter at the Bumbershoot Children's theatre, a beacon for young

artists ready to set sail. The big project she's spearheading this summer is an art show for children, by children.

In love with the idea of children getting their own show, I was curious about how a children's theatre company became the venue. Was it lazy of me to wait for our art galleries and public schools to deliver the space? While I feel there are opportunities out there in the arts for children, as a mother of three I hear more than enough complaints that our cultural sector doesn't relate enough to kids. Maybe turning to unexpected venues is where the biggest opportunities can happen. Shannon invites me over to tell the story.

I arrive on a weekday morning for lattes in her living room while her two young girls play at our feet. I ask her about how the show came to be.

"It was Julia's idea," she says. Julia, aged four, is a little girl who asked a brilliant question. Her parents, Dan and Zena, have always encouraged her to explore and create all the art she wants. Being fairly prolific in the field, Julia logically asked, "When can we have the art show?" suggesting it be "in our house, so everyone can come and see." Her mom wasn't keen on the kitchen becoming an open gallery, but acting on the advice of some friends,



she took the idea to Bumbershoot.

The theatre's artistic director, Tracey Ross, is noticeably plugged-in to a well-amped creative socket. She can turn concrete sidewalks into stages, chairs into magical props and the passing parking meter guy into a leading man. She heard Julia's story and in a blink opened her heart and doors to the show, with Shannon as the natural curator.



Having very recently talked with some prominent professional artists about what they'd like to see sprouting in our community (upcoming feature story), the clear consensus was that engaging youth with art is integral to cultural strength. To find this show percolating a few short weeks after those talks brings a rush of hope to my heart. It

didn't take hours of council meetings and laboured discussion to make it happen; it didn't even take a month of sourcing funds. In fact one idea they're pursuing is to raise money from selling the art to support a children's hospital.

It's nice to be reminded that by listening to the requests of our kids and approaching creative leaders, it can be easy

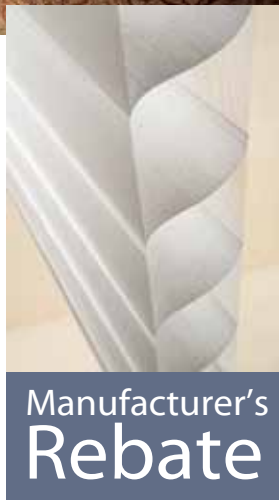
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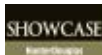
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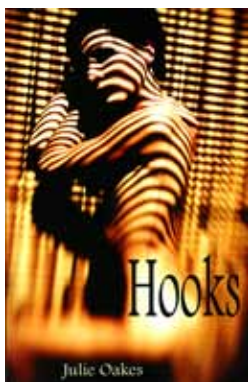
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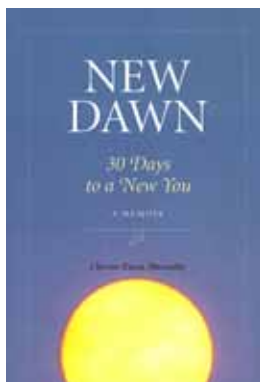
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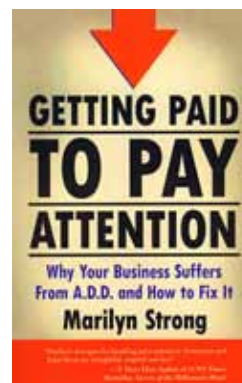


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Format: Paperback & eBook

Food and the City examines alternative food systems in cities around the globe that are shortening their food chains, growing food within their city limits and taking "food security" into their own hands. More at www.foodgirl.ca.

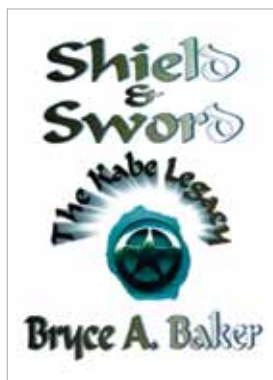


Marilyn Strong, *Kelowna*

Genre: Business

Format: Paperback & eBook

Strong lays out more than 20 solutions to everyday business challenges, with defined action steps for implementation. Short chapters and straightforward language for ADD/ADHD readers. More at www.gettingpaidtopayattention.com.

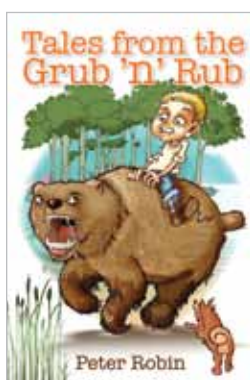


Bryce A. Baker, *West Kelowna*

Genre: Fiction

Format: Paperback

Drawing on his love of the country and his experience investigating major crimes, Baker chronicles a classic duel between good and evil in this multi-generational saga of the Kabe family. More at www.bryceabaker.com.



Peter Robin, *Kelowna*

Genre: Humour

Format: Paperback & eBook

Hilarious stories of a '60s youth that leave anyone of the right age wondering how they missed it and everybody else glad they did. In this first collection Robin explores the wonder of life in small town northern British Columbia. More at www.peterrobin.com.



Ricardo Scebba, *Coldstream*

Genre: Cookbook

Format: Hardcover

Featuring treasured recipes brought from Italy by Ricardo's mother, delicious personal interpretations of traditional favourites and many popular menu items from Ricardo's Mediterranean Kitchen. More at www.ricardos.ca.

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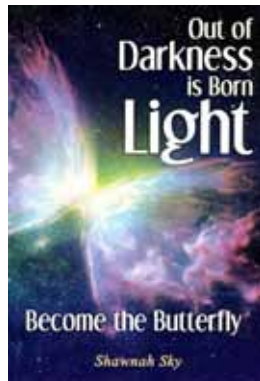


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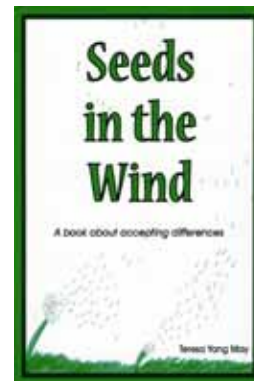
Shawnah Sky, Penticton

Genre: Body, Mind & Spirit

Format: Paperback

Through focused interaction, experience and working with the laws of attraction, Sky left behind a life of abuse and misfortune. Her story teaches how to find answers and the God within.

More at www.artisticwarrior.com.



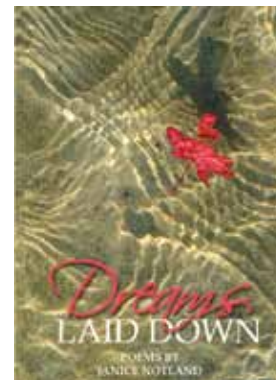
Teresa Yang May, Kelowna

Genre: Social Science

Format: Paperback & eBook

Yang May portrays life for an immigrant family and the effects of racism on her. The book includes drawings and notes from students she taught to accept differences in others. Tool for parents and teachers.

More at www.artisticwarrior.com.



Janice Notland, Kelowna

Genre: Poetry

Format: Paperback

Notland's first collection of poetry was inspired by her life in rural BC. While her love of nature infuses all of her work, the poems in this book range from the intensely personal and introspective to outpourings of universal joy.

More at www.littlewhitepublishing.com.

BOOKSHELF



By Laurie Carter

Community roundup

City buzz and country calm

Okanagan communities fall into three loosely defined geographic regions. The Central Okanagan has emerged as the commercial and transportation hub. Kelowna has a sophisticated urban appeal while Peachland, Lake Country and West Kelowna retain more of a small-town feel. Extending into the rolling farmlands beyond Vernon at the head of Okanagan Lake, the North Okanagan is different from its southern neighbours. Life reflects the region's cattle ranching and agricultural foundations. The South Okanagan is unique in Canada with rare ecosystems and a relaxed lifestyle. Communities include Summerland, Naramata, Penticton, Oliver and Osoyoos. Beyond the Valley to the north, the Shuswap region blends agriculture, homegrown arts and a zest for outdoor recreation.

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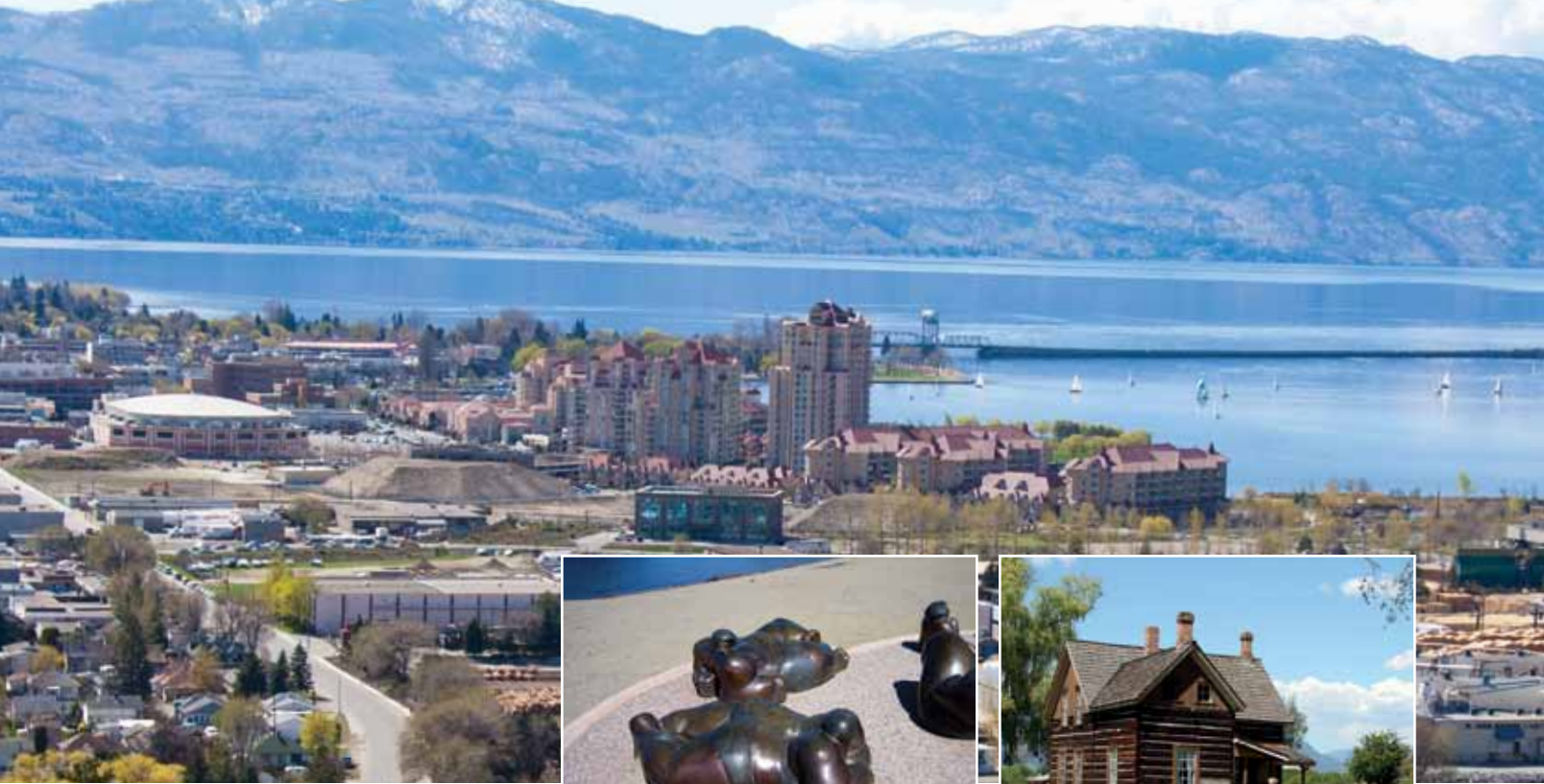
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Kelowna



High-power, high-tech, high-rise... Kelowna is all grown up with a population over 121,000 and the urban amenities you'd expect in a community this size. If you want to be in the thick of the action, this is the place. As the regional shopping hub, Kelowna offers malls, big box stores, quaint shops, funky boutiques, many clustered around downtown Bernard Avenue and Pandosy Village in the Mission district, and a lively farmers' market. An array of hi-tech companies has chosen to locate in Kelowna while opportunities for higher education include UBC Okanagan and Okanagan College.

Kelowna hosts many events and activities focused in its vibrant downtown Cultural District. Notable venues include the Rotary Centre for the Arts, a multi-purpose facility for artistic and cultural experiences; the Kelowna Community Theatre, which hosts the Okanagan Symphony Orchestra, concerts and the performing arts; and Prospera Place, 6,000-seat home of the Kelowna Rockets hockey team and site of performances by major touring entertainers.

