



# OKANAGAN WOMAN

MAGAZINE | WINTER 2014 CLEVER / CLASSY / CONFIDENT

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**LOVE**  
*Reunited*

*Winter*  
**GIFT GUIDE**

*Okanagan*  
**WOMEN**  
*of Winter*  
**SPORTS**

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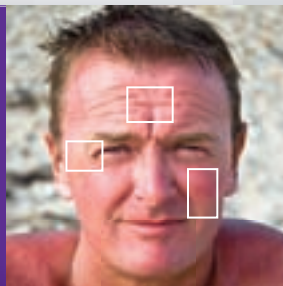
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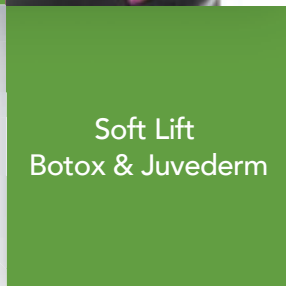
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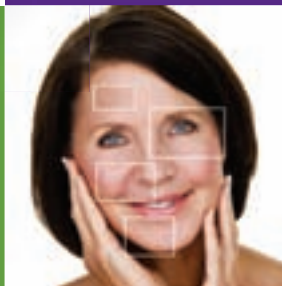
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# CONTENTS

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OKANAGANWOMAN



**08 OKANAGAN WOMEN OF  
WINTER SPORTS:**  
*Three elite athletes reach for the top*

**12 LADIES ON LITERATURE**

**14 LOVE LOST & FOUND**  
*Reunited and it Feels so Good*

**18 HAPPY WINTER**  
*Complaining (& bragging) about  
the weather*

**20 ARTS UP & COMING**  
*Q & A with illustrator,  
Ashleigh Green*

**22 EMPOWERING WOMEN  
IN BUSINESS**

**26 WINTER GIFT GUIDE**

**28 RECIPE**  
*Decadent Chocolate  
Cherry Cheesecake Trifle*

**29 SWEET 16 CELEBRATION:**  
*In the Big Apple*

**32 MAGICAL WINTER  
PHOTOS**

**36 SHOPPING LOCAL  
IN KATHMANDU**  
*An Okanagan Woman Travels to Give*

**41 HEALTH AND WELLNESS  
GUIDE**

**51 RECIPE**  
*Pumpkin Waffles with Apple Cider Syrup*

**54 LISTING OF CHARITABLE  
ORGANIZATIONS**





Silver Star Mountain Photo: Destination BC / Don Weixl

## A CHRISTMAS *Runner*

**Y**ou may recall that last winter this editor did a runner -- to the island of Maui for 60 days of tropical sunshine and ocean bliss.

This winter I'm on the run again. My husband/driver and I plan to wander semi-aimlessly, via the Oregon Coast, Southern California, Northern Baja, Arizona, Nevada, and home again.

I admire those who can stick out a Canadian winter without complaint, who look forward to opening day at the ski hill. And, truthfully, I do love that first blanket of snow, the glistening of sunlight on snowflakes. It is magical.

But I have a yearning to revisit San Diego and kayak in La Jolla Bay. I want to snorkel in the Northern Baja. I want to see the Grand Canyon for myself. When I visit Joshua Tree National Park in California, I will finally understand what U2 meant in their song of the same name. My husband wants to spend a day at the Barrett Jackson Collector Car auction in Scottsdale -- just because he's a guy and they like that kind of stuff.

Last year, I blogged about our winter adventure and this year, I will do the same; you can follow along on Okanagan Woman's website, under TRAVEL BLOG on the top right of the page.

In this issue, freelancer, Dona Sturmanis, brings us the story of some outstanding elite women athletes. We wanted to tell you about even more women athletes, so when we ran out of space in the print magazine, we thanked our lucky stars for modern technology and unlimited space online. Check out our website to read about more of the Okanagan's inspiring winter athletes.

This Winter issue takes us right through the New Year and Valentine's Day, which is why regular contributor, Shannon Linden, went on a search for stories about love reunited. She found two couples who had rediscovered love after years apart!

World traveller, Patti Shales Lefkos, submitted a story of her own incredible journey of caring and community spirit-- to Kathmandu. It's a story written by an Okanagan woman about an Okanagan woman who had help from an Okanagan teacher and her students, who raised funds for a school in Nepal. Whew, that was a long sentence -- and it's a great story!

We have included our Health and Wellness Guide to the back of this Winter issue. It begins on page 41 and there you will find listings of area services and other useful information. I encourage you to keep this issue handy for future reference.

