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Addiction }

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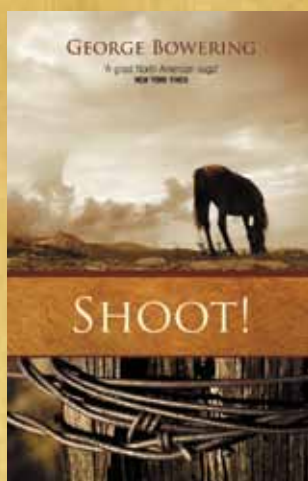
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paul's voice



Hockey fans— Les Misérables

Most hockey fans believe that the NHL lockout has been a necessary epic struggle, not unlike the game itself and not dissimilar from the French historical novel by Victor Hugo, *Les Misérables*. Pitting mere mortal millionaire hockey players against the aristocratic billionaire owners should make for a blockbuster musical.

Les misérables can be translated from the French as “the miserable ones,” “the wretched,” “the poor ones” or “the victims.” At first glance, the players and owners do not seem to fit this description, so with your permission, I’ll cast us fans in that role. We are willing martyrs, ever optimistic and by today’s billionaires’ standards, an unremarkably quiet group. But wait, revolution is brewing.

In the opening scene, The Poor Ones, angry with Players and Owners about high-ticket prices, incomplete seasons and financial inequality, would sing *I Dreamed a Dream*. Later the hockey GMs harmonize *Players for Sale or Rent* as NHL Players Association boss Donald Fehr croons out a solo. Clad in Rod Stewart candy cane tights, hockey sock in place, Donald gazes longingly into Gary Bettman’s eyes, tears flowing like warm water from a Zamboni, and belts out the Donna Summer tune *They Work Hard For the Money*.

Act One draws to a close as The Victims find out that the annual salary for a Player is around \$2.2 million. The Poor Ones understand this reeks of excess, but they are confused. They know there is enough money, but who is

hoarding it? The average Wretched Fan has skated backwards for the past 30 years. He only makes \$46,000 a year. *I'd Love To Change The World* fits nicely here.

In a brilliant rendition of *Money for Nothing—Your Pucks for Free*, Bill Daly and Gary Bettman yodel the many challenges poor Owners encounter every day in their harsh and bitter lives. Some of them now have less than a billion dollars to get by on. They whine out the ABBA tune *Money, Money, Money*.

In a decidedly weird twist, the second act opens with Owners constructing a barricade to lock Players and The Wretched out of the rinks. Owners sing *We Are The Champions* because—well, they believe they are! The Miserable Ones have a mid-ice crisis when they find out that the 30 NHL owners have a median net worth of \$1.75 billion, with Jets owner and Canadian David Thomson topping the list at \$22 billion.

Chirping *Take the Money and Run*, Mexican Carlos Slim sings the Owners to sleep. Slim is the #1 draft-pick among billionaires this year with a \$75+ billion personal net worth.

We reach the climax when *The Poor Ones* finally grasp that it is the billionaires who are hoarding the world's money supply—shattering economies and undermining democracy.

The Wretched also notice that the Owners impose salary caps on the Players and the rest of society, but have no salary caps themselves. The Wretched and The Players sing *What Up With That*. The Miserables form an idea-barricade. They boycott NHL rinks and limit their spending at the billionaires' megamalls. The Victims rise up. The Miserables support the Miserables. Do you hear the people sing?

Na na... na na na na... hey
hey hey...goodbye!



John Paul Byrne
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ABOVE FROM LEFT: SILVER STAR MOUNTAIN HOST ROB MADDEN, GALEN BARNHARDT, NORDIC MANAGER GUY PAULSEN, SAREENA NICKOLI AND BRUCE ACTON
FACING PAGE FROM LEFT: BRUCE ACTON, SAREENA NICKOLI AND GALEN BARNHARDT

SILVER STAR SIX

New cross-country skiers discover Silver Star and Sovereign Lake

■ In a nook of green between pines sifted with white, a weasel cracks through the snow.

"An ermine weasel," says one of the Silver Star Six, a group of first-timers chosen by the resort to be a part of a campaign to promote cross-country skiing at Silver Star and Sovereign Lake Nordic Centre. The Six are taking a Nordic skiing lesson, gliding along Silver Star Mountain Resort's Meadow Trail, a beginner route that loops around Brewer's Pond before winding down to the village.

They marvel at the ermine's snow white coat and black little eyes. He waits while the skiers carry on.

"You see a different side of Silver Star—you feel closer to nature," says Bruce Acton, president of Acton Consulting and a celebrity student.

In November he was asked to be one of the Silver Six. "I was really excited," says Bruce, who moved to the Okanagan 16 months ago.

Bruce came from Edmonton, where he once tried cross-country skiing along the comparatively flat North Saskatchewan River valley. "One of the reasons we moved to Vernon was to do things like this," he says.

Other members of the Silver Star Six include City Furniture marketing director Sareena Nickoli and Cedar Creek Winery assistant winemaker Galen Barnhardt, along with three Okanagan reporters: CHBC's Robert Buffam, Jennifer Zielinski from Castanet and SUN 105.7 FM morning host Brian Martin.

Their mission: take three lessons; explore the mountain's world-renowned trails; and tell others what they've seen.

"We want people talking about it," says Guy Paulsen, Silver Star's Nordic manager and originator of the Silver Six idea. "We really want to make it an attraction for the city."

Silver Star and adjoining Sovereign

Lake, which now offer a double-pass so skiers can enjoy a combined 105 kilometres of cross-country trails, regularly host international competitions and training events attended by top athletes from as far away as Yellowknife, Utah and Sweden.

A recent New York Times article titled *12 Months of Skiing, From Chile to China* listed Silver Star as the best place to be in January.

Tim Neville writes, "...you can cross-country ski on some 62 gorgeous miles of groomed trails — some of which are reachable from the ski lifts, a rare treat."

And yet, says Guy, people who have this mountain in their own backyard aren't taking advantage of it, which is what the Silver Six hopes to cure this winter.

The campaign takes only a few hours to work on Sareena. Handling marketing for her family's busy furniture business by

day and instructing Zumba classes by night, Sareena says time and a distaste for the cold have stood between her and the hill all these years. She admits that the last time she was at Silver Star was in elementary school. In her mind the resort always seemed further away.

"It only took me 20 minutes to get here," she says, walking toward the village where she can get outfitted with skis. "You drive up to this beautiful mountain and there's so much out here. If (being one of the Silver Six) gets me up here to experience it, great."

On the day of her first lesson, it's blustery but mild at Sovereign. The previous night four centimetres of snow fell and on this day snow dusts everything, from the day lodge and the little ones' scarves to the pine boughs and Sareena's new boots.

"I'm not a skier," she says, traips-



SHANNON HODGES HELPS TO ORGANIZE RENTAL EQUIPMENT

ing alongside instructor and Sovereign communications coordinator Julie Melanson on the way to the Stadium, the landing area from which all of Sovereign's trails begin.

When the lesson gets under way, Julie has Sareena find her balance. "Try standing on one ski," she says. "Close your eyes."

Sareena obeys. She wobbles and then stills herself.

"It's sort of a new feeling," says Julie. "You get on to this slippery surface and you kind of feel like Bambi for a few minutes."

Between then and the end of the hour, Sareena hops like a bunny, takes steps and almost gets gliding.

"You make it look so easy," she says.

Sareena studies the dozens of veterans coasting past her into the crooks of the mountain. "I don't know if I'll ever look like Julie, but I'd like to be able to do a nice glide."

A week later during a lesson with Guy that took her on a three-kilometre trek into the woods, she did just that.

"Thanks again, Sareena," said Guy in a text. "You did great today!"

Sareena replied. "No—thank you." —Natalie Appleton





DR. RICHARD LEWIS SEES PRIVATE PAY AS THE SOLUTION TO LOOMING SPECIALIST CARE CRISIS

DERMATOLOGIST OPTS OUT

Two-tier medical care for the Okanagan?

With 50 per cent of British Columbia's practicing dermatologists over age 58 and 25 per cent over 65, the province faces a serious health care problem. The University of British Columbia graduates only three new dermatologists a year and retains only two. The lowest pay scale in the country seems to outweigh the lure of lifestyle.

"You're a new graduate, your diploma is hanging on the wall. You see BC at the bottom of the fee schedule and the Maritimes at the top. Where are you not going to go?" asks Dr. Richard Lewis, a Kamloops based dermatologist who recently set up shop in West Kelowna.

Whether it's a persistent rash or acne; eczema or psoriasis; rosacea or something more serious, like skin cancer, British Columbians wait between two and three months to see a dermatologist—possibly longer if they live in the Okanagan.

With only one full-time specialist practicing in each of the Valley's major cities (Kelowna, Penticton, and Vernon), the doctors are in high demand, but relief is low on the horizon.

The dire situation has prompted Lewis to take drastic measures. While most BC physicians are enrolled in the Medical Services Plan

(MSP), Lewis has de-enrolled. Along with colleague, Dr. Chris Sladden, he now bills patients privately.

"We're charting new territory," says Lewis. "The government doesn't know what to do with us."

While patients have always paid for cosmetic procedures like Botox and some plastic surgery, Lewis is now charging for medical procedures. Patients can deduct those medical expenses from their income tax.