Also scattered throughout

the Cultural District are museums, art galleries, unique restaurants, the ornamental Kasugai Gardens and intriguing sculptures on permanent display. Further afield, early European settlement is remembered at the Father Pandosy Mission and Guisachan House.

The city's fast developing culinary culture has attracted a cohort of top chefs whose restaurants are dedicated to preparing locally sourced foods and spotlighting Valley vintages.

Downtown, wine lovers head for The Rotten Grape and nibble tapas with a boggling selection of wines by the glass. Stop by the Bohemian Cafe & Catering Co. It's popular with everybody from artists to lawyers and hosts a great Sunday brunch. Bouchons Bistro presents a wine list rated by *Wine Spectator* as one of the most outstanding in the world to complement regional French cuisine. Select the daily chef's table or dine à la carte. At RauDZ the look is sleek and a little flip. The menu celebrates local bounty and offers some surprises and you'll still find chef Rod Butters signature dishes. Stop by the Yellow House Restaurant for lunch or dinner in a 1906 heritage home. If your taste runs more to the exotic, sample authentic East Indian at Dawett Fine Indian Cuisine, Japanese at Ginza and Momo or Thai at Bai Tong.

In the Pandosy/Lakeshore Road area, Hector's Casa serves Mexican. Celebrity chef Ned Bell presides over the open kitchen at city chic Cabana Bar and Grille. Try a hand mulled Mangohito in the lounge. *Wine Spectator* magazine gave an award of excellence to the Hotel Eldorado and locals say it has the best patio in the city. Check out the appies and lively music scene at the Minstrel Café & Bar.

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For excellent noshing with your shopping, stop by the Kelowna Farmers' and Crafters' Market Saturday mornings. For a comprehensive list of the Valley's Best Restaurants, as selected by the readers of *Okanagan Life* magazine, log in to www.okanaganlife.com.

Wine lovers find plenty of scope for touring and tasting. Drop by the visitors centre or download a copy of the Kelowna Wine Trails brochure for maps and listings of the area's five distinct wine trails. Start with the roots of the Okanagan wine industry on the Downtown Heritage Trail with a visit to Calona Vineyards Winery, established in 1932 as BC's first commercial winery.

Head north for a drive in the country through Lake Country's Scenic Sip wine route. More spectacular views and excellent wine tasting will attract your attention on the Lakeshore Wine Route, while the wineries of the East Kelowna Wine Trail display a distinctly artistic flair. Finally, cross the lake and taste the difference volcanic soil produces at wineries on the Westside Wine Trail.

The largest city in the Okanagan also offers plenty of great outdoor escapes. One of the beauties of Kelowna is the ability to go from a busy city street corner to a mountaintop experience in a matter of minutes.

PHOTOS BY MISHALL RAEDEKE

One such spot is Knox Mountain Park, located at the north end of Ellis Avenue on the shores of Okanagan Lake. Covering 580 acres of environmentally sensitive ponderosa pine forest and grassland, its well-maintained trails attract hikers, joggers and mountain bike riders. Two parking lots offer easy access to the trails.

You can also enter the park through points in the Magic Estates subdivision or by boat at the cove below the historic site of Paul's Tomb, built by early pioneer Rambler Paul in 1910. This area is also home to an underwater dive park, where a seven-metre model of Ogopogo lies submerged.

The Mission Creek Greenway is a popular walk/bike linear park in the heart of the city with a wide, flat and mostly shady seven-kilometre trail accessible to all and a nine-kilometre tougher climb through canyons and over bridges as you ascend into the hills.

Kelowna's downtown waterfront area offers a more level stroll. Parking is plentiful near Prospera Place, putting you right at the entrance to Waterfront Park, an amazing collection of lagoons,





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knolls and pathways jutting into Okanagan Lake. Walk north to a walkway through the rehabilitated Brandt's Creek wetlands where you can watch the water birds and nesting ospreys from the viewing platform. Head south past the marina and you'll come to City Park with its children's water park, playgrounds and gardens. Many concerts are held in the park each year.

Just outside of the city core, the Myra Canyon section of the KVR Trail/Trans Canada Trail is a very popular hiking and biking venue with its 18 trestles and two tunnels.

A short drive in any direction presents orchards and farm markets to explore, mountain trails to hike and bike, and golf courses to conquer. Swimmers, boaters, water sports enthusiasts and anglers head for the sunny beaches of Okanagan Lake and for winter fun, three major ski hills beckon within a one-hour drive of downtown.

At Big White Ski Resort, the powder is deep and dry and you'll find the full cold weather experience with downhill and cross-country skiing, snowboarding, snowshoeing, snowmobiling and ice skating.

Ride and glide forest glades and gentle slopes or attack deep powder and moguls. With 118 marked downhill trails and 16 lifts—line-ups are reasonable

and the slopes feel uncrowded even at peak times. Precision riders check out the Telus Park.

The nearby Nordic Cross-Country Ski Club challenges every level of free-heeler with 68 kilometres of groomed trails. The club is located near the KVR Trail/Trans-Canada Trail. The parking area is adjacent to the heated main cabin where you'll find an overall trail map.

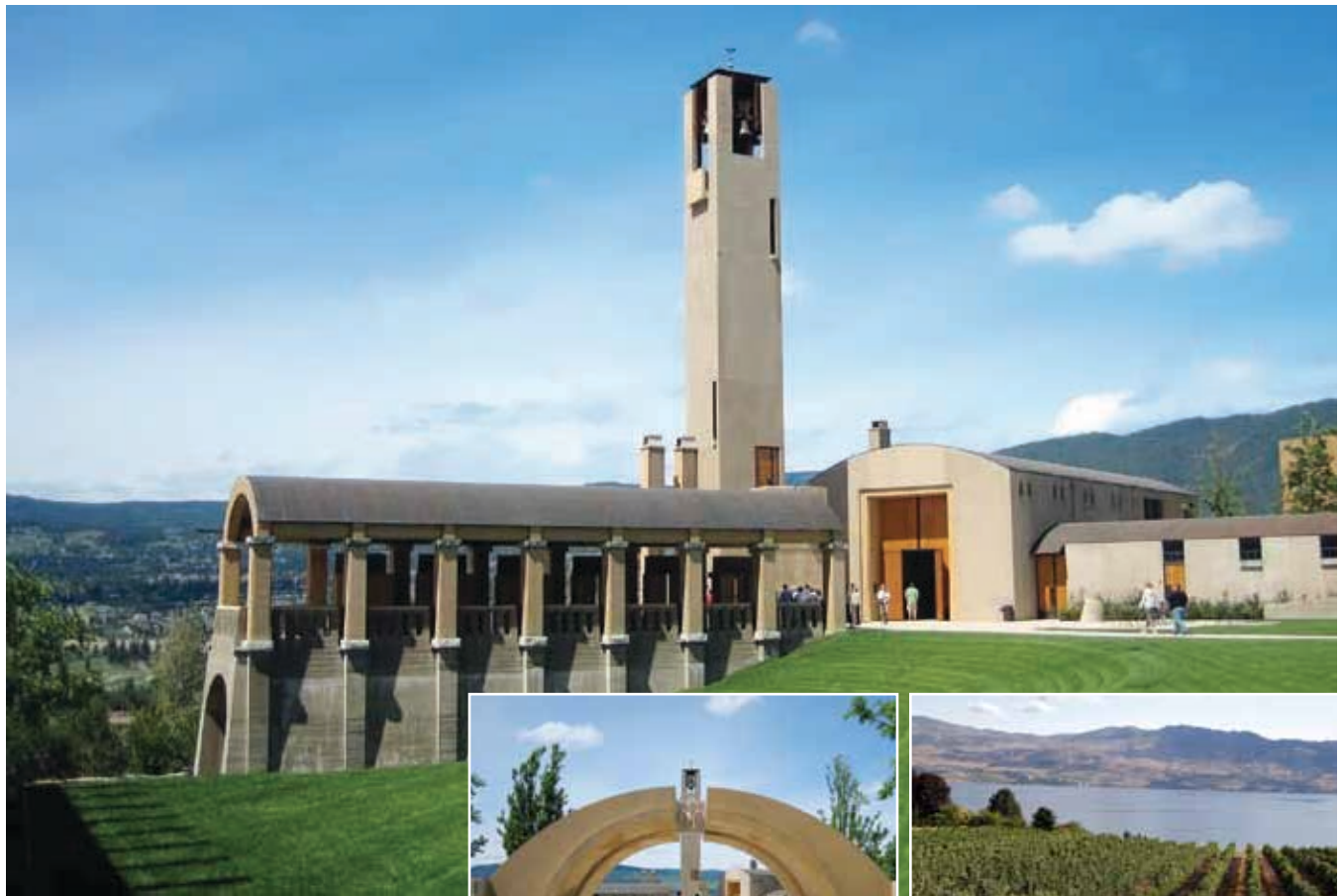
Add all these amenities to the fantastic scenery and mild climate and it's easy to see why many consider Kelowna the central attraction of the Okanagan Valley.

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PHOTO BY MISHELL RAEDEKE



West Kelowna

Vineyards and high-country lakes, housing tracts and burgeoning commercial space—there seems to be room for it all in this fast-changing area. Rich in culture and history, from the Westbank First Nation (WFN) to the early pioneers, today West Kelowna is home to over 28,000 people with another 8,000 native and non-native residents on band land.

New residential neighbourhoods are popping up everywhere—at golf courses, on the lakeshore and in the woods. Commercial complexes along Hwy 97 provide big box shopping and places to meet for coffee or gather for dinner without crossing the bridge to Kelowna. Meanwhile, traditional orchards still dot the landscape and offer fresh fruit in season at roadside stands. And the community hosts the Westside Wine Trail where long established names like Quail's Gate, home of

the renowned Old Vines Restaurant, and Mission Hill, with its iconic 12-storey bell tower, carillon and celebrated Terrace Restaurant, are joined by newcomers such as Kalala, Rollingdale, Little Straw and Beaumont Estate.

West Kelowna and the west side of Okanagan Lake provide a wide range of activities for outdoor enthusiasts. Hikers can take their pick from a leisurely stroll along the waterfront to a mountain trek. Recommended trails include Rose Valley, Glen Canyon, McDougall Rim, Kalamoir and the flanks of Mount Boucherie, the remnant of a dormant volcano. At Bear Creek Provincial Park, the attractions include waterfalls, loop trails, fabulous views and spawning kokanee salmon spotting. For downhillers, boarders and snowshoers, Crystal Mountain Resort is only 15 minutes from town. Nearby, the Telemark club offers extensive cross-country ski and snowshoe trails, also used by mountain bikers and hikers in summer.

Gellatly Nut Farm is a unique heritage park. Over a century old, it was the homestead of one of the area's earliest pioneer families. In the fall visitors can buy nuts by the pound or harvest them from the ground. Nearby, the Gellatly Heritage Regional Park features historic buildings, an interpretive walking trail, family cemetery, picnic area and a very close view of the aftermath of the 2009 Glenrosa wildfire.

Country meets city in West Kelowna.



Vernon

Strongly connected to its deep historic roots, this city maintains a sense of time and place that anchors a vibrant and growing community. Vernon nestles between Swan, Kalamalka and Okanagan lakes on Hwy 97 in the North Okanagan. Incorporated on Dec. 31, 1892, Vernon was settled by gold miners and cattle ranchers during the 1860s and '70s. With the benefit of irrigation water from nearby rivers and streams, the area prospered as a major ranching and orchard centre by the turn of the century. The agricultural tradition continues and evolves, with popular attractions like Davison Orchards and Planet Bee providing a fun way to connect with food production.

The city of about 38,000 celebrates its past with preserved heritage buildings, a comprehensive museum, the popular O'Keefe Ranch historic site, a collection of outdoor murals depicting various aspects of Vernon's past and an array of heritage homes in the East Hill area. Vernon also embraces the future with destination golf courses, lakeview subdivisions and the expansion of the Vernon hospital. Big box shopping on the north edge of town and continuing revitalization of the downtown core are further indicators of forward momentum.

Vernon hosts a variety of annual events ranging from the Funtastic slo-pitch tournament and Creative Chaos arts and crafts show to the family-centred Vernon Winter Carnival.

The city supports an active cultural community with concerts by the Okanagan Symphony Orchestra at the

excellent Vernon and District Performing Arts Centre; shows by touring performers at the Wesbild Centre, a multi-purpose facility that also hosts the Vernon Vipers hockey team; and shows at the artist-run Gallery Vertigo.