Well, my friends, I bid you adieu, as I am off to pack for our extended winter vacation. Ah, semi-retirement, that's where it's at for this Okanagan Woman!

Did I mention that late next spring we are driving across Canada? It has occurred to us that succession planning may be in order. How else can we find time for all our road trips?

TJ

*Happy Holidays!*

# bling

**T**he View Winery's Jennifer Molgat wondered if you could appeal to people with wine in the form of

a six-pack. With the introduction of "Bling" she very quickly had her answer.

Yes. You can. Pun intended. With the winery's operations split between making fine wine and crafting and canning Wards Hard Cider, the idea just kept coming back to her.

Wouldn't it be fun to sell some wine in a can? Better still why not a bubbly?

*"To be honest I was a little bit afraid of what the reaction might be",* says Molgat about the debut of her sparkling wine in a can. *"Would people see the packaging as an indication of lesser quality?"* Pushing those doubts aside, she and her colleagues at The View decided to adopt the theory that our wine region is ready for it. *"There's a confidence about the region that lends itself to trying new things. We're seeing quality wine on-tap and in boxes. Why not in cans?"*

The plan was set in place. Create a lower-in-alcohol wine using high quality grapes and bubbles to make it fun. The first cans of Bling rolled off the canning line in the spring of 2013. Any lingering doubt soon vanished. Bling was a hit. By the time August rolled around it was sold out.

PRESIDENT OF THE VIEW WINERY, JENNIFER MOLGAT WITH HER COLLECTION OF BLING.



By then, the wine in a can had taken on the role of the woman's answer to the six-pack. The perfect fit at a nice barbeque. And golf courses started inquiring about it, just as supplies were running out. But it's not just the product's portability that appeals to its new fans.

*"There are some fabulous benefits to the single-serve can",* notes Molgat. *"You don't have to commit to a whole bottle of bubbly to indulge."*

For 2014 and 2015, production has ramped up to match the surprisingly strong demand. Production of the Sparkling White Wine Spritzer has been doubled. And The View has also introduced a Pink Bling. With the Rosé version of the product it represents a 400 percent increase in production volume.

*"It's incredibly gratifying when you come up with a product people really like",* says Molgat. *"We've had a lot of success at The View since we started making our own table wines in 2006. But that success has always been incremental. This? Well this is something else. I guess you'd call it exponential."*

Bling comes in a stylish feminine can, and generally appeals to women, but discussions are underway for an alternative more masculine option for male admirers.

*"Or maybe just a specially designed koozie to cover up their secret pleasure."* Wonder's Molgat. *"I know men are drinking it."*

Bling is available in specialty liquor stores throughout BC and Alberta and at The View's wineshop.

**Can you appeal to people with wine in the form of a six-pack. Yes you REALLY CAN.**

## CONTACT: THE VIEW WINERY

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*Nadine  
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who love sunshine!

*Debra  
Kelly*

HOLA! I am a passionate OKANAGAN real estate agent for those who love sunshine. I am dedicated to making your sales experience 'easy and joyful'. Being madly in love with 2 resort destinations, Kelowna, BC and Cabo San Lucas, MX allows me to enjoy living in both places. In the summer of 1993 I moved to Cabo San Lucas escaping the very cold city of Edmonton for what was to be a one-year adventure in paradise. With my three young children in tow, the sleepy little fishing village was warm and life by the Sea took hold of my soul. Without TV and only two little Telephone centers in town, the simple life was perfect. Twenty years later my 'one' year adventure is still ongoing and there is no other place I would rather be... except here in the sunny Okanagan! I love golfing, snow skiing and walking my dog Bruce (6 lbs of cuteness) along the sunny beaches of both Okanagan Lake and the Sea of Cortez. I welcome a phone call to talk about 'all things' Real Estate for either Kelowna or Cabo. Allow me to help you find the best places to golf, dine and stay in Cabo. Enjoy lively whale watching trips and of course the best margaritas! Call now to discuss your real estate plans as our Okanagan market has turned into a very brisk market place!