Agreeing to de-enroll for a minimum of one year, he hopes his experiment in alternate billing will give way to the two-tiered system he sees as a solution to the medical crisis of long waits for few specialists.

Lewis, who would like to be able

to treat both private paying and MSP-covered patients, but can't under the current system, sees it as a question of medical care for everyone. "Why shouldn't the public be given a choice?" he asks. "We already have a multi-tier system."

Referring to WorkSafeBC, ICBC, the RCMP and even federal prisoners—seen promptly and paid for by private insurance—Lewis says allowing physicians to work both systems is economically reasonable, will attract more doctors and will allow more dermatologists to be trained. Ultimately this will lead to shorter wait times and better patient care.

The problem is, as a de-enrolled physician, Lewis can't order lab work, X-rays or take biopsies that are paid for by MSP. While some local physicians have agreed to see his patients, performing procedures and requesting lab work through MSP, he believes the government is ethically responsible.

After all, most privately paying patients still pay MSP premiums. Likewise, the specialists involved are already paid by Interior Health in the lab or MSP in their practices.

"If the government of the day crunched the numbers, they would see a savings for everyone and medical care would be greatly improved," says Lewis.

Working weekdays in Kamloops and on Saturdays at the West Kelowna Walk-In and Family Practice Clinic, Lewis sees emergencies pro bono, but for now he charges patients for scheduled appointments. Someday he hopes to give them a choice.

"If cops and criminals can have it, why not the rest of the province?" —Shannon Linden

locallookalikes?

FINE WINE Codfathers Seafood Market owner Jon Crofts may not be a scholar, but he's a dead ringer for Will Enns' painting *The Scholar* featured on our September 2012 cover. —staff





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PRESERVING THE PAST

■ Doug Cox says it's a hobby that has gotten completely out of hand.

Although his books recounting area history have been local bestsellers for decades, as a child he wasn't particularly interested in reading or writing. He was, however, blessed with a natural curiosity. "I travel with a camera in one hand and a tape recorder in the other," he says. "I'm always asking questions."

Doug's enthusiasm for history was sparked while he was on the other side of the globe. He'd been touring the world ("it was the thing to do in the '70s") and while in South Africa he wrote home. His father wrote back, mentioning that Doug's grandfather had spent time there during the Boer War. That led Doug to visit area museums, and he was hooked.

Still, when he came back to Canada to find work, history didn't motivate his choice of location. He simply wanted to live near a good ski hill, and figured Apex was the best. But while living on a rural property in the Green Mountain Road area, he soon became aware of the region's rich local history. "Some of the old-timers

were telling me about the freight wagons and the stage coaches and all that," he says, and soon he was collecting their stories—along with plenty of black and white photos.

This led to a long-term relationship with the Western News-Advertiser. For 18 years, he supplied them weekly with a photo and a story caption. In those days he often knocked on doors to ask for family histories; surprisingly, he says, people were usually delighted to invite him in, share their stories, and allow him to copy their photos.

Eventually it made sense to collect these into books. *Okanagan Roots* was first produced by the Western and Webco West Press in 1987, with an initial print run of about 3,500. Doug has reprinted the book twice under his own imprint, Skookum Publications, selling some 9,500 copies in total.

Okanagan Roots is just one of his many titles which document the early miners, ranchers and orchardists who settled and developed BC. *Rodeo Roots* was compiled for the 50th anniversary of the Keremeos Elk Rodeo, while *Penticton Now, Then and Way Back When* provides a 100-year

photo history of Penticton and area. *Mines of the Eagle Country* recounts the story of the Nickel Plate and Mascot mines. *S.S. Sicamous, Queen of Okanagan Lake* and *Wagon Train over the Monashee* illustrate how traversing the area was once a lot more complicated.

While in Hawaii a few years ago, he came across the story of thousands of head of cattle being transported from Hawaii to North America; hence his latest book, *Hawaiian Ranching*. Although he claims this book will be his swan song, Doug has embraced the digital age. Electronic readers allow him to produce his books with colour photos, and he has combined older titles into new editions.

Doug no longer knocks on doors. Instead, he has become an archive magnet, with people bequeathing him their collections. Today, his vast inventory presents a problem. "I am not an archivist," he says; he knows where to locate specific photos, slides and interview tapes, but he's looking for help cataloguing and storing these treasures—perhaps with digital copies to protect the collection against loss. —Dawn Renaud

2013 Wealth Management Team

The Peacock Sheridan Group has an experienced team of planning professionals specializing in business owners and dental/medical professionals.

There are only two names in the Peacock Sheridan Group company title, but there's a whole team of professionals around the founding partners. "We have an unbelievable team of business advisors whom are committed to serving the often complex and diverse needs of the business owner," said Grant Sheridan. "We have a well-balanced, diverse and experienced Advisory group."

The Peacock Sheridan Group is a wealth management and insurance planning firm that builds strategic wealth, business and estate plans for business owners and dental and medical professionals, and estate plans for successful families, business owners. The team has followed a simple but important philosophy; always focus on identifying and understanding the client's situation (their issues, problems, opportunities) before ever applying any advice.

Adhering to this mantra has been central to the growth at PSG.

The firm prides itself on pro-active customer service, but understands that each business owner will have unique circumstances which demand 'tailor made' solutions, and not a one-plan-fits-all approach which is often the case with bigger companies in the wealth management and insurance field.

"We're like a law firm in that everyone is a specialist in a different area, which makes us stand out," Sheridan continues, "We also are business owners and we understand the complexity of owning a business."

Brent Peacock furthers Grant's comments: "One thing that has become clear over the years in working in this market, is that we as advisors and a firm can learn a lot from our clients, and the successes and failures they have experienced along the way. Working and collaborating with successful clients is highly rewarding, and it is exciting when we can apply some of these lessons or experiences to the next client to create even more powerful and creative solutions."



Brent Peacock and Grant Sheridan.

Sheridan adds that if people want to be successful and wealthy, the best way is to learn from people who are already successful.

The Peacock Sheridan Group has been expanding steadily since it formally started 8 years ago and now has offices in Kelowna and Vancouver and has a team of 18 people (11 Advisors and 7 Support Staff). Their team of respected advisors includes Rusty Bracken, John Humphries, Greg Carter, Dustin Serviss, Marc Gaucher, Doug Deschner, Allan Hryniuk, Evan Marble and Devin Beatty.

"All are highly recognized and respected advisors who chose to work with us because of a shared philosophy and because of what we can offer their clients," Peacock says.

"It's win-win-win; a win for the client most importantly, and for the advisor and for the firm. These high quality advisors are getting value from being part of this firm, and the clients are the ultimate winners. It is paying off for everyone."

The Peacock Sheridan Group has crafted a team that focuses on trust and respect.

"You're not dealing with the new kids on the block, but a team of experienced and passionate veteran advisors. We are the planning resource centre for the business owner," Sheridan passionately concludes. ♦

We have a well-balanced, diverse and experienced Advisory group.



Your PSG Team from left to right: Greg Carter, Dustin Serviss, Evan Marble, Devin Beatty, Rusty Bracken, Doug Deschner, Brent Peacock, Allan Hryniuk and Grant Sheridan.



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Spirit of winter

by Gillianne Richards

Snowshoe trek to cultural revelation

■ I'm deep in the woods, in the dark, with my three young children trudging through huge drifts of snow as we search for a way back home. A strange man emerges from the bushes and stops us in our tracks. In a twisted Scottish accent he describes the gory details of a scalp-scraping bear attack on his friend, Chief Short Legs. He points the way towards a fire pit where other travellers have been known to rest and dine on chocolate fondue. It's just the beginning of an adventure full of mystery, history and Canadian culture.

We're on Crystal Mountain with snowshoes strapped to our feet and cough candies tucked in our pockets, surrounded by about 30 other brave souls who signed up for what I thought was a simple jaunt in the woods. Our hosts are Jordie and Laurie Bowen of Selah

Outdoor Explorations. Turns out we're in for a four-hour wild and whimsical snowshoe trek filled with spontaneous poetry, singing and skits on the history of the land.

According to the man in the woods, who claimed to be fur trader Alexander Ross lost in a time rift on the mountain (but looking suspiciously like one of our highly entertaining hosts), Trepanier Valley in Peachland is named after a skull operation called "trepanning" that he preformed on one of his men. Alexander (Jordie) relives the event and returns to the dark. We hike further and find the campfire pit.

The name of this exploration is the Starlight Snowshoe Hike and Fondue Tour, so the chocolate fondue and sky above filled with billions of beautiful stars are the only two things that aren't a surprise. Selah

Explorations isn't a standard tourism outfit, they have a holistic approach to their trips that blends discovering the hidden treasures of the land with creative reflections on our heritage.

We start a fire and huddle around it, munching on strawberries we drag across plates brimming with chocolate. Jordie stands to face the group. He clears his throat and does what any well-bred Canadian would do on a freezing cold night in the snow; he recites *The Cremation of Sam McGee*. In case you forget (as I had) the classic poem recounts a poor soul from America who tried to tough it out in the Yukon but couldn't beat the winter weather. After freezing to death he is cremated by his buddy in the hull of an abandoned boat. Jordie tells the story with such fervour and delight I swear the flames of the fire rise higher, the smoke swirling

LARGE PHOTO BY GILLIANNE RICHARDS; INSET PHOTO CONTRIBUTED

around his ruddy cheeks, transforming him for brief second into the flesh burned corpse of Mcgee calling out from the inferno to thank his friend for finally heating him up.