The dining scene encompasses a broad range of styles and cuisines with perky Tex-Mex, traditional steakhouse fare and a choice of Mediterranean eateries.

Vernon also offers outstanding parks, sandy beaches and extensive hiking trails. The surrounding lakes invite all forms of water sports from swimming and wakeboarding to kayaking and scuba diving. Silver Star Mountain Resort, northeast of the city centre, is known for superb skiing, boarding and snowshoeing in winter plus mountain biking and hiking to wildflower-carpeted alpine meadows in summer. The adjacent Sovereign Lake Nordic Club adds still more winter trails.

Past and future connect in Vernon.

PHOTOS BY LAURIE CARTER



Lake Country

Bountiful orchards, reflective lakes and hikeable hillsides—so much inspiration, you may just find your inner artist. Lake Country, a municipality of just over 11,000 people formed by the amalgamation of the formerly independent communities of Carr's Landing, Okanagan Centre, Oyama and Winfield, is forging a new identity of its own.

Orchards and vineyards fill the Valley floor and climb the lower slopes of the ridges between the area's three defining lakes: Okanagan, Wood and Kalamalka. Continuing its long agricultural tradition, fresh produce is sold at roadside stands and a farmers' market that runs Friday evenings from

June to September in Swalwell Park.

There's no need to travel far for the finer things in life. The region boasts award-winning wineries such as Gray Monk, Ex Nihilo and Arrowleaf Cellars on the Lake Country Scenic Sip trail. You'll also find notable eateries and a flourishing arts community.

Lake Country hosts Art Walk each September. Many artists call the community home and invite visitors to their studios. Parks display public art and the performing arts take centre stage at the Creekside Theatre. Golf, hiking, birdwatching and water sports round out life in Lake Country.



Peachland

Life's a beach...and with one of the best waterfronts in the Valley, this town has the life. But it was actually a peach that gave developer John Moore Robinson the idea to buy ranchland, develop it into orchards and sell it to easterners. The municipal district was incorporated in 1909. Today it counts more than 5,000 permanent residents and thousands more in the summer.

Being sandwiched between Okanagan Lake and the mountains, many homes come with a view—the winery comes with a view—even the golf course (currently under development) has a panorama from its plateau a mile from the lakeshore.

The Beach Avenue waterfront attracts sun worshippers, swimmers, boaters, picnickers, shoppers and diners who want to watch the show from sidewalk tables or patios. History stands still at the eight-sided Baptist Church, built in 1910, that now houses the Peachland Museum, while Hardy Falls, at the south end of town, is an easy-access, stroller-friendly park with spawning kokanee salmon and waterfalls.

Peachland hosts the annual World of Wheels classic and antique car show and the seven-kilometre Rattlesnake Island Swim. During the growing season, buy fresh produce at the Peachland Farmers' and Crafters' Market on Sundays at Heritage Park.





Penticton

Tucked between Okanagan and Skaha lakes and framed by dramatic bluffs and scenic slopes, Penticton is the economic and cultural hub of the South Okanagan. A city with aboriginal beginnings, it was once a large Okanagan Nation settlement on the east side of the Okanagan River, called Snpinkten, which translates as “a place to stay forever.” Early European settlement was based on beef production, but the cattle ranches eventually gave way to fruit orchards and today Penticton is known as the Peach City.

Although mountains on both sides and lakes north and south confine the municipality to a relatively compact area, Penticton is still a growing concern that maintains its small town feel. At some 33,000 residents, this community is big enough to provide loads of amenities, but avoids the breakneck pace of large metropolitan centres.

The waterfront on Okanagan Lake is known for its wide sandy beach, walking paths, Ikeda Japanese Garden, public art gallery, casino, varied restaurants and the historic S.S. Sicamous sternwheeler. Skaha Beach is home to muscle and bikini contests, sandcastle building competitions, water parks and playgrounds. Penticton also hosts a diverse array of events like the Okanagan Fest-Of-Ale in April, Peach City Beach Cruise and Elvis Festival in June, Penticton Peach Festival in August and the Pentastic Hot Jazz Festival in September while ultra-athletes from near and far converge on the city every year for the popular Subaru Ironman Canada Triathlon.

Shoppers can tune up their skills at the mall or take a

break from the chains with a stroll downtown and among the trendy shops of Colourful Front Street. This vibrant section of town takes full advantage of the brick exteriors and distinctive architecture of the city's early 19th century architecture. Today the brightly painted facades, banners, murals, trees and flowers decorate popular cafés and restaurants, galleries, bookstores, clothing boutiques and gift shops. Around the corner, the foot of Main Street shuts down for the Penticton Farmers' Market on Saturday mornings from May to mid-October.

Diversity is the key to this appealing town. With cultural events and international hockey schools, orchards, vineyards and manufacturing plants, great beaches and renowned Apex Mountain Resort plus housing options ranging from heritage bungalows and view condos to retirement communities next to family apartments, Penticton is a place to come for a visit and quite possibly stay forever.



Summerland

This town earns its name with summer-time abundance and sleepy ambience. Known for its orchards and vineyards, beaches and Tudor style, Summerland's agricultural roots date to the late 1800s. Fresh fruits and vegetables are as close as the nearest stand. And the latest evolution of the fruit industry is turning this quiet burg into a happening wine region known as the Bottleneck Drive.

Summerland is home to the Pacific Agri-Food Research Station where the first orchard and ornamental gardens were planted in 1916. You're welcome to wander through the gardens and museum. Other heritage attractions include the Kettle Valley Steam Railway and Trout Creek Trestle Bridge.

The district claims over 11,000 residents who enjoy the lake, hiking trails and golf courses. Summerland boasts one of the best beaches in the Valley at Sun-Oka (for Sunny Okanagan) Beach Provincial Park. Downtown, chic restaurants take their place next to art gallery and museum while specialty boutiques surprise savvy shoppers.

Take in all the sights from the summit of Giant's Head Mountain, an extinct volcano with a 360-degree panorama, a great place to feel the spirit of Summerland.



Naramata

In many ways time stands still in Naramata and locals like it that way. More than a century after the settlement began, this place retains the quiet charisma that earned it certification by the international Cittaslow movement (think Slow Food on a community level). The village first bloomed as a cultural centre when lake steamers brought visitors. The opening of the Kettle Valley Railway along the ridgeline above the village in 1914 forged an even stronger link. Ironically, the age of the automobile left Naramata an isolated enclave — and that's not a bad thing.

To get home, village residents (some 1,800 of them) must drive the scenic route among orchards and vineyards above Okanagan Lake, resisting the temptation to stop at too many of the Naramata Bench wineries.

The village centre is the quietest in the Valley with just a few shops and eateries. Stroll the elm-lined avenues and explore the Naramata Heritage Museum. Manitou Park hosts

May Day and Naramata August Faire festivals, and Wharf Park hosts the farmers' market on summer Wednesday afternoons. The labyrinth at the Naramata Centre is perfect for meditation, while the Trans Canada Trail on the abandoned Kettle Valley Railway (KVR) provides an easy route to signature views. Now that's the slow life.





Osoyoos

Extending “Canada’s warmest welcome,” this desert gem boasts the warmest lake, about the lowest rainfall and highest temperatures in the country. This arid zone is part of the huge Sonoran Life Zone, which stretches all the way to Mexico. The climate makes Osoyoos



a warm weather playground and a winter nesting spot for snowbirds.

The main drag of the relaxed community of about 5,200 takes you through the commercial section of town. Cross over to the east side of Osoyoos Lake, the warmest fresh water lake in Canada, and you’re in holidayland where the beaches are lined with campgrounds and hotels.

Local residents also have close ties with the Osoyoos Indian Band, one of Canada’s most financially independent and business savvy aboriginal communities. The band’s Nk’Mip complex includes a winery and the renowned Nk’Mip Desert Cultural Centre where you can learn about the Okanagan People and the flora and fauna of the desert. For a different take on the local environment, stroll the boardwalk at the Osoyoos Desert Centre, the wetlands of Haynes Point Provincial Park or the Osoyoos Oxbows.

Agriculture is big in this area with many roadside fruit stands and award-winning wineries offering local wine tours and tastings.



Oliver

Oliver calls itself the Wine Capital of Canada. A significant proportion of Canada’s grape-growing acreage surrounds this town and two of the Okanagan’s best known wine routes, Black Sage Road and the Golden Mile, run south between Oliver and Osoyoos.

And there’s plenty of other action for the seriously sports minded. The hot summers and mild winters make this an outdoor enthusiast’s paradise. The area has two 18-hole golf courses, nearby lakes to drop a fishing line, and kilometres of hiking, biking and walking trails. The multi-use International Bicycling and Hiking Trail runs for 18 kilometres alongside the Okanagan River Channel. Forbes Marsh and nearby Vaseux Lake are great places to bird watch.

Located in the arid region known as Canada’s only desert, the area is home to many unique species. Beyond the orchards and vineyards look among the sagebrush and cactus for lizards, snakes, bats, toads, deer, coyotes, bighorn sheep and rare birds like the burrowing owl.

Oliver is a small town with a population around 4,500, but there’s lots going on. Throughout the year events includes concerts, holiday celebrations, festivals, art shows and dances, many hosted at area wineries.



PHOTOS BY LAURIE CARTER



Shuswap

Summer in the Shuswap is practically a cliché. Shuswap Lake and its smaller cousins, Mara Lake and Little Shuswap provide more than a thousand kilometres of shoreline with beaches, parks and great communities including Sorrento, Salmon Arm and Sicamous strung along the Trans-Canada Highway, and an array of small arts-friendly

communities on the north shore. The lakes anchor the family fun with beaches, city piers and vast areas of wilderness seclusion. Golfers beware, Shuswap courses present an exciting challenge and with all that natural beauty, keeping your eye on the ball can be a real trial.

Food is a central theme in the Shuswap where the agricultural roots grow deep. Throughout the

season, Salmon Arm and Sorento host weekly farmers' and crafters' markets, private farm markets are open daily and Shuswap wineries welcome visitors for a sip.

There's still more action in the white months. Hundreds of kilometres of trails are ideal for snowshoeing and skiing. The Shuswap is also famous for sledding, from groomed alpine trails to deep powder bowls. **OL**



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Enterprising Shuswap

One good way to learn more about a region is to take a closer look at some of the businesses and events that flourish there.

Hummingbird Beach Resort

Summertime at Mara Lake. Those of us lucky enough to vacation with family recall days filled with unlimited possibilities. Those lucky enough to return each year looked forward to rekindling old friendships and forging new ones, as each summer blended into another to weave a wonderful tapestry of summertime memories.

Today, Hummingbird Beach Resort offers a unique opportunity to own a home on Mara Lake and enjoy a lifetime of lakeside vacations with family and friends. Just minutes from Sicamous, this low-density cottage community provides a quality mix of beachfront townhomes, detached cabins and creek-side cottage sites.

From the white, sandy beach to the crystal clear lake, the natural setting is spectacular and recreational opportunities abound. Spend the days boating, swimming, fishing, hiking or riding. Or just settle in on the beach or your own deck with a cool drink and a good book, and enjoy. Come evening, gather around the barbecue and then wrap it up at the campfire. The resort offers amenities to suit all ages, including Mara Lake's best marina.

A four-season destination, Hummingbird Beach Resort is the

perfect place to escape from it all and invest in time with your family. Don't miss this opportunity to be part of what is the most sought after resort community in the Shuswap. To find out more call 1.877.707.0097 or visit www.hummingbirdbeachresort.ca.

SkyTrek Adventure Park

Why SkyTrek? Because the adventure happens in the treetops! Zip lines, scramble nets, suspension bridges and swinging logs offer plenty of action-packed fun high in the old growth cedars. Test your strength, stamina and agility with the high ropes challenge courses. Tackle the 12-metre climbing wall, or dare to base-jump or sky swing in full free-fall at the adventure tower.

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SkyTrek Adventure Park is just west of Revelstoke on the Trans-Canada highway. It's a great venue for a truly memorable birthday party, and our corporate retreats offer an exhilarating and effective team building experience.

We're open daily from mid-May through early-October. While reservations are necessary on weekdays during May, June, September and October, it's first-come, first-served on weekends, holidays and through July and August. Find out more about hours

PHOTO BY LAURIE CARTER

and reservations at
www.skytrekadventurepark.com
 or call 1.866.944.9744.