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# WOMEN *of Winter*

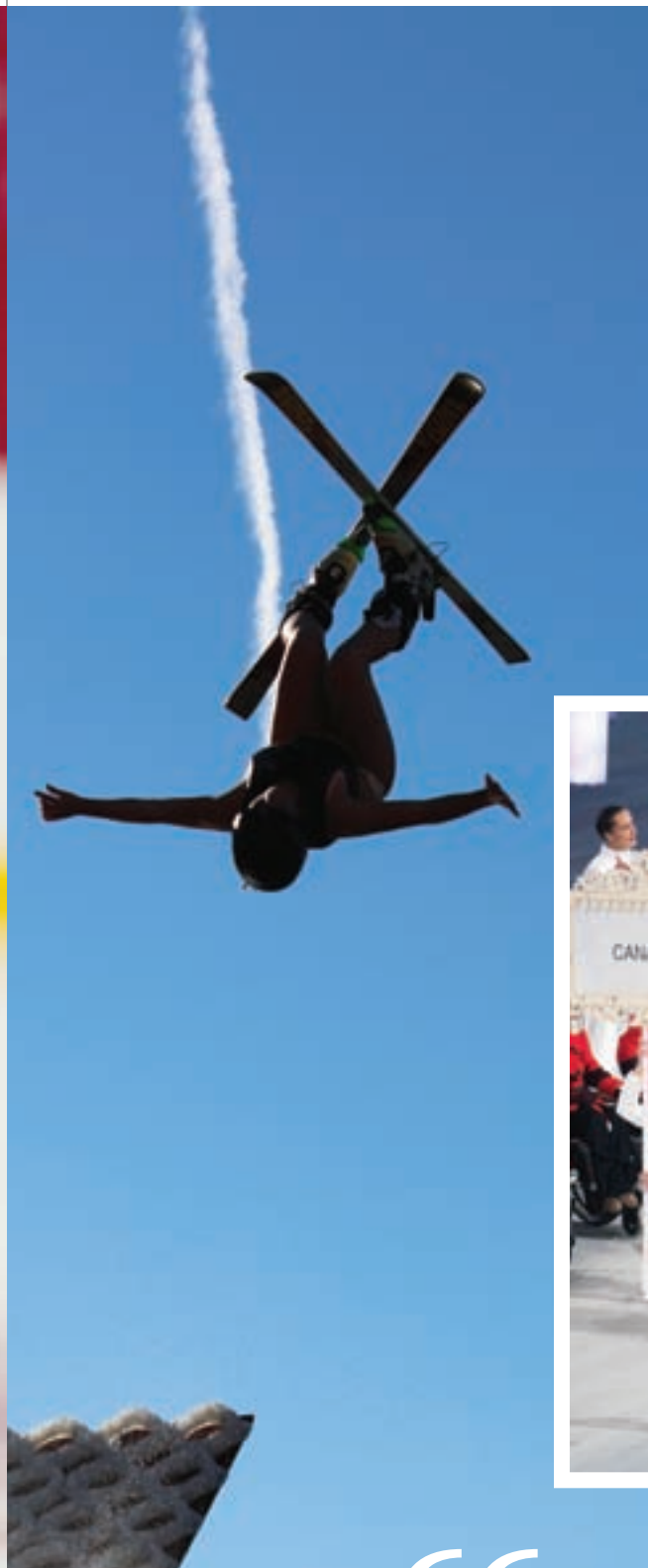
BY DONA STURMANIS

## The Winning Okanagan Women of Winter Sports

*Considering the world class winter sports venues located right here, it is easy to see why the Okanagan has produced so many winning winter athletes.*

JULIANNE  
DELAURIER  
PERFORMS  
HER SHORT  
PROGRAM AT THE  
2014 CANADIAN  
FIGURE SKATING  
CHAMPIONSHIPS.  
PHOTO BY:  
DANIELLE EARLE





**T**hink winter sports and silver medalist Kelsey Serwa jumps to mind. Her silver medal win at the 2014 Sochi Olympics as a member of the

Canadian national ski cross team had us all cheering! The 25-year-old freestyler has also earned 16 World Cup podium finishes, is a X-Games gold medalist, two-time Olympian, world and national champion, two-time South American Champion, and has her sights set on even more.

And who doesn't remember wheelchair curler Sonja Gaudet's gold medal win at the 2014 Sochi Paralympics? Kelsey and Sonja are among several Okanagan athletes whose dedication and training have earned them elite status.

activities. "Getting active and involved in sport again was a big part of my recovery and rehab back into my family life and my community."

It wasn't until 2003 that Sonja actually tried wheelchair curling—"I had participated in so many different sports before my injury, but no, never curled. I actually thought it was just a fun, recreational 'game' you played on ice!!" Very soon she saw that if she wanted to compete in a sport at a high level – wheelchair just might be it. "Curling is a very precise, detailed and strategic sport – all of which complement the kind of person I am."