"Mom! Mom!" my daughter shakes my arm, snapping me out of the reverie. "Can I please lick my plate?" Chocolate fondue in an intoxicating addition to suspense-filled poetry and although I know they've all downed a lava flow of sugary fuel, I check my other two children to make sure they haven't frozen like Mcgee.

Next we gather around a forest pine tree and decorate it with lit candles, while singing songs that take me back to my youth. Laurie recounts a poem called the *Walker of the Snow*. It gives us the shivers (in a good way) as we pack up to head further into the night. We enter a great white field and decide to try calling out for coyotes. The adults and children whoop and howl then we stand in silence to see if they bark back. I sneak to the side and do a couple owl hoots too, just in case. We meet another traveller from the past, then trample down a long icy trail and finally find warmth and washrooms waiting for us back at the ski lodge.

On the way home my kids talk about how they'll never forget this night. My only regret is that I didn't find a foreign friend to bring with us. Exploring and surviving the winter woods with good people, good food and storytelling around a campfire is about the best gift of Canadian culture you can offer. **OL**



PHOTO BY GILLIANNE RICHARDS

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By Patti Shales Lefkos



Global Action
participant Keiten
Brown learning
Masai culture
from Milton, a
Masai warrior.

PHOTO BY SUE EGAN

Inspiration from the globe-trotting adventures of local leaders who personify generosity of spirit



Global Citizenship

When Roger Perry returned home a few days before Christmas and saw the pile of gifts for his grandchildren under the tree, he felt utter despair.

"The children we saw had so little and we had so much," he says.

On a fact-finding mission in Ethiopia, Roger, who is the district Rotary Foundation chair and a member of the Rotary Club of Kalamalka (Vernon), was asked by the driver if he wanted to visit the local school.

When he stepped inside and his eyes adjusted to the gloom, he discovered children sitting on long benches—no pens, no books, just one teacher and an old blackboard.

After receiving permission, he and his colleagues gave each student a pencil and scribbler. "You should have seen their faces. It was a look I will never forget. They were so grateful for such a little gesture," says Roger.

"That trip changed my life."

Roger continues to be a tireless leader in local and international Rotary projects.

Just the basics

In Canada it's easy to take the basics for granted. We turn on the tap and expect clean drinking water, hot water for showers, toilets that flush and water for our lawns. We can visit our family doctor, walk-in clinic or hospital emergency room, present our Care Card and be helped by trained physicians and nurses. Well-equipped schools staffed with educated teachers and support staff are typical. We expect libraries to be stocked not only with hard-copy traditional resources but also with state of the art technology. Myriad opportunities for post secondary education and job skills training are considered the norm.

This is not the case in many other areas of the planet. More than 80 per cent of the world's population lives in developing countries, where water, health care, education and other basics are never a sure thing.

This glaring discrepancy has led many to follow their hearts and take action, often after a

life changing motivational experience similar to Roger's.

My husband and I were disturbed by the discrepancies between our life in Canada and what we witnessed in Tibet and Nepal. Though there are many international NGOs working in there—particularly in the Khumbu (Everest) region—so much more remains to be done.

"The children we saw had so little and we had so much."

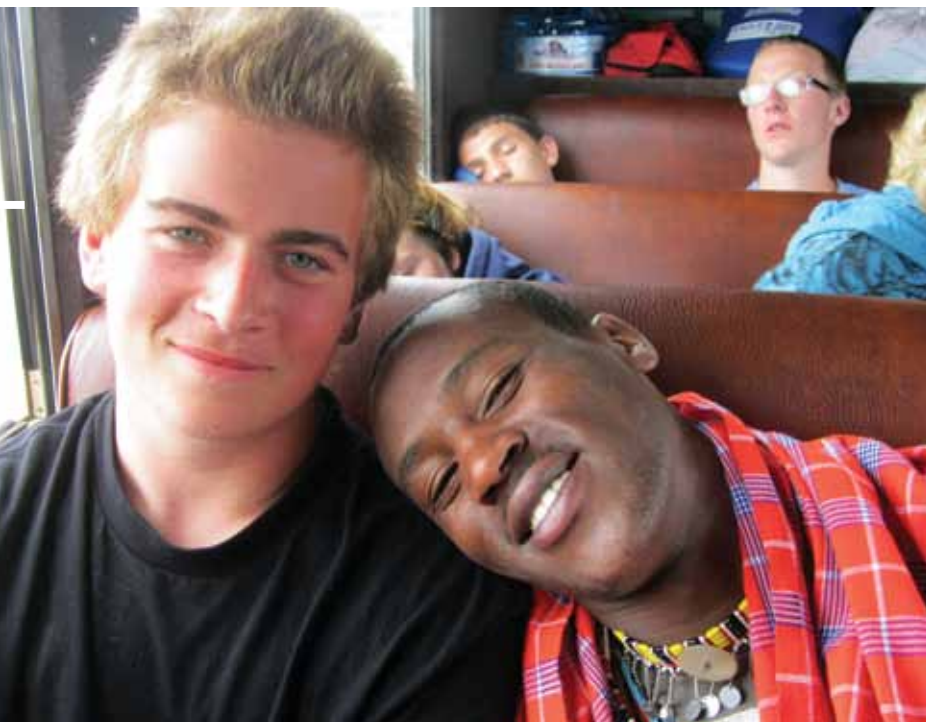
It got me thinking: Does the generosity Okanaganites show in support of local causes extend past regional boundaries?

Judge for yourself. The stories that follow are a mere sampling of the Okanagan people and projects selflessly dedicated to making a difference globally. The inspirational catalyst, whether solely a matter of religion, strictly a sense of humanity, or both, manifests in various forms.

Below: Global Action participant Chris Leverman with Masai warrior Milton.

Right: Colleen Saddler and team distributing bags of school supplies to students and families at Ray Kaw Htoo Burmese migrant school, Thailand.

Facing: (Left to right) Teacher Sue Egan and students James Zarlenga, Bailey Limb and Eric Byram with the Me to We banner.



Leaving a legacy

For Summerland freelance writer Rick Cogbill, the stimulus was a visit to Mozambique with his daughter (who was working as a nurse for South Africa Ministries) followed by an emergency trip to a cardiac care unit in Alberta. Empathy and a sense of mortality collided.

During the month-long African visit Rick helped local SAM staff repair broken-down vehicles. In rural Mozambique, trades education is hard to find and financially out of reach for most. "Although they were willing workers, they lacked even the most basic skills training necessary for the job. They asked me to come back," says Rick.

Later, during his hospital stay, he found the book *Axioms* by Bill Hybels. The chapter entitled *What Life Are You Waiting For?* caught his attention. "It's

often during those times we begin to think about what it is we're doing with our lives and more precisely, what are we going to leave behind?"

At that moment, Rick, a licensed automotive mechanic, decided to start Mercy Tech Mission, an organization that provides opportunities for seasoned trades people to go to Third World countries and teach their trade to the locals. "We come as guests to their culture," says Rick, "and make a point of looking for ways to make our knowledge practical in their situation."

Hurricanes and tsunamis

Hurricane Mitch hit Nicaragua in 1999. Debbie Bachman travelled there from Vernon with a medical relief team. When she returned home, she put together a team that headed back in 2001 to help build orphanages and medical clinics. Groups working under the auspices of the Nicaragua Fuente de Vida Society continue to go.

Students from Clarence Fulton Secondary School's Global Education

"We wanted to establish relationships with people, recognizing that we ourselves would not just be serving to feel good about ourselves, but that we would see a genuine symbiotic relationship."

PHOTOS BY SUE EGAN AND CONTRIBUTED

Political disaster

program got on board in 2005 with annual three-week visits.

Half a world away, the 2004 Boxing Day tsunami in Asia was one of the deadliest natural disasters in recorded history. Indonesia was hardest hit, followed by Sri Lanka, India and Thailand.

Peter and Cavelle Dove, Canadians living in Thailand, have been directors of Imagine Thailand since 2002, a ministry of the Pentecostal Assemblies of Canada. Colleen Saddler, a member at Westbank's Emmanuel Church, got involved through Pastor Derek Lee and his wife Iris, who went to Thailand to work with Imagine Thailand in the Thai-Burma border region.

For her first visit Colleen raised funds through private donations and the corporate matching plan of Investors Group—enough to provide water filtration systems for two schools. “The water changed their life at school,” says Colleen. “They can focus on their studies and not get sores caused from river bathing.”

After working as part of a team to run a kids' camp, she was hooked. Colleen now volunteers as a book-keeper and administrator for the Lees, who work part-time for Imagine Thailand, fundraising and putting together outreach teams.

On Ouch, owner of Vernon's Rice Box Asian Takeout, has held three annual Wok-a-Thons to raise funds for the Cambodian Support Group and Vernon Jubilee Hospital.

On's father Ath, a victim of Cambodia's murderous Khmer Rouge regime, worked in the fields at gunpoint. As the regime collapsed in 1979, Ath escaped to Thailand, married and had four children. After nine years in a refugee camp, constantly threatened by war-zone dangers, the family was referred to Canada through UN channels, then by Canadian immigration to the Cambodian Support Group. Within two weeks All Saints Anglican Church and community members responded with a sponsorship offer, welcoming the refugees to Vernon.