Twin Anchors

Create your own experience on a Twin Anchors Houseboat on Shuswap Lake. Imagine being rocked to sleep by gentle waves, lulled into a relaxing state aboard one of Twin Anchors luxurious CruiseCrafts. Picture the excitement of waking up refreshed just a few steps from being able to jump into the water, sunbathe on the roof, go for an early morning hike or enjoy your morning coffee surrounded by stunning scenery.

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Twin Anchors operates two marinas, providing hospitable service right from reservation, through departure to check out at the end of your voyage. Twin Anchors is service and detail oriented. We look forward to making your houseboat vacation an experience to remember.

Book online at www.twinanchors.com or call toll free at 1.800.663.4026.

Quaaout Lodge

With a private beach on Little Shuswap Lake, Quaaout Lodge is the perfect place for your next getaway. Guest rooms range from one bedroom suites and Jacuzzi rooms with fireplaces to standard rooms, all with a balcony or patio overlooking the lake. You probably won't want to spend much time in your room, though: there's too much to do. Bike, boat, fish, hike or golf a round or two on the 18-hole championship course, Talking Rock. Work out in the fully equipped fitness room or the



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Coco Montoya	Serena Ryder
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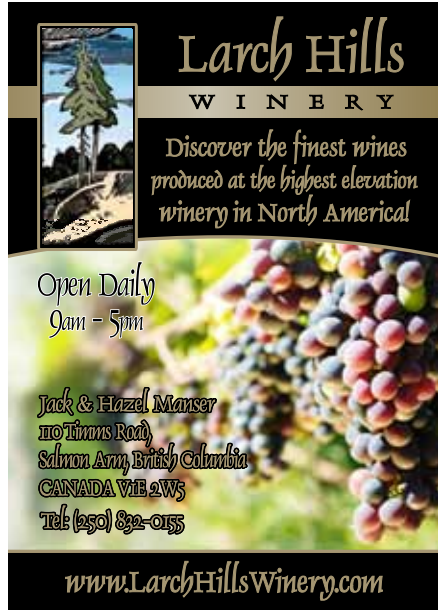
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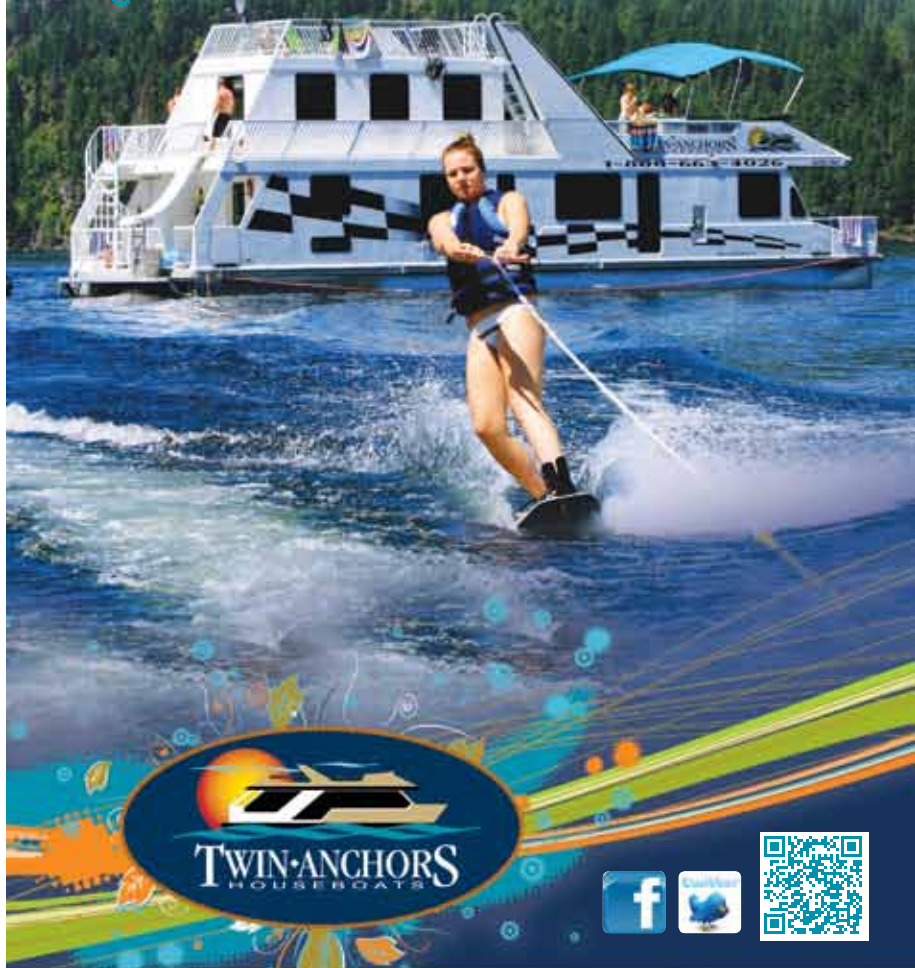


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indoor pool. Visit the pro shop and the gift shop, or relax in the Le7Ke (pronounced La-Ka) spa, on the beach or at Jack Sam's Restaurant & Lounge.

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Shuswap Lake Estates

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A challenge for both the accomplished and the casual golfer, our professionally designed par-72 championship course offers well bunkered, undulating greens and



generous fairways. Hone your skills on our driving range, two practice greens, and practice sand bunkers.

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Find more details on healthy, active living with great Shuswap golf and outstanding residential opportunities call 1.888.675.2523 or check out www.shuswaplakeestates.com.



Salmon Arm Roots & Blues Festival

The Salmon Arm Roots & Blues Festival is the largest and most musically diverse festival in the interior of British Columbia. It has gained a solid reputation for its top quality presentations and organization.

We're celebrating a landmark year in 2012—the very special 20th anniversary of the festival—with an incredibly diverse line-up that crosses cultural boundaries and presents new forms of music while simultaneously embracing the festival's roots (and blues!). Roots &

Blues 20 promises to be the most spectacular festival to date. A musical feast with course after course of amazing performance, this year's program is sure to sate any listener's appetite. Hungry for appetizers? Try the pre-festival outreach, Routes & Blues, August 9–16, which offers eight glorious days of Shuswap exploration.

For tickets and info visit www.rootsandblues.ca or phone 250.833.4096.

FACING PAGE PHOTO BY LAURIE CARTER; ROOTS & BLUES PHOTO CONTRIBUTED

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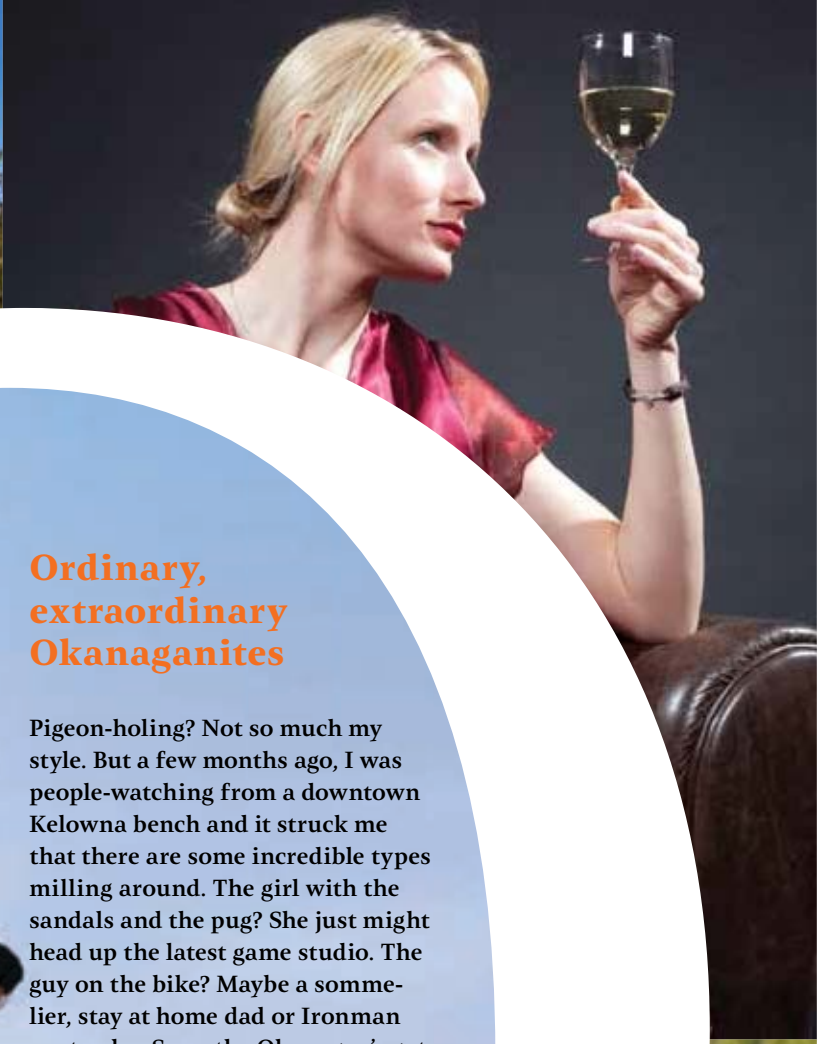
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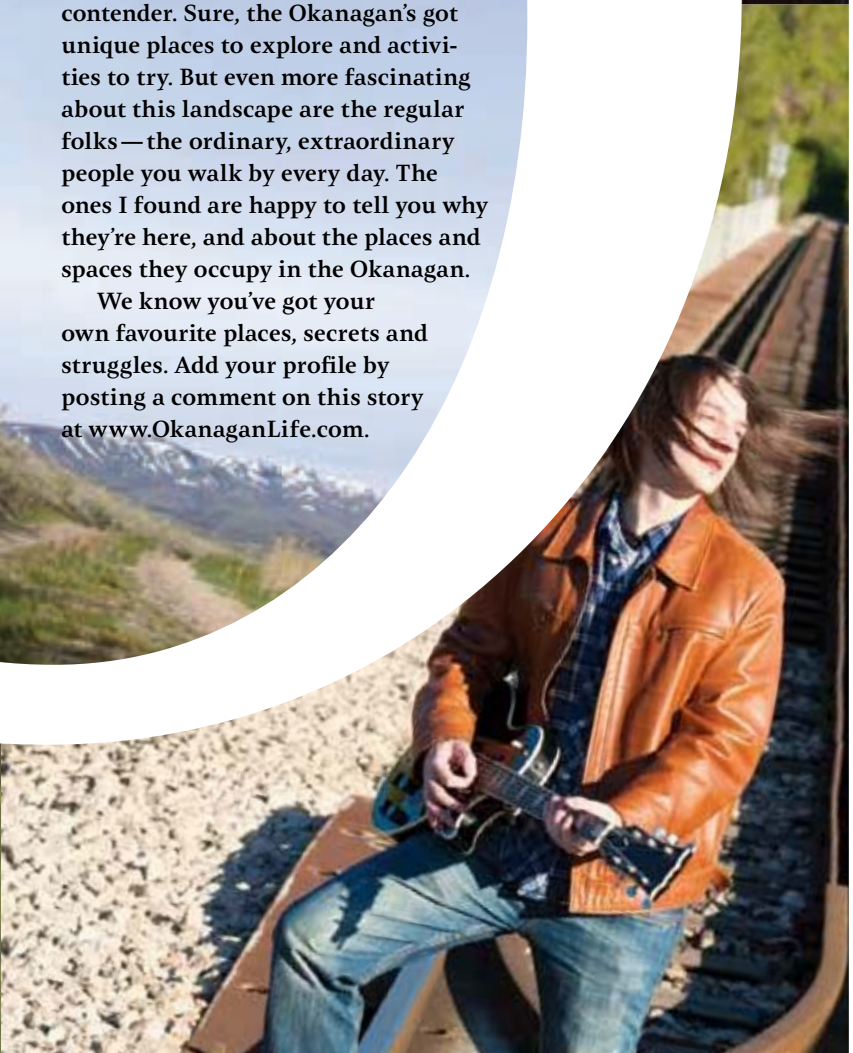
**Shuswap Lake
ESTATES**



Ordinary, extraordinary Okanaganites

Pigeon-holing? Not so much my style. But a few months ago, I was people-watching from a downtown Kelowna bench and it struck me that there are some incredible types milling around. The girl with the sandals and the pug? She just might head up the latest game studio. The guy on the bike? Maybe a sommelier, stay at home dad or Ironman contender. Sure, the Okanagan's got unique places to explore and activities to try. But even more fascinating about this landscape are the regular folks — the ordinary, extraordinary people you walk by every day. The ones I found are happy to tell you why they're here, and about the places and spaces they occupy in the Okanagan.