The results are beyond impressive—winning Paralympic gold with the Canadian wheelchair curling team 2006 in Torino, Italy, 2010 in Vancouver and 2014 in Sochi. Her team also won golds in 2009 in Vancouver and 2011



SONJA GAUDET, FLAG BEARER  
AT OPENING CEREMONIES 2014  
SOCHI PARALYMPIC GAMES.  
PHOTO CONTRIBUTED.

“

Despite the amazing team wins, Sonja is most proud of having been the Canadian flag bearer at the 2014 Sochi Paralympic Games —  
*“an honour and privilege I will remember forever...how much of an impact the power of sport has on peoples abilities and not their disabilities.”*

at the World Wheelchair Curling Championships in Prague, Czech Republic.

Sonja is also the first wheelchair curler to be inducted into the Canadian Curling Hall of Fame. "This would not be possible without all of my great teammates and coaches over the years."

Despite the amazing team wins, Sonja is most proud of having been the Canadian flag bearer at the 2014 Sochi Paralympic Games—"an honour and privilege I will remember forever...how much of an impact the power of sport has on peoples abilities and not their disabilities."

Sonja curls in league play and

## Wheelchair Curler Sonja Gaudet:

**"Curling compliments the kind of person I am"**

Vernon's Sonja Gaudet, 47, is a multiple world gold medallist in curling and a national hall of fame inductee. She also happens to play her game from a wheelchair.

A horse accident June 1, 1997 caused Sonja to dislocate her back at the bridle and sever her spinal cord. During her quick rehab, she tried different wheelchair and adaptive sports and

“

*"I was definitely a speedster who needed a harness to keep me in check"*

MASON BARZILAY  
WATER RAMP  
TRAINING AT  
COVERT FARMS,  
OLIVER.  
PHOTOS BY:  
RONDA BARZILAY



Continue on page 10



“

*“Embrace your abilities, overcome your challenges, and believe in yourself!”*

practices at the Vernon Curling Club with Vernon wheelchair curler Ina Forrest, also on the gold medal winning Canadian team. As the National team, they train every second or third weekend and attend two-three bonspiels during their season before competing at the Worlds every year in February.

As if that wasn't enough, Sonja plays in two leagues each week, practices three times a week and does yoga and strength training at the gym.

Right now, besides encouraging her athletic kids, snowboarding Alysha and hockey goalie Colten, Sonja's immediate future athletic plans are to keep her position on the team, compete in Finland at the World Curling Championships and continue to train and compete towards the Paralympic Games in Korea 2018.

“Staying physically active and living a healthy lifestyle is very important for all women and perhaps even more so for those with a physical challenge of some kind,” she says. “Embrace your abilities, overcome your challenges, and believe in yourself!”



AT SOCHI. WHILE PLAYING AGAINST FINLAND, ON THE CANADIAN TEAM, SONJA GAUDET IS ANCHORED BY TEAMMATE INA FORREST, WHILE DENNIS THIESSEN WATCHES THE SHOT LINE & TIMES THE ROCK. PHOTO CONTRIBUTED.

## Freestyle Skier Mason Barzilay:

**“I have an incredibly athletic spirit”**

“I was definitely a speedster who needed a harness to keep me in check,” says freestyle skier Mason Barzilay of West Kelowna, 18.

In her first competition, the BC Series at Apex in 2009, 13-year-old Mason showed her true grit quickly. She won a silver in one moguls event and a silver and bronze in two big air events (Think jumps and tricks). This qualified Mason for the Junior Nationals at Silver Star and she earned another big air bronze. She was consequently named Rookie of the Year for the Apex Freestyle Club.

“

*“I want to be on the top of that podium at the Olympics someday.”*

In Mason's second year of competing, she got a gold in big air at a BC Series at Mount Washington and a gold in slope style (more jumps and tricks) at the BC Championships at Silver Star. At the BC Winter Games in Terrace, she took a silver in dual moguls and a bronze in what's known as combined (slope style, single and dual moguls).

This kid was definitely on a roll. By Mason's fourth competing year, she

had achieved a silver in big air at the 2012 Junior Nationals at Le Relais, Val Saint-Come, Quebec as part of the BC Team.

A week later, at the Canadian Senior Nationals, she under-rotated her front flip on the bottom jump of the course and fell the rest of the way down. The result was an extremely serious, painful knee injury, major surgery and over six months of grueling physiotherapy. The 2012-2013 season was from the sidelines.