The annual non-stop-cooking Wok-a-Thon is one family's way of paying it forward.

Formative years

Vernon's Joel Hayhoe, project manager of Bring Your Own Bike, spent his childhood travelling with his parents who founded the Future Vision Ministry (FVM).

“A few years ago while cycling

Wise words for overseas volunteers from Okanagan students

Live in the moment. Don't view your experience through a lens. Put down the camera and take it all in.

Do your research. Learn about history and culture beforehand. Don't judge. Learn how locals feel about issues in their own culture.

Be a partner. Go to work with the locals, not for them.

Take time. Enjoy every person you meet.

Be efficient. Don't get behind in your laundry. Wash clothing in the morning so it has all day to dry.

Look up. Turn off your flashlight and wonder at the stars...and the lightning.

Be patient. Don't expect others at home to fully understand your experience. Give yourself time to adjust to life back home before you can tell your stories. What's important is that YOU made a difference.

Enjoy nature. Realize the therapeutic power of physical activity outside.

Embrace your inner beauty....including sweat, dirt and smell. Leave North American standards at home. Don't pack simply to look or smell good.

Pack practical clothing. Invest in a good hat, shorts and pants with lots of pockets; put comfort first. Don't stress about appearances.

And finally, remember: It's easier to smile than frown.

And from the adults

“If you think you're too small to make a difference, try sleeping in a room with a mosquito.” —African Proverb shared by John Baigent

“Leave your expectations at home. Go with the mentality of learning, not teaching.” —Joel Hayhoe

“If trusted and challenged, 16-year-old students are capable of amazing things.” —Murray Sasges

“Never expect anything to go the way you planned (especially in the African bush!) and always expect the end result will be bigger than you could possibly imagine.” —Rick Cogbill



To join in the action

Mercy Tech Mission
www.mercytechmission.com

Nicaragua Fuente de Vida Society
www.nicaraguafuentedevida.wordpress.com

Bring Your Own Bike
www.bringyourownbike.ca

The Rice Box www.thericebox.com

Global Action, Vernon Secondary School
www.sd22.bc.ca/PDFs/secondary/2012/VssGlobalAction.pdf

Imagine Thailand www.imaginethailand.org

Partners in the Horn of Africa
www.partnersinthehorn.org

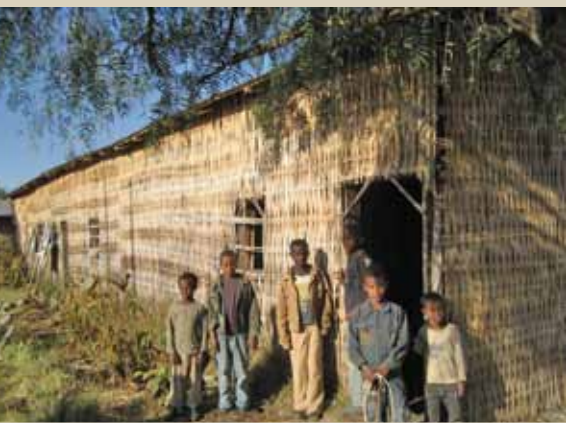
Global Education, Clarence Fulton Secondary, Vernon
www.sd22.bc.ca/forms/student/globalEd_application.pdf

North Okanagan Valley Gleaner Society
www.novgleaners.org

Coldstream Christian Church
www.coldstreamchristianchurch.ca

Rotary Club of Kalamalka, Vernon
www.clubrunner.ca/Portal/Home.aspx?cid=818

Sambhav Nepal www.sambhavnepal.org



through the US, I discovered the intimate way cycling can connect us with people and places," says Joel. "Having travelled throughout Africa with my family and working with FVM Malawi more recently, I decided to put the two together. I use cycling ecotourism as a way to introduce people to Malawi. I volunteered through FVM to establish a bike route through Southern Malawi and trained local people as tour guides and bike mechanics."

Enderby's John Baigent was a CUSO volunteer in Ghana in the early 1960s. Then in 1988, while a partner in a Vancouver law firm, he took a sabbatical in Ethiopia, working for the World University Service of Canada. He fell in love with the Ethiopian people, 85 million living in a country the area of BC. "They are a charming, civilized people," says John. "Orthodox Christians and Muslims get along. People are civil and respect each other and value human friendship. There is no TV. Instead families visit each other in the evenings."

After moving to the Okanagan 20 years ago, John now divides his time between Enderby and his second home in Ethiopia. He started Partners in the Horn of Africa in 2001, a non-denominational organization focused on infrastructure improvement, health and welfare and women's poverty in more remote areas of the country often ignored by other NGOs.

Partners in the Horn of Africa requires their African partner, usually an Ethiopian charity or village, to contribute 15 to 20 per cent of the project costs.

On his second trip to Ethiopia, Roger Perry and the Rotary Club of Kalamalka partnered with John to build new schools.

Bright ideas

Gordon Huston, president of the North Okanagan Valley Gleaner Society, knew a good idea when he saw one. The original Okanagan Gleaners was founded in Oliver in 1994 to produce food for the hungry of the world. Volunteers take vegetables that would normally be wasted and turn them into dry soup mixes that are sent to places like Africa and North Korea.



The North Okanagan group, modeled after the Oliver project, is based in Lavington, and averages five to six million servings of donated food per year.

Coldstream Christian Church pas-

"I want to break open the eyes and hearts of students to understand the interconnectedness of the world we live in."

tor David Hockley and his congregation were looking for an international organization with which they could be meaningfully involved. "We wanted to establish relationships with people, recognizing that we ourselves would not just be serving to feel good about ourselves, but that we would see a genuine symbiotic relationship."

David explains that a Haitian student intern of theirs went to Haiti to begin a mission called Heart for Home Haiti to address both physical and spiritual needs. The organization has now acquired 12 acres that are being turned into a campus where Haitians will be trained in agriculture, business, technology and other job skills. It also houses a church.

Students and teachers lead the way

Never underestimate the power of youthful enthusiasm fired by passionate educators. Vernon high school teachers Sue Egan and Murray Sasges are examples of what is possible.

A social studies and computer teacher at Vernon Secondary School, Sue Egan was inspired by Craig Keilburger, co-founder of Free The Children and the Me to We program.

"Giving back by global volunteering is a passion of mine. I wanted to combine my love of teaching with that passion," says Sue. "I believe youth can make a difference and that every child has the right to an education."

In August 2011 Sue led 20 Vernon Secondary students to the Masai Mara region of Kenya to help build a school classroom as part of a project overseen by Me to We. Students Bailey Limb and James Zarlenga, both in Grade 12, and Eric Byram, Grade 10, were part of the adventure that started with a Me to We day in Vancouver.

What did they learn from traveling 32 hours to help build a school?

"For the present it made me realize what we have in Canada. I don't leave the water running anymore," says Bailey. "For the future, I want to get involved with Me To We in Kenya for a period of time."

James agrees. For him the best part of the trip was working alongside locals. Volunteer work might be in his future. "The experience changed me a lot as a person. The toughest part was leaving. It went too fast. I wanted to get more done," he says.

"Everything I do will be a little bit different now that my eyes are open to what's happening in the rest of the world," says Eric.

Sue feels the students gained a different perspective on life. "The sense of community in Kenya is so powerful. There they look after each other. Here, we often don't know our neighbours," she says.

It's that sense of commu-

nity that has driven Clarence Fulton Secondary teacher Murray Sasges to offer the Global Education term option to Grade 11 students. "I want to break open the eyes and hearts of students to understand the interconnectedness of the world we live in," he says.

Global Education's connection with Fuente de Vida has led to nine years of three-week student work programs. Through Debbie Bachman, Murray found Casa Hogar Orphanage, which houses Nicaraguans left homeless by the 1995 hurricane. Projects include building a chicken barn, cattle corral, milking parlour and a kilometer of concrete fencing to protect fields from wild animals.



What about poverty in Canada?

Some of the organizations featured here are involved in projects to assist those in poverty at home. However, many mention that the poor in Canada are still better off than the poor in developing countries. "There is no backup for these people," says Roger Perry. "If they don't earn any money the whole family goes hungry. There is no social network to fall back on."

As an inner city school principal in Vancouver, I have seen the shameful discrepancies that exist in a city that has some of the poorest urban neighbourhoods in Canada—and some of the wealthiest.

Even so, it is heart wrenching to witness conditions in developing countries. Supported by Sambhav Nepal and trekking company Ace the Himalaya, my husband and I plan to return to a village outside the well-served Khumbu region of Nepal to discover what villagers would like help with. We hope to join the growing number of individuals and organizations that see opportunities for humanity beyond our borders. **OL**

Facing page

Sidebar: Ethiopian schools old and new.

Top: Ethiopian woman at water hole.

Bottom: Welcoming committee at opening of new Ethiopian school.

Above: Bailey Limb (L) and Hayley Silcocks (R), Grade 12 students from Vernon Secondary School's Global Action at the school building site in Kenya.

By Barbara Sutherland

addiction

The clean cut young man doesn't look up from his seat in the waiting room at Crossroads Treatment Centre in Kelowna. Neither does the woman I take to be his mother. A large suitcase leans on his legs. Clearly, he's come to stay a while; probably for Crossroads' 42-day residential addiction treatment program. A staff member approaches, clipboard in hand, mother and son embrace quickly and she hurries out the door.