We know you've got your own favourite places, secrets and struggles. Add your profile by posting a comment on this story at www.OkanaganLife.com.



OKANAGAN

types, tips & secret bits

By Deanna Kent-McDonald



The Tranquility Seeker

20-something single

By day, this Toronto transplant creates delightful user experiences online. And on her own time? Drop the “online” and this single girl’s determined to create a great UX for her new life. Despite some initial urban withdrawal, she’s finding that the Okanagan’s got a good framework to work with.

Friends would say: funny, creative, generous, spontaneous.

Talents and hobbies: yoga, meditation, travel, photography, painting.

What you’d say to a friend moving here: It’s got a sense of tranquility you can’t find in a bigger city—an amazing retreat from the busy life to more simple and abundant.

Summer activity: wine tasting and boating with friends.

Winter activity: cross-country skiing.

Wednesday evening: dinner

with the girls.

Sunday afternoon: hot yoga.

Picnic place: lots of little beaches on Pandosy.

Websites browser: Fast Company.

Dream: traveling around the world with friends.

Saving for: a beautiful penthouse loft in Toronto.

Okanagan events you never miss: the One of a Kind show at Summerhill Pyramid Winery.

Fave summer drink: mojito.

Best free Okanagan entertainment: Pecha Kucha Kelowna.

Social media: Facebook, Pinterest, Twitter, LinkedIn.

Mobile: 24/7—always on. Apps? Etsy, Clear, Evernote.

Worst thing about Okanagan

living: lack of winter sun—hurray for Vitamin D!

Neighbourhood: I live mid-town so I can easily commute on my bike.

Clothes shopping habits: Online, consignment downtown.

Okanagan secret: Last summer I drove past Summerhill Winery, and decided to continue driving uphill, just to see what’s there. I stopped my car on the side of a mountain hoping to get some photos of the Valley. To my surprise there’s a path that goes all the way down the mountain to a public beach with waters so crystal clear that you could see the colours of the rocks in the water. I was blown away and inspired to continue exploring.

Who you are in the context of the Okanagan: It took time for me to adjust to living here. I now have time to be more creative and paint during the winter, and truly relax in the summer with friends. Being here has allowed me to see, taste and feel everything so differently from what I’m used to and I’m really thankful.

Ethan is a big hockey fan, but he loves lots of other sports, too.



The Adventure Seeker Seven-year-old

Sports star, game champ, snow warrior, sun-seeker, loves friends and always finds frolic. For this seven-year-old, the places and spaces of the Okanagan are perfect backdrops for new adventures. No matter the season, Ethan is ready for more.

Friends would say: nice, fun kid.

If one of your buddies were moving here: "Cool! You'll love it."

Inside adventures: mini-golf, video games, Lego.

Sports adventures: road hockey, scootering, biking, golf at Michaelbrook, ziplining in my friend's backyard.

Creature adventures: catching grasshoppers, watching salmon spawn in Mission Creek.

Seasonal adventures: Davison's orchard and pumpkin patch in Vernon, buying

fresh bread and popcorn at the Farmers' Market, making giant sandcastles at the beach with auntie.

Best thing in the summer: swimming in the lake.

Best thing in the winter: snowball fights, tubing at Silver Star, ski lessons at Big White.

Favourite breakfast: with my family in my kitchen.

Best overall Okanagan spot: Rotary Beach.

Best dinner: BBQ hamburgers at home, East Side Marios.

Best thing about the Okanagan: we get snow in the winter and hot sun in the summer.

Worst thing about the Okanagan: winter's always a bit too long.

Dream: being a hockey player.

Okanagan secret: the coffee shop in Kettle Valley has the best frozen yogurt ever.

Final adventure ideas: the library's cool.

The Startup Guy Entrepreneur

The undercurrent of entrepreneurial energy in the Okanagan is fuelled in part by individuals who believe the culture is just right here to make big things happen. That's the case with our entrepreneur who seems to have a winning mix of dreams and discipline.

Friends would describe you as: nerdy.

Hobbies: Electronics, astronomy, playing guitar, photography, programming.

Your favourite music: from modern classical piano to blues and rock — as long as you can't describe it as Rap or Top 40 I'll probably listen to it.

Favourite summer activity: running.

Favourite winter activity: running.

Where'd you come from: most recently Vancouver — Toronto before that.

What you'd say to a friend moving here: Do it. The Okanagan is beautiful and Vancouver is a short flight or drive away.

Sunday afternoon: running or reading.

Wednesday night: working.

Breakfast spot: the Bohemian Café for delicious huevos rancheros.

Picnic places: Tugboat Beach.

Favourite dinner: Mamma Rosa's.

Bookmarked: Brain Pickings, Harvard Business Review, Apple Developer site.

Dream: driving a Lamborghini through northern Italy.

Okanagan events you never miss: UBCO's Distinguished Speaker series.

Best free Okanagan entertainment: Parks Alive!

Fave summer meal: Moolix Ice Cream. (Ice cream is a meal, right?)

Neighbourhood: Downtown.

Best thing about living

here: the marsh, the waterfront and Knox Mountain.

Clothes shopping: quality at a low price, except for shoes. I have a Fluevog habit.

Grocery shopping: vegetables come to my fridge to die.

Okanagan secrets: the Okanagan Observatory, Mosaic Books, Mad Mango.

Who you are in the context of the Okanagan: I'd always thought of the Okanagan as a vacation spot. Now I'm active in the technology community and surprised at all the talent here.





The Trail Blazer

Outdoor enthusiast

Addicted to leaving tracks, our 36-year-old Trail Blazer seems an interesting paradox. A graphic designer, he counteracts his computer skewed work hours with extreme exploring of the natural treasures the Okanagan area offers.

Friends would describe you as: lots of fun to be around, but a little crazy.

Music: indie rock.

Favourite winter activity: trail running in the snow.

Where'd you come from? Vancouver.

Why do you stay here? friends, work, the outdoors.

Sunday afternoon: enjoying a spicy mocha at Gio Bean coffee after a nice long run.

Wednesday afternoon: training with the P.A.C.E. crew.

Breakfast spots: Wild Apple or Bliss Bakery.

Picnic places: Knox Mountain or Bertram Park.

Favourite dinner: RauDZ.

Website browser would show: the amazing artwork of Françoise Nielly.

Favourite cultural activity: Farmers' Market, Art Walk, Fabulous Finds.

Dream: running a multi-day stage race with my wife and friends.

Currently saving for: a mountain bike.

Okanagan events you never miss: Art On the Line at UBCO.

Best free Okanagan entertainment: a lantern festival in the fall where

people make homemade lanterns and parade them through the streets.

Favourite summer drink: cucumber water with a splash of bourbon.

Social media: Twitter is always good for a laugh, a semi-sarcastic discussion about local politics—or both. Media helps me stay connected more globally than locally. Local media drives me crazy.

Long term goal: run a 100-mile ultra marathon.

Worst thing about Okanagan living: There aren't a lot of good, accessible cultural events. You either have to be rich, have kids or have low expectations.

Grocery philosophy: Shop local. Buy fresh. It's better if it comes without a package.

Clothing philosophy: I don't buy clothes with logos on them. Companies should pay me to advertise for them not the other way around.

Okanagan secret: Carmelis goat's milk gelato.

Best thing about Okanagan living: Trail running through the hills; the temperatures are perfect every season. There are great trails close to town and wonderful world class trail runners who'd love to show you around (if you can keep up). I love seeing the lake every day, enjoying local wines at sunset and how summer really lasts until October, but we don't tell anyone. (Shhhh.)

The Down-to-Earths

Retired couple

Everyone talks about the great golf around here and leaving for Arizona when the first winter chill hits, and there are lots of fancy frou frou spots to tout. But what about the ordinary stuff? This retired couple revels in the wonders of the "regular." After the work's all done, there's a lot to love about an active, uncomplicated Okanagan life.

Friends would describe you as:

hopefully as honest, regular people.

What you'd say to a friend moving

here: Be prepared for high housing costs. Also, it's become pretty busy in the 20-odd years we've been here—and will only get more so.

Summer activities: fishing in early summer and swimming/beaching in high season.

Winter activities: skating and cross country skiing.

Wednesday evening: home.

Favourite breakfast spot: Perkins.

Hobbies and tinkering: gardening, home maintenance, fixing things.

Favourite picnic spot: near the Shuswap River at Ashton Creek.

Favourite dinner: Capri Hotel Vintage Room.

Website browser would show: Globe & Mail stocks

Favourite apps: no!

Mobile habits: just a pay-and-talk cell phone used mostly to make calls.

Social media: not interested.

Best thing about Okanagan living: ease of access to stores and services, but also some nice scenery, beaches, etc.

Worst thing about Okanagan living: it's getting a little too busy, especially the traffic and so many drivers.

Neighbourhood: Lower Glenmore—convenient to all shopping and services.

Grocery shopping: Superstore for best overall prices.

Long term goal: stay as fit as possible and enjoy outdoor activities, family and grandchildren.

TURTLE ISLAND GALLERY & GIFTS



Tonquin - Roy Henry Vickers



Sterling Silver Bracelets - Leanne Helin

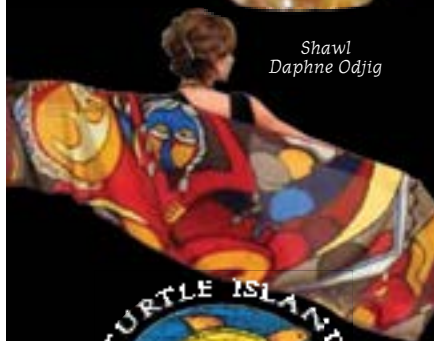


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The Social Butterfly Plugged-in

The Okanagan is abuzz with activity and top-notch entertainment possibilities, all perpetuated by people who love the lifestyle. For Penny, life in the Valley is about capturing the moment, savouring all the best things and keeping busy, but also taking time to close her wings once in awhile so she can enjoy the stillness, too.

Friends would describe you as:

very busy, very outgoing, with a tremendous sense of humour.

What you'd say to a friend

moving here: "Good choice.

This is God's country."

Favourite music:

Lady Gaga, Canadian

Tenors and everything in between.

Summer activity:

garden-

ing, lunching with friends on

an outdoor patio, shopping.

Winter activity:

spending time at

Silver Star Mountain in our cabin.

Why you stay in the Okanagan:

we

love the lifestyle—there's clean, fresh

air, a beautiful climate—it's a perfect

place to raise our two daughters.

Sunday afternoon:

I'm a real-

tor—so hosting an open house.

Wednesday evening:

watching

American Idol, showing property.

Favourite breakfast spot:

Country Tyme

Gardens on Kal Lake Road in Coldstream.

Picnic place:

my beautiful

back yard in Coldstream.

Favourite dinner restaurant:

Bamboo Beach in Vernon.

Website browser:

real estate.

Culture:

ballet, travel-

ing, live performances.

Dreams:

being cancer free

for the rest of my life.

Currently saving for:

Spain!



Even social butterflies like the Brenner family enjoy down-home entertainment. Their pick is Davison Orchards in Vernon.

Never miss events: Kalamalka Rotary Dream Auction, Run for the Cure, SPCA fundraisers.

Best free Okanagan entertainment: Davison's Orchard.

Okanagan secrets: Sparkling Hill Resort, Modern Accents Tablescapes done twice a year by Lynn Archibald in Kelowna (sort of table setting 101)

Media: KISS FM, CBC, Oprah Winfrey Network.

Mobile: Blackberry — used constantly — but not for apps.

Neighbourhood: We've got an unobstructed view of Kal Lake and there's lots of privacy.

Clothes shopping habits: Winners, Jigsaw in Kelowna, Crazy River in Salmon Arm.



DAVISON ORCHARD PHOTO BY LAURIE CARTER;
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The Salsa Storm

Tech/art professional

Amongst all the ways to inhabit private spaces and embrace simplicity, the Okanagan offers plenty of opportunity for the fast-paced and dynamic. This tech/art professional has a strong desire to capture both the calm and the chaos. Her balancing trick? Dancing between both worlds.

Friends would describe you as:

always up for spontaneous adventure, curious, people-centric.

Summer activity: road trips, beach BBQs and building sand castles. Dancing! And I'm totally addicted to the road with Ruby (my bike).

Winter activities: dancing.

Where'd you come from:

Regina. I grew up in Williams Lake and Nakusp.

Why Kelowna: Family. I travelled and moved around a lot in my late teens and 20s. Kelowna became home base and I developed close friends I liked to come home to. Then I got a crazy cool job and so I stay. It's hard to find a reason to leave (other than wanting to conquer the world before 40).