Like many ski champs, Mason started at the age of two. In fact, her mother Ronda was the 1991 Canadian Women's Speed Skiing Champion and her dad Jim started the Kamloops Speed Skiing Association.

This is Mason's sixth year competing. “More than anything I want to qualify for National Team, but I decided I did not want to be a part of [an organized] team so that I could spend as much time as possible working towards my goals. I hire coaches a few hours a day to coach me privately. I compete in a demanding and sometimes dangerous sport and it is of the utmost importance to keep at the top of my game... plus I want to be on top of that podium at the Olympics someday!”

The former Mount Boucherie High School honours student is also taking online courses through Thompson Rivers University and volunteers extensively.

Mason would like to continue competing for the next five years, push herself in her sport and encourage new and exciting things in free styling. “I have an incredibly athletic spirit... so I guess that helps too!”



TIMBER TOUR 1-BCSERIES - JANUARY 2014 - APEX MOUNTAIN RESORT. PHOTO BY RONDA BARZILAY



## Figure Skater Julianne Delaunier:

**"I am very determined  
and I love to win."**

Kelowna's Julianne Delaurier has been figure skating since she was three and competing since she was eight. The 16-year-old

“

*"Figure skating is a very difficult sport, but it is so amazing," says Julianne. "It's a little bit of everything...gymnastics, dance and skating"*

grade 11 Okanagan Mission Secondary School student has racked up a roster of impressive placings during her burgeoning career, including silver medals in the national 2014 Canadian Junior Women Championships



JULIANNE DELAURIER PERFORMS HER LONG PROGRAM AT THE 2014 CANADIAN FIGURE SKATING CHAMPIONSHIP. PHOTO BY: DANIELLE EARLE

and the 2014 Skate Canada Challenge, Junior Women. The previous year, she was Skate Canada Challenge Champion Novice Women champion. And the list goes on.

Julianne's signature moves, for those in the know about figure skating are the split jump, inside edge spiral (somewhat like the arabesque in ballet) and the spread eagle. Her favourite music for her programs is classical, with piano and violin.

Her training schedule is pretty intensive—skating 14 hours a week, eight off the ice, plus two hours of dance. She takes Sundays off.

Recently, Julianne's been donning her skates to try international competition and it's only the beginning. She's skated in Slovenia, Russia and in 2013 came in ninth in the International Skating Union Junior Grand Prix in Poland.

"I am very determined and I love to win," says Julianne. I am also a very hard worker in training and off the ice which pays off during competition. I am a very good spinner. My flexibility is also a strength."

Julianne is truly grateful to her whole family ("my biggest fans!") for supporting her career and cheering her on, as well as coaches Karen and Johnson Mongrain "who have helped me through the good and bad times."

"Figure skating is a very difficult sport, but it is so amazing," says Julianne. "It's a little bit of everything...gymnastics, dance and skating." ▽

To read about more Winning Okanagan Women Athletes, visit our website at [www.okanaganwoman.com](http://www.okanaganwoman.com)

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## LOL | LADIES ON LITERATURE



BY: SHANNON LINDEN

# AS I PEN THIS PIECE FOR OUR WINTER ISSUE, REFLECTING ON OUR AUTUMN READS, OLD MAN WINTER IS THREATENING TO UPSET MOTHER NATURE'S MOST FABULOUS OF FALLS.

*An arctic front is taunting us from the prairies but we've had it good. Besides, is there a better time of year to cuddle up and cozy down with a good book?*

*The Ladies on Literature are into our fourth season as a book club, coming together once a month to discuss literature, dine on delectables, sip sumptuous wine—and of course, laugh out loud. Visit me at [shannonlinden.ca](http://shannonlinden.ca) for more reviews or to join in the conversation.*

## ME BEFORE YOU BY JOJO MOYES

I love the way British author, JoJo Moyes, describes her own novel: "It's a real weepy," she says—an apt description for a novel that moves most readers to tears.

Louisa Clark is an every day sort of 26-year-old girl, lacking ambition; seemingly content to live with her parents and sister in their modest home. When she loses her job at a coffee shop, she is forced to seek employment out of her comfort zone, becoming the caregiver of 35-year-old Will Traynor, a dashing handsome, successful corporate financier. Rock climbing, motorcycle riding, and traveling the world, Will passionately pursued his life and the beautiful women who adorned it, but when a freak accident leaves him a quadriplegic, Louisa is hired to be his caregiver.