I wonder what's going through that mother's head and heart. How does it feel to leave a loved one in addiction treatment? A few minutes later, I ask Shelley Gilmore, executive director of Crossroads, to speculate. "She may still be sitting in her car crying," says Shelley, reflecting on

other mothers she's talked with. The tears likely cover a spectrum of emotions: fear, shame, or guilt. But there are tears of relief and hope as well. "Her son is still alive, and she's hoping this time the treatment may stick."

frontline suffering...

Typically, families are on the front line of suffering when a loved one gets trapped by addiction. Dale Wagner is Crossroads' director of clinical services. He's been working in addictions counselling for two decades, including nine years in Vancouver's notorious Downtown Eastside.

"Addiction is a progressively isolating relationship with a substance. There are people around,

Photo by Doug Farrow

Drugs, alcohol, sex—addiction ruins lives. Families



suffer right along with addicts. Here's where to get help.

“Addiction is a progressively isolating relationship with a substance. There are people around, but it’s less about being in a relationship with them; it’s more about having a common relationship with the substance”

Below:

Shelley Gilmore,
executive director of
Crossroads Treatment
Centre in Kelowna.



but it’s less about being in relationship with them; it’s more about having a common relationship with the substance,” Dale explains, “So my (the addict’s) world becomes very narrow, and of course it’s around the substance use. I give up other healthy activities in my life, like bowling or softball—those activities no longer compete with my drinking, so I tend to spend all of my evenings at the pub.”

Dale says families are part of that, too. “Sometime, in the midst of in the midst of our addiction, we drive our family away because they’re tired of being a mark. They’re tired of excuses, tired of our unreliability, tired of lending us money that we’re not going to pay back. So they distance from us because it’s too painful to be close.”

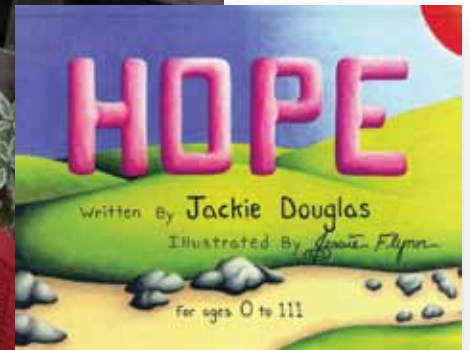
Shelley herself has firsthand experience with that pain, and it’s one of the reasons she joined the Crossroads team. “I grew up in a family where my father was an alcoholic. Our family was so ripped apart by alcoholism,” she shares. “If I can come in here and positively affect one other family and one other dad that’s going to go back and be the person he should be for the children in his family, then I’ve done a good job.”

That’s the goal of addictions treatment—“to move a person from where they were when they came in to be able to engage in a healthy life.”

Hope is a key motivator for changing lives. Dale Wagner says that without a sense of hopefulness, it’s very difficult for people to engage in the process of change. That is true wherever the addict is on their journey.

For many, Vancouver’s Downtown Eastside is the dead end of the addiction road. It is reflected in some pockets here in the Okanagan, too. People at this stage have lost supports (families, jobs, communities), and are plunged into an environment where more abuse happens.

PHOTO CONTRIBUTED



Left: Jessie Flynn and Jackie Douglas with Faith the Frog from their book *Hope*.
Below: Peter Lees from Karis Support Society.

It is a physically threatening place, says Dale. "Women are often victimized or engaged in the sex trade, which means they're victimized in terms of their trade but also because they're on the street and they're vulnerable. Drug dealing becomes rampant, housing unstable, significant mental health diagnoses or life traumas remain unresolved, so people's compensating behaviours are quite dysfunctional." Housing costs eat up most of whatever social assistance is available, so as Dale says, "You can steal, you can deal, or you can sell yourself to make do."

Jackie Douglas landed in that East Hastings world at the age of 32. For 10 years, the last three on the street, she says, "I got into every kind of drug. I ended up in a coma. I ended up in hospital a lot. I got beaten up and I got robbed. There was a part of me—I didn't want to live. Until..." She pauses at a particularly painful recol-

lection, "I saw my daughter down there one day and called out her name. When she looked at me she ran."

And then came *Hope*...

That heartbreaking moment gave Jackie the incentive to change. With the help of Insite, Vancouver's newly opened supervised injection site, she started the long and difficult process of recovery. In the 10 years since, "I had a few falls, but I tried really hard." Her breakthrough came when she moved to Kelowna, to the New Opportunities for Women (NOW) Canada Alexandra Gardner Safe Centre for women and children. She found a recovery home with the non-profit Karis Support Society and has been "clean" for the past four years. At the age of 52, Jackie is dealing with health issues, studying creative writing and working to get her children back in her life.

As part of her recovery, Jackie decided to share a story she wrote early in her journey to recovery of how hope turned her life around. Along with fellow Karis client, illustrator Jessie Flynn, she wove her story *Hope* into a charming picture book for people of all ages. It is available through the Karis Support Society.





Sex addiction

There are two types of addiction: substance addictions (covered above) and process addictions—compulsive, consequence-ignoring behaviour around sex, pornography, gambling, video games, shopping, and even work.

Julie Walkinshaw is a sex and relationship therapist based in Vernon (LoveRelationshipsCounselling.com). She says “Just like an addiction to alcohol, you can struggle with your sexual behaviour and want to change it.”

According to Julie, people who have been abused are at a higher risk. But the risk also extends to “those who have been exposed to things they shouldn’t see or hear.” That’s a real concern to her considering how easily children today can access pornography. Early exposure normalizes the behaviour to the children, but it doesn’t emerge as a problem until the child grows and finds it very difficult to connect intimately.

Julie says there’s a big difference between sex and lovemaking. If you’ve only ever had sex without intimacy or connection (you are either paying for sex or arousing yourself or it’s a parallel

thing), it would be a lot of work to get into a relationship that involves intimacy and shared vulnerability where you and the other person are both happy.

Online pornography is cited as a contributing factor in much of Julie’s relationship counselling. “Spending an inordinate amount of time on the internet looking at porn or flirting or engaging in cyber sex—all of those sorts of things are walking outside of your real relationship with your spouse or partner.” She calls it cyber-fantasy and says it can really mess up your brain. “If you’re looking at images that sexually arouse you and you’re pleasing yourself at the same time, there’s a direct connection between what you are using to please yourself, your brain and what you’re seeing. It’s a loop. It’s not broken and it’s all about you.”

When you bring those choreographed, flowing and perfect images into the bedroom, Julie says, there’s trouble ahead. “Our expectations can become very skewed and we think our partner should look and act like that person and respond like that person, and it becomes a real problem especially if both aren’t watch-

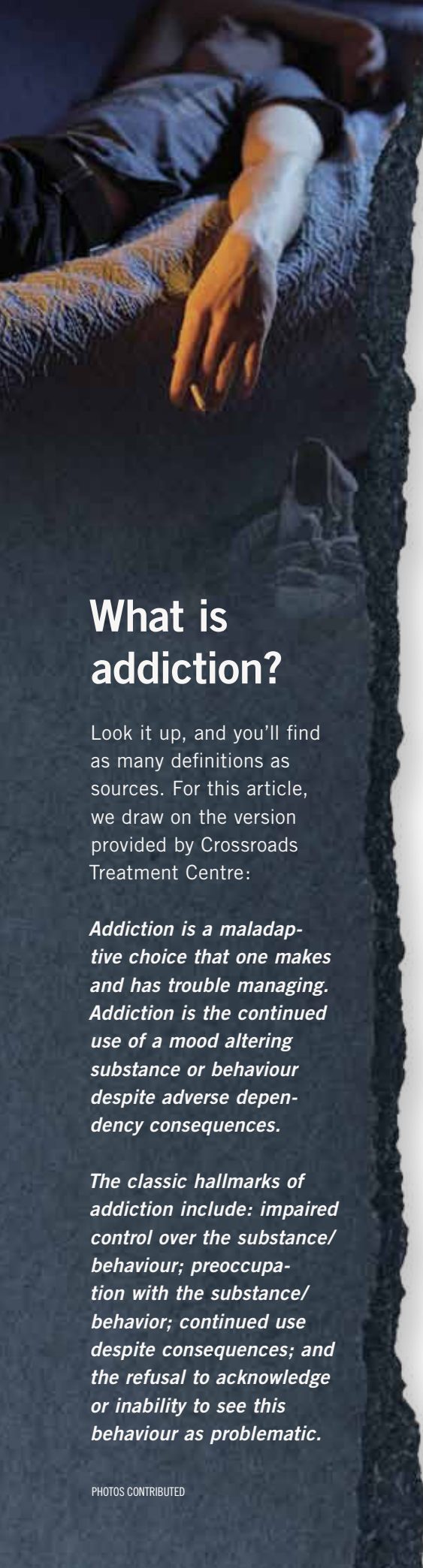
ing it and staying on the same page as far as acts or positions or what-have-you.”

As a counsellor, Julie helps people understand themselves. “If our actions are problematic we have to chase it back and figure out what’s going on in our head. Why would we do that? Why would we think that? Why would we want that? And when we figure that out we can get ahead of it.”