Sunday afternoon: napping, cycling or visiting with friends.

Wednesday evening: working or out for dinner with friends.

Fave breakfast spot:

my sister's house.

Picnic places: Strathcona Park or Hot Sands Beach with family.

Best place for dinner out:

Waterfront Wines.

Currently saving for: a rainy day in Buenos Aires.

Okanagan events you never miss:

Twisted Salsa Saturdays at Habitat, Footwerk events.

On work and life: I am fuelled by creativity and being around creative people. I love bringing definition and form to things. We find ourselves in new territory—sometimes without a map to follow and we get to make it up. Collaboration is one of the key



Kelowna's sizzlin' salsa scene inspires this young professional. Lessons at Latinesque Studio and Twisted Salsa Saturdays at the Habitat.

ingredients to creative satisfaction for me—in work and in life—and in my work the only way to get anything done is to collaborate. I get to work with a huge variety of disciplines and different types of people.

Best thing about Okanagan living: outdoors, cycling, summer.

Worst thing about Okanagan living: Can sometimes feel without a progressive overall spirit. With our structures, we should take a cue from Europe and realize function and form are equally important. Ugly things make people less happy.

Social media: I've got a love/hate thing with Facebook.

Mobile: iPhone—can't live without it.

Fave apps: Twitter, Shazam, Fring, Google Maps. I'm into function for apps.

Long term: To live an honest, authentic life. To contribute to making my world—the space that I influence—more beautiful, better and fulfilling.

Okanagan secret: Most inspiring, community-building activity I love right now is Kelowna's small but growing salsa scene. I take lessons at Latinesque. Warren Eaton is owner/instructor and his classes are really fun, a great place to learn and the people who go are all really accepting. Every two weeks he hosts Twisted Salsa Saturdays at the Habitat. We dance for hours, with friends and strangers. There's salsa, merengue, cha cha, bachatta and more. You don't have to know how to dance because there are lots of people to teach you—even a lesson early in the evening to get your feet wet.

Who you are in the context of the Okanagan: Having my family here makes the Okanagan feel like home. Despite a busy, collaborative life, in some ways I am defined by really simple things here: my family, my work, dancing and my bike. I take a lot of pleasure in small ordinary things—good espresso, family BBQs, the beach, lots of walks—and dance.

The Super Duo

Working couple

By the light of day, Andrew and Marla both work in the public sector. But after hours, this daring pair takes time to discover secret spots that make the Okanagan “the best place to live in the world.” So far no Kryptonite ...

Friends would describe you as: fun, smart, a crazily romantic story or “the good hair couple.”

Summer activity: sitting on the beach followed by happy hour on a pub patio.

Sunday afternoon: shopping at Costco.

Fave breakfast: home for Marla’s blueberry pancakes.

Picnic place: Kalamo Park.

Dinner out: Earls (best Caesar salad ever!), Quail’s Gate for a special occasion.

Website browser: Andrew on Facebook and Castanet, Marla on eBay and urlbits.

Culture: Marla picks art gal-

leries, Andrew’s into drinking Guinness on weekends.

Dreams: world peace, winning the lottery, a flatter stomach.

Saving for: short-term—a trip to Europe, long-term—early retirement.

Okanagan events you never miss: Kelowna Art Gallery fundraiser, Sopa Fine Arts monthly openings, Okanagan Fest-of-Ale.

Best free Okanagan entertainment: people-watching in City Park, hiking.

Fave summer drink: Super Sonic Gin & Tonic at Joey.

Day jobs: Andrew works at Kelowna Community Resources helping newcomers to Canada get settled into our community and culture. Marla does public relations for the Okanagan Regional Library system to make everyone aware of all the great resources available to them.

Best thing about Okanagan living: summers, and everything is five minutes away.

Social media favourites: Facebook, Twitter, YouTube.

Mobile: Andrew doesn’t have a cell and doesn’t like being reachable, but Marla feels naked without her Blackberry (though considering the big switch to an iPhone).

Hobbies: running and fitness, volunteering, reading (both), do-it-yourself jewelry and fashion (Marla).

Worst thing about Okanagan living: winters, drivers who don’t know how to merge

Neighbourhood: Casa Loma (best kept secret neighbourhood in the Okanagan).

Grocery shopping habits: hate to admit it, but usually big box.

Clothes shopping habits: eBay, Value Village (yes!), other pre-loved stores like Frock, The Wardrobe. Also locally-owned boutiques like Kolu, dlux, Posh.

Okanagan secret: trail running. Also, Summerland Sweets and the Village Cheese Company.



Working couple Andrew and Marla find loads of scope for their eclectic lifestyle with a mix of indoor and outdoor activities and volunteer work.

The Tidal Wave

Teen

Does the Okanagan cultivate healthier kids? We’re not sure, but judging by this teen, it’s entirely possible. Tia’s on a swim team, loves sledging, and finds time for friends and family. She’s got some big plans and dreams—plus the speed and determination to chase and catch them all.

Friends would describe you as: funny, loyal.

Favourite music: Top 40.

Summer activity: beach.

Winter activity: sledging.

Sunday afternoon: hanging with friends.

Wednesday evening: swim practice at H2O.

Breakfast spot: IHOP.

Picnic place: field below my house.

Favourite dinner spot: Montanas.

Websites: Facebook.

Dreams: a swimming scholarship and going to university.

Currently saving for: a decent car for when I turn 16.

Summer drink: slushies at the corner store.

Best thing about Okanagan living: quad riding out the back door on the best trails in the world.

Favourite apps: today? Temple Run.

Long term: become a teacher.

Mobile: iPod—when I have time.

Clothes shopping habits: going to the mall, but not buying anything.

Okanagan secret: ZipZone Adventure Park in Peachland.

Tia is a typical teen with a zest for the active Okanagan lifestyle.





The Culture Consumer

Tween

What's life like for pre-teens in the Okanagan? According to Maya, not bad. We've got an appropriate mix of shopping, music, access to social networks, great food, theatre venues and (obvs) more shopping...

Friends would describe you as: loud.

Hobbies: drawing, acting.

Sports: dancing, running.

Activities: Canadian School of Ballet, classes at the Actor's Studio.

Best place for alone time: Orchard Park Mall.

Best place to hang with friends: Orchard Park Mall.

Fave summer place: beach.

Fave winter activity: drink hot chocolate.

Sunday afternoon: home.

Wednesday evening: with friends.

Breakfast spot: Cinnabon.

Picnic place: Mission Creek.

Best dinner: Chopped Leaf.

Culture: music, theatre.

Saving for: iPhone.

Best free Okanagan entertainment: the beach.

Social media: Facebook.

Mobile: cell—quite a bit.

Okanagan secret: Frock in Kelowna.

Clothes shopping habits: I shop too much!

The Superwoman

Working Mom

Life for this working mother is busy. With the philosophy that "it takes a village to raise a child," and a great support network of other moms, she seems to be on top of the world—or at least the Okanagan. From skiing to rowing and everything in-between, this savvy working mom makes the most of every minute with an outlook that matches summer-time in the place she calls home.

Friends would describe you as: outgoing, energetic, talkative.

Summer activity: rowing, water skiing, wine tasting.

Winter activity: skiing with my boys.

Where'd you come from?

Vancouver, via Nova Scotia and Ontario.

Why do you stay? family (it's a great place to raise children), the people, lifestyle.

Best thing about Okanagan living: being a mom here is great—there are so many of us! I'm lucky to have such an incredible support network available to help out in a pinch or just to get together for a glass of vino and a chat. I can walk to the beach in five minutes and drive less than an hour to ski or taste fantastic wines.

Sunday afternoon: at the gym.

Wednesday afternoon: working.

Fave breakfast: The Bohemian Café, De Dutch.

Picnic place: the beach with my boys.

Dinner out: Waterfront Wines, Twisted Tomato, Cabana, RauDZ.

Website browser: I research everything—travel, entertainment, social media, parenting.

Culture: Live theatre, music.

Never miss Okanagan events: anything food or wine related, the SPCA Paws for a Cause walk—my boys and I volunteer every year at the crazy hair station where we have tons of fun using coloured

hairspray on people and their dogs.

Best free Okanagan entertainment: Canada Day at Waterfront Park, Beagle Meetup at the Mission Park Dog Park on the last Sunday of the month (there's nothing cuter than a bevy of beagles chasing each other around, ears flapping and tails at attention).

Fave summer meal: Barbecued wild BC salmon topped with fresh local fruit salsa.

Social media: Facebook and Twitter. I haven't delved into Pinterest too much yet, but it's next.

Mobile: Blackberry Torch to text, email, update social media...and even phone people.

Fave local apps or follows: Moksha Yoga, The Hot Box Yoga, H2O Fitness and Adventure Centre, Sparkling Hill Resort, Home For Dinner, Big White Ski Resort, Beth Veenkamp-Constructing Life Coaching.

Grocery shopping habits: Kelowna Farmers' and Crafters' Market and produce stands in summer. Urban Harvest organic delivery is great year-round. Save-on-Foods and Lakeshore Market in the Mission fill in the gaps.

Clothes shopping habits: Winners, anywhere clearance, great finds from Influence, Fracas, Bella, The Wardrobe.

Okanagan secret: Riding one of the city's double decker transit buses—just for a different view. Also, something else every local mom should know about: Bread on Wheels Bakery. They'll deliver fresh-baked goodies (my kids love the braided bread and the chocolate croissants), Cherry Hill coffee and farm-fresh eggs to your door once a week.

Being a working mom in the Okanagan: Life is busy and family time is precious. For me, living across the street from H2O and a block from the beach helps make things like picnics or after-dinner swims easier. The Greenway and Mission Dog Park are also easy walks, something our beagle appreciates. **OL**

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It takes a team to successfully transition between events.



Over 3,200 athletes entered Penticton's 2011 Ironman.



A 3.8 kilometre swim is the first leg of the competition.



Starts are crowded, but competitors soon spread out.



Swimmers are already peeling out of their wetsuits as they splash toward the transition area.

*Penticton attracts top triathletes
to Subaru Ironman Canada*



PHOTOS BY BRUCE KEMP

IRONMAN



The 6:45 a.m. start time doesn't deter spectators who line the course to cheer and shout encouragement.



Penticton's Subaru Ironman Canada is the oldest Ironman race held in continental North America.



Fans can get closer to the athletes than in almost any other sport.



Looking strong, Abel Torsten of Tucson, Arizona, kept up the pace in the run and cycling leg to take second place overall in the 2011 event.



Some 4,500 volunteers provide a host of services like keeping vital water stations constantly restocked.



Meredith Kessler of San Francisco, California, finds a little shade to preserve her strength during the 42.2 kilometre run that caps the Ironman.



Entrants range in age from under 20 to over 80. John Dobrowski (55) was just one of a large group of over 50s in the race.



High SPF sunscreen is a vital part of the athletes' kit.



Nearly a third of the competitors are women.



A cyclist reacts to the crowd in downtown Penticton.



Penticton's Jordan Rapp took first place in the 2011 Ironman.



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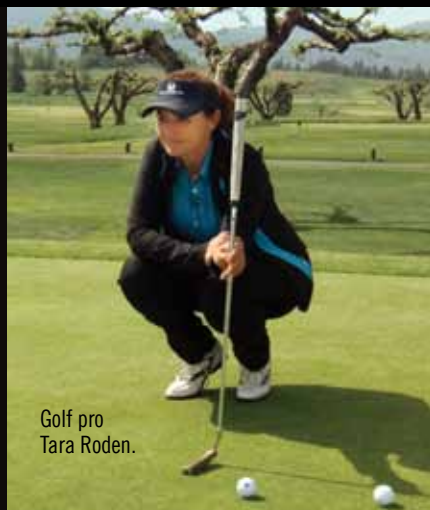
[†]MSRP is \$42,935 (includes \$1,945 freight and PDI) on a new 2013 RDX 6-speed automatic (model TB4H3D1N). Taxes, license, insurance and registration are extra. Retailer may sell for less. Retailer order/trade may be necessary. ^{**}2013 RDX city fuel economy of 10.7 litres/100 km and highway fuel economy of 7.3 litres/100 km. EnerGuide ratings based on Transport Canada approved test methods. Your actual fuel consumption will vary with driving conditions – use for comparison only. See Harmony Acura for full details.

Below (left to right): tournament chair Bill Redmond, Okanagan Life publisher and editor Paul Byrne, tournament winning pro Peter Hopley of Gallagher's Canyon (he shot a 67), Rotarian and sign guru Doug Gosso and Rotarian Gary Bennett.