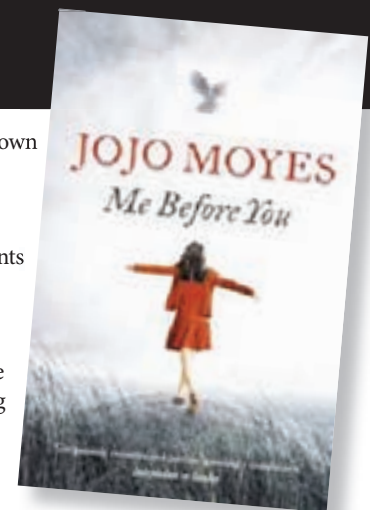
An unlikely relationship blossoms between the apathetic Louisa and the outraged Will. Bitter at what life has stolen from him and frustrated by Louisa's lack of zest for her own, Will endeavors to encourage her to live—really live—while ironically Louisa's mission is the same: to convince Will to keep living following the revelation he intends to seek euthanasia.

A scarring incident in Lou's teens have left her a shell of who she once was, but with Will's encouragement, she begins to grow, watching foreign movies, reading novels, separating herself from her smothering family and applying to college. Putting together a series of exciting outings for Will, she endeavors to prove his life is still worth living.

Jojo Moyes does an incredible job of pacing this story, encouraging readers to care about her characters and to consider what really constitutes a life and how that could be different for each of us.

Highlighting the difficulty of getting around in the world as a disabled person and illustrating the right to die is truly a personal choice, she allows the reader to ponder this deeply provocative and timely question without judgment.

♥♥♥♥ 4/5 **Cheers!**





"AS FOR ME, I COULD NOT PUT IT DOWN. IT'S DARK AND GRITTY, WITH ALMOST EVERY CHARACTER BEING SERIOUSLY FLAWED."

— SHANNON LINDEN



## THE SLAP

BY CHRISTOS TSIOLKAS

The provocative premise for this book is intriguing: At a suburban barbecue a man slaps a child who is not his own. The reverberations have far-reaching effect in the marriages and friendships of everyone who witnessed it.

Each chapter is told from the perspective of eight characters, four men and four women, ranging in age, every one of them coming at the situation from varying degrees of horror. Some are sickened a child was struck, insisting an adult never has the right, while others contend the severely misbehaving brat deserved to be disciplined, since his coddling parents have neglected that responsibility.

The author does an absolutely brilliant job of getting inside each of their heads evoking an explosion of emotions in the reader. Well plotted, fast paced, and cleverly schemed, the novel moves chronologically from the opening incident to the final fall out among those involved, so that while each chapter features a new and distinct voice reliving the slap, the timeframe continues to move forward.

Tsiolkas covers a huge range of topics, beginning with the obvious issue of parenting styles in general, discipline in particular. The question of to spank or not to spank sets a course for collision but the plot thickens as the very multicultural cast bring their differing views to bear. The Greek Australian contingent is particularly well explored, given the author's own heritage. There are issues of fidelity as we learn affairs are occurring and emerging sexuality as a young character wrestles with coming out of the closet; careers and ambition, lost dreams, family ties, loyal friendships and socioeconomic status. There's no shortage of drugs and alcohol and blatantly bad language, so if you are easily offended you may not want to pick this book up.

As for me, I could not put it down. It's dark and gritty, with almost every character being seriously flawed. Still, I am stunned by the number of negative reviews from readers, particularly on the GoodReads site. Complaints such as, "A singularly miserable cast of misogynists adulterous and straight up train wreck human beings without a single redeemable character among them" does ring true, but just because we find ourselves disliking characters does not mean they are not well-crafted nor the story well told.

While I would agreed they seem like caricatures embodying negative human traits, at the same time there is something incredibly raw and real about the sad state of many spoiled and dysfunctional adults in the 21st century suburbs.

The four-year old child who is the recipient of the slap is as unlikable as the messed up adults around him. Incredibly rude and widely misbehaved, semi-erotic descriptions of him still breastfeeding will leave many readers wincing.



4.5/5 *Cheers!*

Have a peek!

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# LOVE Lost and FOUND

"TIS BETTER  
TO HAVE  
LOVED AND  
LOST THAN  
NEVER TO  
HAVE LOVED  
AT ALL."

~Alfred Lord Tennyson

BY: SHANNON LINDEN

*...That may be true, but there exists a rare few for whom fate fashions a different ending to Tennyson's familiar poem.*

*Both couples we are featuring for our Valentine's Day love story were youthful friends who fell for one another as teenagers, parted ways for years to come, then found one another again—discovering their past romance was very much alive in the present.*

## CAROLINE KINLOCH AND JOHN SHKLOV

John Shklov was born in Newfoundland in 1942. His father, a military physician, moved the family there after training at the Vernon army camp. "Newfoundland was a jumping off place for soldiers headed for Europe and World War II," John explains. "When my father left for the war, my mother took the train right back across Canada to her parents' home in the Okanagan."