How do you know it’s an addiction and not just a normal sexual appetite? According to Julie, the behaviour is addictive if:

- It becomes compulsive.
- It makes you feel bad. “A healthy sex life doesn’t make you feel bad. You’re not regretting the things you’ve done or didn’t do, or who you did them with.”
- You lose track of time doing the behaviour and spend too much time on it.
- You’re preoccupied with it—to the exclusion of other things—to soothe yourself.
- When you have too much, you say you’ll never overindulge again—but a pattern of use evolves.
- You experience losses because of it: legal (marriage), employment (looking at it at work), physical (hurting yourself).





What is addiction?

Look it up, and you'll find as many definitions as sources. For this article, we draw on the version provided by Crossroads Treatment Centre:

Addiction is a maladaptive choice that one makes and has trouble managing. Addiction is the continued use of a mood altering substance or behaviour despite adverse dependency consequences.

The classic hallmarks of addiction include: impaired control over the substance/behaviour; preoccupation with the substance/behavior; continued use despite consequences; and the refusal to acknowledge or inability to see this behaviour as problematic.

Hitting rock bottom...

Jackie had reached what most of us would think of as rock bottom. Are all addicts destined to hit that point before they can start to turn their lives around?

Definitely not, according to Dale Wagner. The concept of "hitting rock bottom" depends on where you put the bottom. He places one hand on the table. "If the bottom is at the table, and the person is up here," he says, raising his other hand, "then let's put this on the table." He slides a book under his hand, then adds another and another.

As professional counsellors, he says, "We can help the person examine where they're at and see if there's motivation for them to do something different. And if we do so successfully, we've essentially brought their bottom up to the present conversation, because now they're ready to engage in some change process."

The challenge of change...

Often it's a crisis related to the addiction that sparks the motivation for change; an accident, the loss of a job, an impaired driving charge, incarceration, marriage breakup or other significant loss.

Why is it so hard for addicts to embrace the commitment to change—and then to make changes and stick to them?

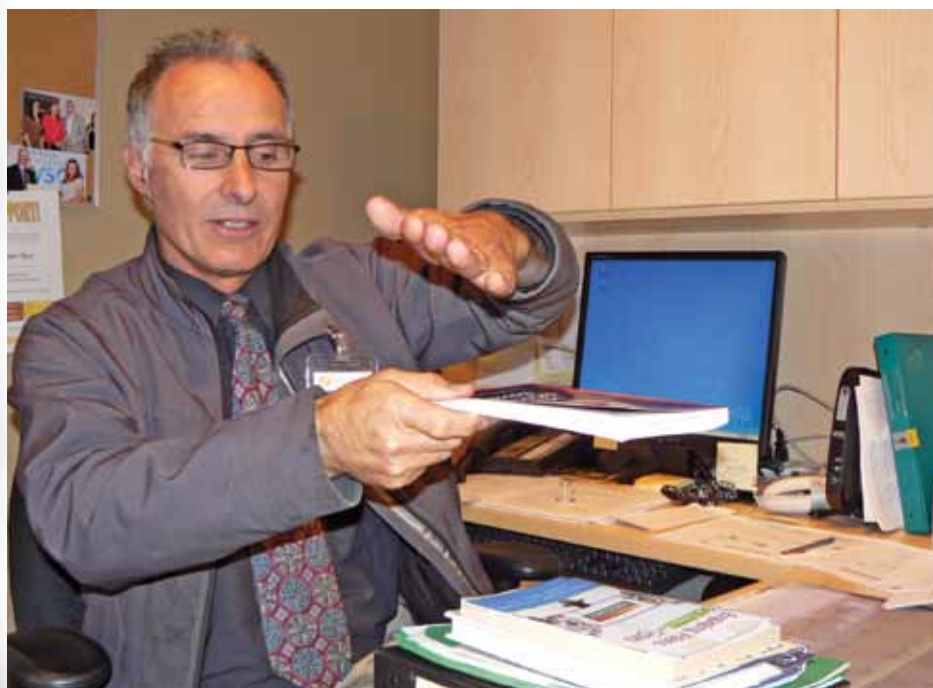
Shannon McCarthy oversees Interior Health's community-based mental health and substance use services in the Central Okanagan. "Any behaviour change is hard," she says, "Imagine complying to a diet; completely changing the way we eat." Most people have tried that, with limited success.

"It's very similar for an addict, in the sense that it (their substance use) is a coping mechanism to stress or depression

Facing page:

Sex addiction therapist Julie Walkinshaw.

Below: Dale Wagner describes how motivational counselling helps clients raise their "rock bottom" and engage in change.



“When you’re out there in addiction, all the people, the ‘friends,’ they’re all fake. They’re just there for your drugs or your body or whatever you have”

or anxiety or whatever it might be. It has become part of their lifestyle,” says Shannon. As a recovering addict, “You have to mindfully, every day, make the decision that you’re going to do something different. You have to build in other coping mechanisms; you have to build in other social circles. If 30 per cent of your time every day was around trying to find the substance or buying the substance or using the substance, you have to fill the time with something else.”

More than a bad habit...

“Then there’s the neurobiology of the brain,” she continues, “There’s evidence to support that addiction actually does change the chemistry of your brain. There are those pathways in the brain that have kind of been trained. So it takes time, and it can be a relapsing condition – like any other health condition. You could do well for a while and then stress happens and there is a relapse.”

According to Shannon, mental health issues and substance use problems go hand in hand at least 50 per cent of the time.

For *Hope* illustrator Jessie Flynn, that connection is crystal clear. She first started using to deal with mental illness. “I’m stabilized on meds now, so I’m a normal human being. I was a normal human being then too, but I was using illegal drugs to stabilize my brain – which didn’t really work either. ‘Cuz they never do.”

Jessie adds, “Addiction is like a dark shadow. It had you sucked in for so long, it has this false personality of its own where it’s kind of helping you—like cigarettes. When I see people smoking those really yummy smelling cigarettes, I feel temptation, but then I go and I play back the tape and think about where that would put me again. It would put me in lack of money and my lungs would turn to crap and I would stink. So you have to play that tape. If you don’t, you’re screwed. You’ll just pick it up. And that’s what I’ve learnt. It’s the same with crystal meth – you’ve got to go back and picture yourself where you were.

“No bad day in recovery can compare to a life of addiction,” says Jessie. “You’re still happy, you’ve still got a roof over your head, you still have people. When you’re out there in addiction, all the people, the ‘friends,’ they’re all fake. They’re just there for your drugs or your body or whatever you have.

“Any addiction is not cool – even food addiction; it’s not cool. And you want to get away from that, so you’re grabbing for hope, you’re grabbing for comfort, you’re grabbing for support wherever you can get it and I found it in Karis and now I find it in myself.” To view Jessie’s artwork, go to www.Facebook.com/JessieFlynnPencilCrayonArt.

Help lines

- **Alcohol & Drug Info**
1.800.663.1441
- **Problem Gambling**
1.888.795.6111
- **Mental Health Info**
1.800.661.2121
- **BC Crisis Line**
1.800.784.2433
- **Kids Help Phone**
1.800.668.6868
- **Youth Crisis Hotline**
1.800.448.4663
- **BC NurseLine**
1.866.215.4700
- **Suicide Hotline**
1.800.SUICIDE (784.2433)
- **TTY Distress Line**
1.866.872.0113



Right: Shannon McCarthy outlines the addiction treatment pathways provided by Interior Health.

Facing page: Hypnotherapist Carole Fawcett.

PHOTO CONTRIBUTED

Getting help...

In the Central Okanagan, Interior Health (IH) provides a free walk-in (no appointment required) assessment and referral service every weekday from 10 a.m. to 2 p.m. at its health centre on Ellis Street in Kelowna. Every year, about 1,500 people of all ages who are concerned about their own (or a family member's) substance use get on-the-spot assessment and access to a variety of publicly funded services—from counselling to withdrawal management to residential treatment. In addition, IH provides prevention initiatives, as well as youth addiction workers in schools, needle exchange, pregnancy outreach, opioid replacement therapy and street based care.

Crossroads provides a six-week residential treatment program to 1,500 men and women every year; detox and withdrawal management (7 to 10 days duration) to 250 clients per year; as well as day counselling programs to several hundred individuals and families. With 59 residential spaces, 36 of them funded by the BC government, Crossroads is the largest addictions treatment facility in the Interior. But it is not the only one.

Across BC, a wide variety of services are available to people with addictions and their loved ones; professional counsellors, psychiatrists, youth residential care, aboriginal focused treatment, 12-step peer support groups in many communities, not-for-profit outreach groups, residential treatment programs and more. A search on British Columbia's www.HealthLinkBC.ca comes up with hundreds of services and programs. And that doesn't include many more private service providers you'll find if you do a general online search.

Private residential treatment is not regulated by the provincial government, and IH's Shannon McCarthy suggests that prospective clients ask very specific questions of the providers, such as: "What are they really providing; what is the service; what are the outcomes; what is their history, their reputation;



do they have a physician available; do they have graduate-level counselling support; and are they following the BC Ministry of Health Adult Residential Treatment Standards (available online)."

When you just want answers, or you're ready to seek care, Shannon recommends speaking to your family physician. He or she will guide and refer you to the services you need while keeping your total health picture in view, and be able to follow you over the long term—something vital to your recovery. Shannon also recommends the website HereToHelp.bc.ca as an excellent online resource for addicts and their loved ones.