ROTARY Golf

The Rotary Club of Kelowna's 20th Annual Pro-Am Charity Golf Tournament has become one of the Valley's best. This year's event raised a staggering \$108,000 to fund Rotary charities and community initiatives.



Golf pro
Tara Roden.



Winning team (left to right): Murray Poje (pro), Dan Dodman, Richard Hooper, Michael Hooper.



Left photo: Gilles Dufort welcomes participants to the Harvest Golf Club.

Centre photo: Gilles Dufort.

Right photo: Reg Henry and tournament sponsor Sysco's Dave Stephenson.



Above (left to right): Richard Ingram, Sean Pihl, Fairview Mountain golf pro Brian McDonald and Mark Kinnear.



Above: Weatherman Mike Roberts.

Left: Peter Hopley shows the kind of form that produces a winning round of 67.

Pro Tennis in Kelowna

Photos Harjeet Sangha and Linda Quon

Canadian tennis is starting to take off. Vernon native, Vasek Pospisil, who will be representing Canada in both singles and doubles play at the Olympics this summer, is now ranked 109th in the world thanks to pro tournaments like the one hosted by Kelowna Futures Tennis in July. The organizing committee brought pro tennis to the Okanagan in a big way with its hugely successful tournament at Parkinson Recreation Centre in Kelowna. Joachim Nierfeld, Gordon Fitzpatrick, Gilles Dufort, Rob Ahlgren, Holger Nierfeld, Haarjet Sangha, Christine Meyer and Carla Jackson deserve huge Okanagan accolades for bringing world-class athletes to the Valley for the exceptional tennis that fans enjoyed.



11th Annual CELEBRITY TENNIS CLASSIC

Kelowna General Hospital Foundation Tennis Classic

WALLEY AND MARIETTA LIGHTBODY invite you to attend the 11th Annual Kelowna General Hospital Foundation Tennis Classic, September 14, 15 and 16, for an enjoyable weekend in beautiful sunny Kelowna.

This event has raised over \$500,000 for essential life-saving diagnostic equipment for the cardiac care centre at KGH.

FRIDAY 5 PM: Celebrity exhibition matches at Lightbody's centre court with seating for 200. Food and beverages compliments of the Coast Capri Hotel and the finest

Okanagan vintners. Jazz vocals by Anna Jacyszyn with bassist Bernie Addington in addition to the magnificent Kelowna Pipe Band.

SATURDAY 9 AM: Doubles tennis tournament at the Okanagan Mission Tennis Club with 60 to 80 participants at all levels of play.

SATURDAY 12 PM: Bocce ball competition on the "Grass by the Lake."

SATURDAY 4 PM: Tennis finals at centre court.

SATURDAY 7:30 PM: Gourmet dinner at the Coast Capri Hotel with entertainment, award presentations and much more.

SUNDAY 12 PM: Fun tennis at centre court. Come and play with the pros.

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or the KGH Foundation Office 250.862.4438

This message brought to you by **OkanaganLife** magazine





Above: Runner-up Nicolas Meister and Kelowna Futures Champion, Nikita Kryvonos, both from the US, with Capri/Chubb representative Robin Durrant and Tennis BC's regional director, Joachim Nierfeld.

BC Cancer Foundation Golf Classic In Memory of Sindi Ahluwalia Hawkins

August 24, 2012
The Harvest Golf Club, Kelowna, BC
(new location)

scramble format - shotgun start at 1 p.m.
Tickets \$ 195

Registration includes: 18 holes of golf,
shared power cart, fun activities and contests,
prizes and an evening gourmet banquet.
Proceeds support the BC Cancer Foundation.

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bccancerfoundation.com/golfclassic

If you're interested in sponsorship or have any questions
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KELOWNA
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New Lexus dealership

Lexus of Kelowna is a proud member of the six-dealership Sentes Automotive Group including Kelowna Infiniti Nissan, Kelowna Mercedes-Benz, Vernon Nissan, Penticton Honda, and Penticton Hyundai. Canada's 36th and BC's 6th Lexus dealership, Lexus of Kelowna is the only dealership serving the BC Interior.

The stunning new home of Lexus of Kelowna, designed by Margot Sentes and Don McLeod, and under construction for 13 months, opened on April 23, 2012. Now the corporate headquarters of the Sentes Automotive Group, the 32,000 square foot facility, with a staff of 40 people, boasts an expansive showroom and one-stop service department. From a simple oil change to a complete engine overhaul, Lexus of Kelowna can expertly handle every level of automotive service and repair.

Since the franchise was awarded in 2008, Lexus sales have grown steadily. The Lexus RX 350 is the number one selling Lexus vehicle at Lexus of Kelowna and it is the most popular luxury SUV in Canada, with prices starting at \$44,950.

The large selection of new and pre-owned inventory make shopping for your dream car a pleasure.

Visit Lexus of Kelowna at 2767 Hwy 97 N in Kelowna. Learn more at www.lexusofkelowna.com.



More awards for Castoro de Oro

Following up on the Castoro de Oro 2008 Merlot's bronze medal performance in the red wine category at the Creston Valley Rotary Club 2011 WineART event, the Oliver winery has taken a step up on the podium.

At this year's WineART, held on March 30, 2012, Castoro de Oro's 2007 Merlot proved to be a major crowd pleaser. In the people's choice ballot, this full-bodied, fruity red was voted the silver medal for favourite red. Lightly oaked (three months in Hungarian and then nine months in French oak), this wine shows Okanagan acidity, firm tannins for aging, and spicy raspberry and plum flavours that should be great with steak, burgers, pork or spicy pasta.





Why Fractional Ownership Makes Sense

Curt Jansen

Regional Sales & Marketing Director,
Bellstar Developments
Spirit Ridge Vineyard Resort & Spa,
Osoyoos B.C.

Fractional Ownership is a great way to own recreational real estate....

It's a smart, common sense approach; it's affordable and even environmentally responsible. It allows you to live the lifestyle of the rich and famous with a sound justification for your investment, offering flexibility and peace of mind.

Did you know that 70% of North Americans feel that owning a second home is a symbol of success?

More importantly it's living proof that you care about balance in your life and your family. Even though "pride of ownership" is a very strong attraction the truth is that on average a second home is used less than 10% of the time...

Typically a second home generates limited income, incurs monthly/annual costs and you spend more time maintaining it and working to pay for it than enjoying it.

The pride, the joy and the memories you get from vacation home ownership, not to mention the health benefits of forcing some balance into your life are all great benefits so...

What are your options?

- You could buy a house with your sister, her husband and his family, their dogs...you get the idea,
- You could buy a residential Condo, nice, but compact, hard to rent and use at the same time, very few amenities...
- Buy your own home, find someone to care for it, fix it, and still hardly ever use it, plus you're stuck going to the same place all the time, or feeling guilty if you don't...
- Then there is time share, but that's expensive, higher than normal fees, little flexibility, no rental income, and not favorable from a tax point of view or residual value either.
- You can join the latest rush to own a property in the discounted USA, but watch out for some major tax implications, management hassles, insurance challenges, neighborhood safety issues, rising airfare prices from the western provinces to the prime destinations and again lack of amenities and flexibility, not to mention if you end up with a medical condition it could limit your ability to get insurance to go there, even though you are feeling fine...

Enter the concept of Fractional Ownership

- Buy what suits your lifestyle and your budget
- Own a piece of the most desirable real estate, fully furnished and appointed
- Enjoy amenities that make a vacation enjoyable
- Enjoy the flexibility of using other premier vacation properties all over the world
- Symbol of success, pride of ownership
- Residual real estate value
- Worry free ownership with no headaches
- Rental income to offset the cost
- Tax advantages when you are not using it personally
- No guilt

Although fractional ownership is a great way for first time buyers to enter the vacation home market, the reverse is more often the case. "Wealthy people" are the largest purchasers of fractional ownership. Those who could afford to purchase their own vacation home are proving that "smart money" would rather have superb homes in outstanding destinations, a worry free vacation lifestyle with total flexibility ahead of other types of vacation home ownership.

I own a fractional ownership at Spirit Ridge along with over 500 other owners. Each year my wife and I enjoy amazing 5 star vacations in destinations such as Palm Springs, Scottsdale, the Mayan Riviera and are planning our next holidays to Hawaii and then to Thailand. What I didn't use was left in the rental pool to help cover the cost of ownership. Although real estate values are susceptible to economic swings it's conceivable that you could own a lifetime of luxurious vacations with a built in hedge against inflation so as not to cost you a penny.



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In simple terms, Fractional Ownership is the most sensible, cost effective and luxurious way for many people to invest both in lifestyle and recreational real estate; it just makes so much sense.

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This article is written as general information for its readers. For matters concerning a particular condominium Corporation or development, please consult the pertinent legal documentation and seek advice from qualified professionals, both legal and accounting for interpretation and application of particular situations.



Left to right:
Ian Sutherland,
Paul Jones,
Tony Holler

Wine and dine at Poplar Grove

by Michael Botner

Not long ago, wine tourists moaned about the shortage of on-site eateries in Okanagan vineyard country. Not any more. And the selection just keeps getting better

■ Newly opened, the Vanilla Pod Restaurant at Poplar Grove Winery is one of the Okanagan's most gorgeously situated winery restaurants. I'm eager to try it out. Poplar Grove's founder and executive winemaker, Ian Sutherland, and president and owner, Tony Holler, join yours truly in the dining room, where the "transparent" decor minimizes the border between outside and in. "Nothing gets in the way of the dining experience and 180-degree views of two lakes," says Ian. "You can only do this in the Okanagan because there are no miserable biting bugs," Tony quips.

After consulting with us, restaurateur/sommelier Paul Jones orchestrates the wine and menu selections.

The first selection is a 2010 Monster Vineyards Riesling produced in a nearby facility devoted to great value wines.

Balanced and off dry, it features racy acidity and a honeyed character. How will it fare with crispy Yukon gold potato cakes with tomato and avocado salsa and Happy Farms chèvre, an appetizer with some zing from red onion, cilantro and Tabasco? For Tony, the acidity cuts the spiciness, while Ian cites the slightly off-dry finish as the key to cooling the heat.

Paul now pours a thirst-quenching 2011 Blanc de Noirs, 10 per cent of the juice bled from a mix of three red varieties. Accompanied by seared halibut with warm potato salad, spinach, tomato, scallions, prosciutto and white balsamic vinaigrette, the bubbly highlights the simplicity and freshness of the dish, while its "clean acidity leaves you ready for the next olive oil soaked new potato," according to Ian.

Poured from a decanter, 2007 Legacy

"is our big gun," says Tony, describing Poplar Grove's richly complex, elegant Merlot and Cabernet Franc dominated Bordeaux-style blend. Hearing his cry for something meaty, Paul serves lamb rack with Romano bean sauté and rosemary aioli. "It's a hand and glove pairing," says Ian. "The intrinsically comforting flavours of the wine and dish are made for each other."

Having started with a Riesling, it makes sense to finish with another, a 2010 Late Harvest, with the flavours focused on lemon curd, petrol and honey. Teamed with Vanilla Pod's heavenly (but not too heavy) bread pudding and vanilla ice cream with a lemon caramel sauce, we agree with Ian's assessment that flavours of lemon, caramel and honey provide the bridge between wine and food. **OL**

PHOTO BY MICHAEL BOTNER

Showcasing a selection of sizzling summer wines plus a satisfying brew, the five star rating system stresses value for price.



**ASTROLABE
2011 SAUVIGNON BLANC**

Marlborough, New Zealand

★★★★½ **\$23.99**

Unmistakably Marlborough Sauvignon Blanc, this vibrant example offers pronounced aromas, vivid flavours and penetrating acidity. These range from gooseberry, passion fruit and grapefruit to elderflower, cut grass and mineral. Pairs with summer salads and seafood.



**CASTORO DE ORO
2010 HEART OF GOLD**

Oliver, Okanagan Valley

★★★★ **\$18.90**

An unoaked blend of Viognier, Auxerrois and Pinot Blanc, this lovely, flowery, copper-hued, dry white focuses on finesse. It boasts ripe apricot, melon and pineapple with mineral and spearmint, refreshed by orange zest. Try with creamy halibut or salmon.



**BELLA 2011 CHARDONNAY
SPARKLING WINE**

Summerland, Okanagan Valley

★★★★ **\$23.90**

Produced at Okanagan Crush Pad, the "virtual" winery in Summerland, this bottle-fermented, single vineyard bubbly is a class act. Frothy with a bone-dry finish, it shows citrus and melon complemented by notes of mineral and toast. Enhances any celebration.