Lucky for Caroline Kinloch. Two years John's senior, she was born in Vernon. Her father, Battalion Commander, Colonel Kinloch, served with Dr. Shlov and their families became fast friends.

"Even our mothers were BFF's in the day before Facebook," John says.

John and Caroline grew up together swimming off Greyrocks, hiking with their dogs, and playing Monopoly for hours. "So much so that neither one of us can stand to play it now!" Caroline says, laughing.

When John's family made the decision to relocate to Oahu, Hawaii, a 13-year-old Caroline was devastated.

They kept in touch the old-fashioned way, penning letters that spoke of their time together. When Caroline graduated from high school, her parents presented her with a dream gift: a plane ticket to Hawaii, where she was elated to spend time with John and his family.

It was 1959 and Caroline had to return to Canada but not before taking pictures at the Honolulu airport, capturing another departure, but perhaps foreshadowing an eventual return to the man she loved.



"For some reason I kept those pictures all these years," she muses. Along with her diary and souvenirs collected while touring the tropical paradise, like her affection for John, she stashed the memorabilia away and carried on with her life.

In fact, she and John each went on to get married – twice. "I was married for almost a decade the first time and for more than two the second time," John says. "Despite both partners best intentions in both marriages, circumstances intervened. Life happens. I have both happy and sad



memories in both instances."

John's jobs were diverse over the years, including work at the State of Hawaii in the Historic Sites Division and the University of Hawaii in Honolulu. A move to Kuai in the early 80's found him teaching in the prison system and at a group facility for court referred minors. His passion, however, was art, which he also taught at a community college—a talent he now hones in his retirement.

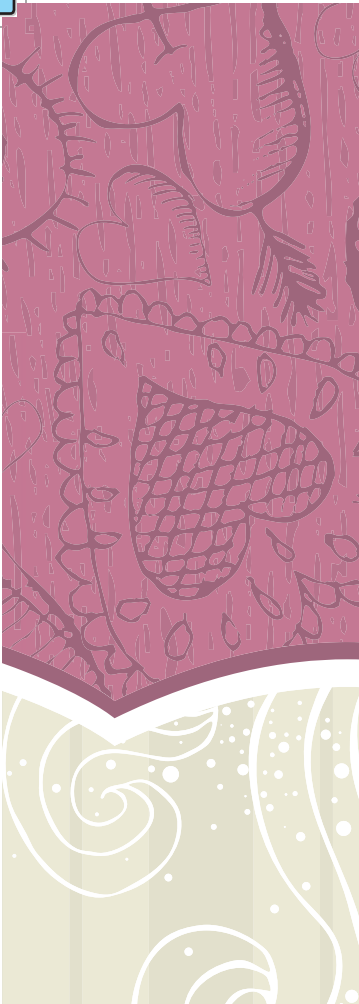
Leading parallel lives, Caroline also worked in community outreach with the prison system, through a drug and alcohol treatment center.

Fast forward a handful of decades and both John and Caroline found themselves single. Who knew technology would catapult them into the 21st-century dating game?

"I found John on Facebook," Caroline explains. "We started communicating and in 2010 I attended a conference on Oahu and John suggested I make the trip to Kauai to visit him. We've been together ever since."

The couple confirmed their commitment atop a Kauai mountain overlooking the ocean, on November 1, 2011. In the Hawaiian tradition, a spiritual practitioner, or Kahu, officiated the wedding. With water, Ti leaves, and special offerings to the Spirits and Ancestors, John and Caroline





were officially brought back together.

With seven adult children, fourteen grandchildren (including triplets), and several great grandchildren between them, life is rounded out with the big, blended brood.

"John's son gave me away, reading a letter from my own son," Caroline recalls. "The letter was humorous, with my son saying, 'no deposit; no return.' Not to diminish from the romantic nature of the occasion, but it had us all laughing."

And indeed, laughter is an element that keeps this lovely couple together, along with a deep appreciation of one another's qualities.



"Caroline has a good and kind heart and a sense of what is right and wrong," John says. "She has deeply held convictions of justice and compassion for others that she has nurtured and preserved over the years."

"When I think of John, honesty comes to mind," Caroline comments.