Dale and Shannon agree a lot of addicts who seek out residential

"Deep relaxation allows access to the subconscious mind and can help with many issues; fears, phobias, anxiety, pain management, smoking cessation, weight loss and stress management."

treatment don't really need it. For many, day-program counselling while still being exposed to everyday stresses is most beneficial. Clients who access residential treatment will need follow-up counselling—usually involving family as well.

If you're looking for professional counselling, Jim Browne of the BC Association of Clinical Counsellors advises that you look for someone who has "at least Master's level counselling qualification, (and is) accountable within a framework of ethical and practice standard, and public protection."

Hypnotherapy is another option for people trying to understand and change their behaviour. As a clinical hypnotherapist, Carole Fawcett of Vernon helps her clients "to achieve deep levels of relaxation. Deep relaxation allows access to the subconscious mind and can help with many issues; fears, phobias, anxiety, pain management, smoking cessation, weight loss and stress management."

Successful results?

How successful is addiction treatment? Dale Wagner measures recovery success as a process rather than a destination. "From a harm reduction perspective, any progression toward an ideal of not being harmed by your substance use is 'successful.' Some people want to measure that in black and white—all or nothing. But the truth is, if I've gone from sharing needles to using my own; to not using needles, but smoking heroin; to not smoking heroin, but smoking marijuana; to not smoking marijuana, but still smoking cigarettes—I've made progressive steps to what I would define as a success. At any point in time on that journey you could say this person is successfully moving toward recovery."

He concludes with a smile and a shrug, "Will they ever reach perfection? What if they stop smoking cigarettes, but still eat excessive doughnuts?" OL

OkanaganLife

Presents

Best of the Okanagan

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The businesses featured in this section would like to show their appreciation to *Okanagan Life* readers for voting them among 2012's Best of the Okanagan. They consider it a great honour to be recognized by you. We expect these businesses will continue to work to serve you beyond your expectations in 2013.



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While diamonds are forever, Richard Pierson says the tides are changing at JC Bradley's. New lines like Pandora, Thomas Sabo and Simon G are now in our showcases while new (yet familiar) hands are on deck. "My daughter Chantelle has cut her teeth in our industry," he says. Now she's following in her father's footsteps, something she has talked about since she was a little girl, keys in hand and unable even see over the showcase. "We are here to share people's special moments with them, from the purchase of an engagement ring to appraising a family heirloom. We're proud to cherish these moments with our clients." With the Pierson's vast knowledge of the jewellery world they will be sure to make your next piece the perfect one.

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Best Family Resort • Winner
Best Place for Adrenaline Rush • Winner
Best Place for Family Fun • Finalist

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(Western Canada's most spectacular network), snowshoe trails, ice skating on Brewer's Pond, and sliding in Tube Town—all for the price of a full-day Alpine lift ticket. Pinheads Bowling is also new for 2013 and offers the world's only ski-in, ski-out 10-pin bowling lanes. In summer, riders flow down one of North America's premier bike parks and the resort is the hub for unique events. Smiles are infectious in the colourful village, which offers numerous dining options, fun shopping and slope-side lodging to suit all budgets.



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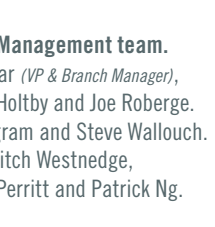
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Bottom L-R: Mitch Westnedge,
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Vista Roofing team. L-R: Greg, Paul, Dan and Jason.

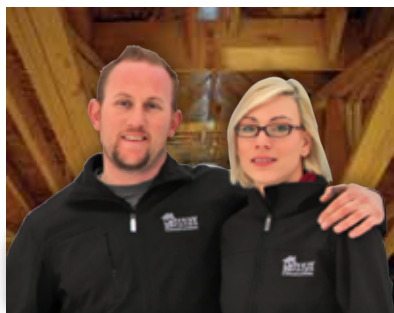
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Wiener's Plumbing team. Top row L-R: Gord (office manager), Reda (operations co-ordinator), Don (senior technician). Center row L-R: Larry (irrigation specialist), Drew (superintendent), Ken (technician). Bottom row L-R: Justin (technician), Wiener (president/owner) and Grant (technician).

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North Okanagan Skin & Laser team. L-R: Kristina Hoy, Lori Anderson (owner), Lisa Kloppenburg and Liz Bussey.

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Bottom L-R: Will Schulz, Jason Garlet, Dirk Tennert, Dan Kilpatrick and Doug Orr.

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Hotwire Electric team. L-R: Craig, Rob, Steve, Martin and Ryan.

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Top: The Elementary Dance Class poses as they get ready for their December performance. **Bottom:** The Senior Rock Band performs for 300 people at Rotary Centre for the Arts, December 7, 2012

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From L-R: Jacquelyn, Stephanie, Lee Ann, Krista, Carol-Lynn, Jennifer, Karen, Jackie and Betty.

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TRANSITIONING BACK TO PST.

Where do you go from here?



On April 1, 2013, B.C. will be making history when the province moves from having a 12% HST to a 5% GST and a 7% PST. And while the province released guidelines to aid in the transition, the process can be complicated. As the leader of MNP's Okanagan Tax Group, Heather Weber specializes in helping her clients with all their indirect taxation needs. Working closely with you, she will develop a cost effective and efficient transition plan to ensure you minimize your tax exposure and maximize the returns to your business.

Contact Heather Weber, CGA, Indirect Tax Leader at 250.979.2575 or heather.weber@mnp.ca.





More than a matter of taste

by Michael Botner

What goes on after that fine wine passes your lips? Learn about the complex physical relationship between vintage, taste and touch

■ After popping or twisting the closure, you pour the wine into a suitable glass. Before sipping the shimmering liquid, you impress your guests by expertly swirling and sniffing. Concluding that the wine exhibits the character of the grape variety and there are no faults, you delight in the complexity and intensity of aromas and the fine, elegant, distinctive bouquet. You are looking forward to the next step, savouring the wine.

In your mouth, the senses of taste and touch come into play, as well as the olfactory sensors by way of retro-nasal pathways with air you take in as you sip the wine. As soon a wine touches your lips, there is a hint of its texture, but it is important to consider tasting as the first stage in the process.

Of the five senses, taste is the least sensitive and most primitive. It begins with acidity at the tip of the tongue, which is necessary to give wine a crisp, lively taste. On the sides of the tongue you perceive sweetness, which all wines, even dry ones, have to some degree. Also, keep in mind that ripe fruit gives the impression of sweetness. Whether sweet or dry, a well-balanced wine should be refreshing, not flat or tart.

Bitterness from phenolic extractions—fermenting grape skins at high temperatures—is perceived at the back of the mouth. An acquired taste, some bitterness (think almond or dark chocolate) is necessary for balance and complexity.

Saltiness is generally not a factor,

although I suspect it may be part of the savouriness or umami phenomenon discerned by some tasters.

Mouthfeel has to do with the tactile perceptions of temperature, CO₂, viscosity, alcohol and astringency; sensitivity varies between individuals. Wine served cooler or with a prickly sensation tastes more refreshing. Derived from alcohol, tannins and sugars, viscosity gives wine its weight or body. High alcohol imparts a “hot” or burning character on the tongue. Astringency, a drying, tea-like sensation, derives from grape skins, giving the wine grip, and wood tannin, which affords a warm sensation. In fine wine, astringency balances with ripe fruit while providing texture, structure, aging potential and length. **OL**

Showcasing a bevy of great winter wines from Okanagan grapes, the five star rating system stresses value for price.



**PENTÂGE WINERY
2007 PENTÂGE**

Penticton, Okanagan Valley

★★★★½ \$28

Troika of Bordeaux varieties predominate in this remarkably poised red. Seamless and velvety palate displays richly-concentrated cassis, leather, toasty oak and Hershey's chocolate syrup. Decant before serving with roast meat or game dishes.



**INNISKILLIN OKANAGAN
2009 DISCOVERY SERIES ZINFANDEL**

Oliver, Okanagan Valley

★★★★½ \$25.99

Potent Zinfandel emulates the traditional, take-no-prisoners style. Big nose and chewy palate feature intense blueberry jam, raspberry and blackberry spiced by smoky oak, coffee, puréed tomato and old-fashioned licorice jawbreaker. Try with roast game, beef.



**ROAD 13
2011 SEVENTY-FOUR K**

Oliver, Okanagan Valley

★★★★ \$24.99

Previously called Rockpile, this chunky, crowd-pleasing Syrah/Merlot blend delivers ripe plum and blackberry fruit with flavours suggesting milk chocolate cream biscuits, licorice, black pepper and smoky oak. Accompanies pepper steak with roast garlic.



**GEHRINGER BROTHERS
2011 CABERNET MERLOT
DRY ROCK VINEYARD**

Oliver, Okanagan Valley

★★★★ \$15.99

From the three main Bordeaux varieties, this fruit bomb delivers warm, rich, supple plum, cassis and raspberry fruit-laced hints of rhubarb, tobacco and Toblerone Swiss chocolate spiked with almond and honey nougat. Best bet with barbecued meats.



**MISSION HILL
2011 RESERVE RIESLING**

West Kelowna, Okanagan Valley

★★★★½ \$25

Sensational Riesling offers vibrant aromas and flavours suggesting lime, tangerine, peach, lychee and green apple with mineral and honey notes, the richness refreshed by clean, razor-sharp acidity. Serve with pork, poultry and seafood, as well as Thai cuisine.