**TINHORN CREEK
2011 GEWÜRZTRAMINER**

Oliver, Okanagan Valley

★★★★½ **\$17.99**

This Gewürztraminer sports a richly perfumed nose suggesting rose petal, lychee and lanolin, and exotic flavours of lychee, apricot, ginger and mineral refreshed by a squeeze of grapefruit peel. Partners curried pork or beef, as well as smoked salmon.



**MISSION HILL
2009 RESERVE SHIRAZ**

West Kelowna, Okanagan Valley

★★★★½ **\$22.99**

Dynamite Shiraz features a richly concentrated palate with densely packed flavours of blackberry, plum, coffee bean, black pepper, smoky bacon, toasty oak and vanilla, backed by finely-textured tannins. Accompanies barbecued beef, pork or game.



**MONSTER VINEYARDS
2009 MONSTER CABS**

Penticton, Okanagan Valley

★★★★ **\$19.90**

High-powered blend of Cabernet Franc and Cabernet Sauvignon delivers ripe, round, supple black cherry and raspberry fruit, notes of cocoa, tobacco leaf and spicy oak, backed by sweet, silky tannins. Best with char-broiled steak. Check out bottle in the dark.



**ELEPHANT ISLAND ORCHARD
2010 PINK ELEPHANT**

Naramata, Okanagan Valley

★★★★ **\$24.99**

Touted as Kir Royal reborn, this playful bubbly has been skilfully made from a base of Granny Smith apples and cassis dosage. It displays balance and finesse starting with clean, lively fruit and finishing with a note of richness. Partners spice lamb with mango sauce.



**CASTORO DE ORO
2009 PINOT DUETTO**

Oliver, Okanagan Valley

★★★★ **\$16.15**

A blend of Pinot Noir and Pinot Blanc, this bold rosé acts like a light-hearted red. The colour is cherry and the vivid palate reminiscent of cherry liqueur supported by lip-smacking acidity and peppery tannins. Calls for grilled salmon, beef or sausage.



**INNIS & GUNN OAK AGED
CANADA DAY 2012 BEER**

Edinburgh, Scotland

★★★★ **\$4.99**

Aged in Scotch whisky oak barrels and brewed using ale malt and barley malt, this small batch beer delivers a sweet malty nose, richly nuanced palate suggesting toffee, fruit and vanilla, and slightly bitter finish. Serve with cedar-planked Canadian salmon.



Clockwise:
Shanna Graham,
Renata Mills,
Ryan Donn,
Sebastien Dion.

Festivals Kelowna

Colourful Canada Day celebrations, lively street-corner performances, family-friendly entertainment in city parks and visual displays by artists and crafters—Renata Mills and her team make it happen

■ “I’m an administrative goddess on steroids,” says Renata Mills—and she needs to be. Along with her job as executive director of Festivals Kelowna, which brings a wide range of cultural events to life around the city every year, she has a busy family life looking after her husband and two daughters.

Festivals Kelowna is one of those groups most people are only vaguely aware of. It falls under the aegis of the city and is loosely tied to the city for funding.

“We meet with city council once a year to discuss budgets and direction. The rest of the time we work with Sandra Kochan at the recreation and cultural services department.”

Beyond that, Renata works with a board of directors comprised of interested people with a variety of skills.

“We’ve got artists, business and marketing people,” she says, “giving us a well-rounded group with a broad vision of what Festivals Kelowna should be doing.”

Being relatively autonomous has advantages, but it also means a greater work load. During the peak activity season, Renata has a core group of four staffers and the numbers fluctuate with the different events.

Celebrate Canada Day—Kelowna

hosts five stages offering a range of live music from country to opera. There are multi-cultural displays and performances as well as food kiosks, art displays and a community showcase.

This year Parks Alive! will host 42 performances by amateur and professional artists throughout July and August in 18 different parks and outdoors spaces around Kelowna.

Visual artists and crafters also fall under Renata’s mandate through Arts Alive!, the arts program that runs annually from May through September in the waterfront parks. Arts Alive! gives local folks and visitors the chance to see and buy locally produced arts and crafts.

Festivals Kelowna also administers the Kelowna Buskers Program. Street musicians have to audition for permits to perform at one of the 15 Busk Stops scattered through the downtown and lakefront park areas year round and Renata sits in on most of the auditions.

She has to be über organized, but she’s used to it. Renata has been heading up Festivals Kelowna since before the current incarnation came into being in 2007. She first became a force in the local arts event

scene shortly after arriving in the Valley in late 1997. She moved here from Vancouver with her husband when they decided to start a family. Vancouver didn’t seem like such a great place to bring up kids.

“My husband’s family was from Kelowna and it was becoming increasingly more difficult to find work in the event field in the Vancouver area. Now that I’m here, I love it and don’t think I’ll ever leave.”

Part of the attraction is Kelowna’s human size. “I can put in a full day at work and get to school events, then home to have a life with the family. The commutes are all short here.”

And despite coming from a city with a vibrant cultural scene Renata finds a level of events here that give her everything she needs and then some. “We’re benefiting from the growing group of experts in any number of fields who used to live in Vancouver and Toronto and are now flocking to the Okanagan to take advantage of its lifestyle. They’re bringing us world class skills—whether in music, on the stage or visual arts.”

Event management seemed to be made for Renata. While she was still in ►



Makes breakfast for family. Takes two daughters to their schools then picks up a Tim’s coffee on the way to Festivals Kelowna Office.



Checks email, Facebook, Twitter and looks up Castanet to see what’s been happening in the community. Meets with individual staff to stay on top of projects. May sit in on busker auditions.



Meets with sponsors, works on planning and writes cheques for performers for tonight’s concert. Sneaks out for lunch on the patio at Earls or Grateful Fed if the weather is nice.



Checks voicemail and email. Holds a staff meeting if required. Updates the Festivals Kelowna website. Prepares for the night’s activity. Makes tomorrow’s To Do list.



Loads the girls into the car and heads for the park where tonight’s event is being held. Tries to blend in with the audience, but also chats with sponsors and answers questions.



With the girls tucked in bed, grabs a few moments to relax and watch something like *Sanctuary* recorded on the PVR earlier. Lights out.

dining next door at Summerhill Pyramid

Winery - what's not to like?

Sunset Organic Bistro—a two-minute drive

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FACTOID: RENATA CHECKS EMAIL AND SOCIAL NETWORKS ONLY TWICE A DAY. "IT'S JUST TOO EASY TO WASTE TIME ON SOCIAL NETWORKING AND LOSE SIGHT OF WHAT NEEDS TO BE DONE."

school she did volunteer work for Mary Collins, MP for Capilano-Howe Sound, who eventually held several cabinet posts in the Mulroney government. Part of her volunteering entailed working as the cabinet minister's scheduling secretary and helping to coordinate meetings and conferences.

At the same time, Renata was working on a degree in communications from Simon Fraser University, graduating in 1990.

Her volunteerism paid off and after graduation she landed a job with the Academy of Canadian Cinema and Television, the folks who produce the Gemini Awards along with a lot of other film-related events and education programs.

She became the Academy's program coordinator in charge of special events and professional development. It was a good position, but when it came time to start a family a smaller town and gentler lifestyle had definite appeal.

Renata landed running and immediately began networking in the arts and recreation community. She signed on with Parks Alive! in early 1998 and stuck with the program as the various event organizations morphed, joined forces and eventually came together under the umbrella of Festivals Kelowna. **OL**

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ADdirectory

- Abby's Spice & Tea Store 16
- Al Stober Construction 59
- Bags n' All 4
- BC Cancer Foundation Golf Classic 51
- Bellstar Developments 53
- Bohemian Café & Catering 31
- Booster Juice 60
- Bounty Cellars 18
- Bridges at Glenview Pond 20
- Castoro de Oro Estate Winery 61
- Celebrity Tennis Classic 50
- Codfathers Seafood Market 12
- Colliers Centre Group 6
- Country RV 39
- Cowboys Choice, The 18
- Creations by Mom and Me 39
- DermMedica 63
- Dilworth Homes 7
- Dockside Marine 43
- Gallagher's Canyon Golf Club 21
- Garage Sale Auction Events 18
- H2O Adventure + Fitness Centre 21
- Harmony Acura 48
- Harvest Golf Club, The 12
- Hummingbird Beach Resort 29
- Hunter Douglas 13
- Kekuli Bay Cabinetry 11
- Kelowna Yacht Club 51
- Lakeshore Vein and Aesthetics Clinic 3
- Larch Hills Winery 31
- La Roca Watch and Jewellery 22
- Lexus of Kelowna 61
- Mackay LLP 7
- Original Joe's 43
- Owner Direct Vacation Rentals 31
- Pandora 2
- Peacock Sheridan 11
- Ponderosa 64
- Premier Jewellery and Loans Inc. 43
- Quaaout Lodge 58
- Salmon Arm Roots & Blues Festival 31
- Shuswap Lake Estates 33
- Simply Amazing Smiles 4
- SkyTrek Adventure Park 30
- Spincaster Productions Inc. 39
- Stonewater on Lake Okanagan 59
- Studio 9 Independent School
of the Arts 12
- Stutters Disaster Kleanup 6
- Sukho Thai Cuisine 16
- Ten Thousand Villages 22
- Turtle Island Gallery 38
- Twin Anchors 32
- Village of Kettle Valley 58
- Western Financial Group 61
- Westwood Fine Cabinetry 59

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Card reader crazed

Frustrated consumer pleads for conformity

■ I am a firm believer in individualism and diversity. Creativity feeds my soul. Signs in my office shout slogans like *Well-Behaved Women Seldom Make History*, by Harvard professor Laurel Thatcher Ulrich, and *Hang on to Your Resistance*, by Canadian Juno winner Tom Cochrane. That being said, there remains one item in our daily lives desperately crying out for uniformity. Will somebody out there please find a way to standardize card reader machines?

Assured of solidarity on this issue by family members, friends and various vendors, this happy non-conformist craves consistency in the credit card experience. A travel junkie addicted to collecting points, I use my credit card constantly: for necessities like groceries and gas, or treats like a copy of the latest *Hello! Canada* magazine and a non-fat latte. In short, I've had a lot of practice with card readers. You'd think by now it would be easy.

Not so much. "Swipe, insert or wave magically?" I inquire of the coffee shop baristo as he passes the machine over the counter. "Insert," he says. I comply. "No, the chip is on the other end." Dutifully rotating my card I try again. "No, too soon," he smiles, "I didn't put in the amount yet. OK, now try again." Third time lucky, it works. Whew. Step one accomplished.

The amount shows on the screen. Fluorescent lights overhead, tiny faint yellow letters on an insipid green screen stare back at me, begging to be acknowledged. I tilt the machine in every direction, struggling to see the total. At this juncture it's crucial to point out that, although it's been almost 50 years since I passed my first driver's test, I can still read the phone book and computer screen, aided only by some serious squinting. (An aside: kudos to Canada Post, which receives my award for the largest print and highest contrast screen I have encountered to date.)

Numerals finally appear followed by OK. Is there a choice? Is \$7 for a latte and snack really OK? What happens if I press *No* and ask to debate the amount?

Next the dreaded tip portion of the proceedings. *Yes, no, maybe*. Enter directly or go to the top of the machine to select F1, F2 or F3 for *amount, per cent* or *choose your own adventure*, then enter the number. Which is easiest for my non-math-oriented brain to calculate with a queue of java starved patrons pressing from behind

or, in the case of fine dining, the most discreet way to enter a gratuity with a chatty server leaning over my shoulder?

Then security issues rear their ugly heads. Call me paranoid, but I figure the only way to be completely confident of privacy when entering a PIN is to provide a voter's booth and surround customers with curtains. Not likely. Again a huge variance in what meager efforts have been made to provide secrecy and seclusion. Some machines sport a tiny hood at the top, some a shallow raised portion on the side, never the same side, and some have nothing. Does it matter if the majority of shoppers are right-handed? What about the lefties? What about the X-ray vision of the next guy in line?

Finally, the delay. Anything from 10 seconds to 10 minutes. It can be tough waiting for recognition. A long interval and my tendency toward the "Imposter Syndrome" kicks in. Is something wrong? Have I passed my card limit? What have I bought lately? How embarrassing will it be if I'm not approved — for a latte.

When the ultimate *approved* sign flashes, followed by the direction to *remove or obtain my card*, I have to wonder. The remove command I get, but obtain? I obtained it months ago. Which card reader script editor approved that one?

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