**TOWNSHIP 7
2010 CHARDONNAY**

Penticton, Okanagan Valley

★★★★ \$24.99

Polished and poised, nuanced Chardonnay serves up an enticing nose and a creamy, toasty palate suggesting oatmeal cookies, dried apricot, fig, honey, hazelnut, baked apple and butterscotch. Accompanies fish, poultry, pasta with creamy nut or mushroom sauce.



**HAYWIRE 2010 PINOT NOIR
SECREST MOUNTAIN VINEYARD**

Summerland, Okanagan Valley

★★★★ \$27

Super offering from Okanagan Crush Pad, Haywire Pinot Noir sports exuberant flavours of beetroot, plum and strawberry fruit, nuances of mushroom, smoked meat, paprika, vanilla and puréed tomato, and fine, spicy tannins. Try it with Mediterranean fish stew.



**OLIVER TWIST
2010 SYRAH**

Oliver, Okanagan Valley

★★★★½ \$27.90

Classic northern Rhône style distinguishes this superb Okanagan Syrah. It oozes dense, concentrated plum, blueberry and black cherry fruit, and hints of black pepper, tar, tobacco, cedar and salami supported by ripe, firm tannins. Enjoy with game, blue cheese.



**TOWNSHIP 7
2009 MERLOT**

Penticton, Okanagan Valley

★★★★ \$24.99

Well-bred Merlot shows finesse and a seductive character. Smooth, refined palate features supple plum and blackberry with notes of cinnamon, tobacco, black pepper and smoky oak, backed by finely-textured tannins. Recommended with lamb or beef.

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The best medicine

When sudden illness or trauma strike, teams of dedicated professionals swing into action. In Kelowna, they're led by a man who knows emergency medicine from the inside out—Dr. Mike Ertel

■ The revolving door swishes open with the arrival of sick or injured people and clicks closed as hundreds of treated patients depart. This is the daily dance of the emergency department and for Dr. Mike Ertel, it's more tango than waltz.

Dr. Mike has donned some different caps during his 16 years at Kelowna General Hospital (KGH): full-time emergency room physician, former chief and medical director of the ER and, until recently, medical director of emergency services for Interior Health. But like the chaos inherent in his specialty, this doctor thrives on challenge and change. Meet the latest chief of staff for KGH.

Moving into administration was a natural for the man colleagues call the "Kaiser." ("I'm a bit of a control freak," he admits.) Certainly Dr. Mike's obsession with getting things done serve the hospital well, but it's his people skills that earn him the most admiration.

Known for his sense of humour,

don't let his smiling face—or slightly short stature—fool you. He's larger than life, fiercely tenacious, awfully persuasive and a hell of a hockey player, too.

A forward in the competitive Men's Premier League, Division One, Dr. Mike is as passionate on the ice as in the ER. His team, the Sparta, won the provincial title last year, though Dr. Mike jokes he's barely holding on at his age. "We load up with young guys and I pass them the puck," he says, grinning.

Coming from a hockey family helps. His younger brother was drafted by the Canucks (he now works as a teacher) while his dad was "hired and fired for every possible position" with the Kitchener Rangers (who won the Memorial Cup during his tenure).

Driven to do it all, Dr. Mike does struggle to find the balance between the family he lives for and the work that calls to him. Married to a fellow physi-

cian and father to three girls, he says the women in his life keep him in check while the men he works with motivate him.

"We have such a great ER group and I'm a workaholic," he admits. "I have constant guilt about balancing work and family. But I'm Catholic. I'm okay with guilt."

Dr. Mike says he always wanted to be a doctor, even as a little kid. "That or an NHL hockey player, but then I stopped growing."

Lucky for his profession—and particularly KGH—medicine came first. "I never dread going in and I always leave with a sense of accomplishment," he says.

Ultimately Dr. Mike hopes his latest position will allow him to give back to the place that has given him so much—a career he loves—and a second chance at life.

In an ironic twist of fate, he was saved by the institution that employs him and by the colleagues that inspire him. About a year after attending to a fel- ▶



"Me time!" Up before the rest of the house, enjoy a couple cups of coffee and impress colleagues by answering emails before the sun rises.



Drive kids to school, arrive at the hospital to start a shift in the ER or attend administrative meetings for a good part of the day.



During hockey season, if it's Tuesday or Thursday, sneak out for a noon hour practice.



Back at the hospital wrap up meetings, paperwork, possibly ER shift. Barring incoming trauma or ongoing administrative work, leave for family duties, like driving girls to ski practice.



If no hockey practice that day or a game that night, might sneak in a run.



Could be anything. Start of an ER shift, family activities, dinner and a glass of wine with friends. It depends on that day's "dance."



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BACKGROUND: BORN IN KITCHENER, ONTARIO. GRADUATE OF WESTERN UNIVERSITY.
FAMILY: WIFE WENDY, THREE DAUGHTERS WHO ARE COMPETITIVE NORDIC SKIERS. USED TO TAKING ORDERS FROM FOUR SMART FEMALES, HE AND MALE DOG BOND.

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ALTERNATE CAREER CHOICE: "PILOT—NO, ASTRONAUT."

low hockey player's heart attack, Dr. Mike suffered his own.

At a tournament in Las Vegas, a competitor complained of chest pain. Dr. Mike assessed him on the bench and sent him to hospital. "He gave a thumbs up on his way out. Sadly, he died in hospital."

A year later, after completing a busy shift in the ER, Dr. Mike went home and had his own heart attack. "I didn't have any chest pain, no shortness of breath, but pain in the right shoulder and stomach that wouldn't go away," he recalls.

Crediting "the little man on his shoulder" for nudging him to pay heed, he headed back to the hospital to get checked out. "I went in the back door because I didn't want to bother anyone. The ER nurse on shift just shook his head and when I looked at the ECG report, I thought, oh boy, I'll be in the cath (catheterization) lab in an hour."

Being in the hospital bed—rather than beside it—renewed his appreciation of his colleagues.

"I was chief of the ER at the time," he explains, "But that had nothing to do with it. We have outstanding physicians and support staff. Patients here receive fast, excellent care. I never feared I would die."

In fact, Dr. Mike says he's never felt better. "So good, sometimes I have to remind myself how precarious it all is. I could be in an urn right now."

He loves to laugh, but this chief of staff is seriously cut out for any challenge. **OL**

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Almost ready

One woman's struggle to quit planning and start doing

■ I've looked everywhere, I really have. But it's gone. Somewhere along the line I've misplaced my enthusiasm for exercise and I can't seem to find it.

I searched through my box of gym clothes. It wasn't in with the size large t-shirts and sloppy sweatpants, the ones I wear to watch reruns of *Downton Abbey*. It wasn't hiding in the basket of wool hiking socks. My racing triathlon road bike has been hanging in the rafters in the garage for years now, so I didn't see the point in checking there. Sometimes I find it rolled up in my yoga mat, but it seems to magically disappear after five or six sessions. Even a hop on the scales doesn't jar me into action. My clothes still fit. My weight's the same. Hopeless.

Just so you know, I'm a self-professed expert at writing up workout schedules. Lots of them. They're all over my computer desktop and datebook. I find them in old journals; the best of intentions from 2006. Still I regularly divide paper into squares, list a day of the week at the top of each column, divide the day into three sections, morning, afternoon and evening, then list activities in each square. Admittedly, I work in pencil. Revisions are often necessary.

After years of involvement in various athletic endeavours I definitely know what I'm doing. I carefully craft my schedule to include hard and easy days, a variety of upper and lower body sessions, sprints and long, slow distance, plus the requisite number of rest days. When I'm done, I post a paper copy of the hopeful timetable beside my computer.

"That certainly looks reasonable," I say to myself. And then I go back to the article I'm in the middle of writing. A little later, after a couple of calls to set up interviews for the next project, it's lunchtime. After lunch I remember I want to make a pot of split pea soup for the company coming on the weekend. Another round of thesaurus-inspired edits on the morning article, a few more calls, email and Facebook catch up and it's time to make dinner. How did that happen?

"How about a walk after dinner," I say to my husband.

"I just want to work on some photos in Lightroom, then I'll see if I have time," he says.

At bedtime I gaze longingly at the alarm clock. When I was a Vancouver elementary school principal, it used to be set for 5:30 a.m. so I could get to the gym by 6 and still get to school by 7:45. It seems when I had less time for exercise, I used it far more efficiently. But now I'm a freelance writer. My time is my own.

"I'll start tomorrow," I vow, as my head hits the pillow, alarm not set. After so many years of waking up to a jarring sound, I hope the sun will work its magic through our south-facing bedroom windows.

The next morning it's not the sun that wakes me at the respectable hour of 7 am, but the high-pitched beep of the red Silver Star PistenBully as it grooms the ski trail behind our house. That reminds me of one more place to search for that elusive exercise-enthusiasm—the ski rack. I should have been looking there all along. Time for a revised schedule.

My new downhill skis are ready for Dave Robb's Tuesday Ladies Day group. This year I'll join Guy Paulsen's Saturday morning cross-country training group. I can fit yoga in on Friday mornings. Snowshoeing by headlamp in the evenings. This new schedule is going to work really well.

My cross-country skate skis are waxed and ready to ease into the season with a long, leisurely tour along the snowy wooded trails of Silver Star and Sovereign Lake. I'll start after breakfast. Just a bit of editing to do first. Really. **OL**



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