The two share a passion for creativity, with John continuing his artwork and Caroline claiming an eye for making the old new. "I love taking things such as worn out furniture and turning it into something worth looking at," she says.

Whether enjoying walks on the beach with their Black Lab and German Shepherd, growing their own food, maintaining their yard, or getting romantic over a candlelit dinner, the two relish time together.

*"We've always been friends,"* John says. *"We just picked up where we left off."*

Continue on page 16



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ABOVE: JOHANNES AND KIM  
MARRIED ON JULY 14, 2013

## KIM LOGAN AND JOHANNES BERGER

They didn't have to wait as long as Caroline and John, but Vernon couple, Kim and Johannes Berger, share a similar love story.

For Johannes, it was love at first sight. "I was the new kid in town," he recalls. "My family moved to Canada from Germany in 2004. Everyone knew me but it was Kim who caught my eye."

Spotting his future bride standing by a campfire at a Halloween party, Johannes gushes, "She wowed me! I'd never felt that way."

Kim was equally drawn to the exotic new guy. "He was that cool person who wasn't from around here. When I actually got to know him, his personality just got me. He's so calm and easy going and happy."

The two became fast friends and in fact were inseparable during high school but never confessed their romantic affection for one another. "I asked her out once," Johannes says, "But she just laughed at me."

Even good friends lose touch and when Kim graduated in 2005, she was busy managing the Armstrong McDonald's by day and waitressing at Denny's by night, working to save enough money for Aestheticians' College. A year later Johannes left high school, moving to Vernon to complete an apprenticeship with Ford Automotive, before relocating again, to Enderby.

For five years the two did not see one another. Kim got married and had two daughters, Dakota now seven, and Sierra, four. Sadly it wasn't a good marriage, but in the midst of ending it, a day off at the Armstrong fair proved to be fate.

"I wasn't even going to go that year," Johannes recalls. Also recovering from a bad relationship, a friend talked him into a day of fun. When he ran into Kim, he claims he couldn't sleep that night. "All the feelings from high school came rushing back."

Once again, Facebook might be the face of love. Shortly after seeing him at the fair, Kim messaged Johannes, and the two began to communicate.

Despite the affection that brewed beneath the surface, Kim wasn't ready to let love back in. Following her divorce, she was determined to protect herself—and her young girls.

"I knew I had feelings for Johannes but I also knew I needed to be on my own and take care of my girls. They were my top priority."

The two kept it plutonic, just chatting and hiking and renewing their friendship. It took a year and a half, but finally Kim introduced her children to Johannes. "They took to him right way. It was amazing, actually!"

"I told myself I wasn't ready for a family," Johannes says, "but that wasn't true. I knew where my heart was. I just tried to convince myself otherwise."

In a romantic foreshadowing of the union to come, Johannes agreed to be the groom for a bridal shoot that Kim was involved in.

"The first shots I took were with Kim's friend," he explains. "We took photos all over Vernon. Later I was taking pictures with Kim, the second bride in the photo shoot. It actually really confused people," he says, laughing. As it would turn out, Kim was the only girl for him.

He conjured up a magical proposal about a year after they officially began dating, but sometimes the best-laid plans get sidelined—or in this case, docked.

With a bouquet of roses on the wharf where he and Kim kissed for the first time, candles strewn about, the stage was set but for one problem: a fifteen-minute hike through the brush in the black of night to get there.

"I didn't know Kim was afraid of the dark!" Johannes says, chuckling. "Let's just say it didn't turn out quite the way I wanted, but she said 'yes!'"

The couple enjoys fishing, walking, and hiking together. "Anything that gets us outdoors," Johannes says. "We're the kind of people who just like to play with our kids, maybe watch a movie, and be in one another's company."

Citing a sense of humor and shared interests as bonds that brought them back—and keep them—together, they married on July 14, 2013, welcoming baby boy, Elias, a year later.

"When I asked her dad for Kim's hand," Johannes recalls, "The only thing he said before giving me a hug was, 'It's about time.'"

*"I married my best friend."*

Johannes smiles. *"I think that is just the most awesome thing in the world."* ▽



AT RIGHT:  
THE BERGER FAMILY

“The couple enjoys fishing, walking and hiking together. *“Anything that gets us outdoors ... We’re the kind of people who just like to play with our kids, maybe watch a movie and be in one another’s company.”*”



# SLEEP CLEAN IN A TOXIC WORLD

**At Sleepy's, we believe your mattress is a health product.**

Your bedroom should be your sanctuary, a clean oasis to refresh, renew, and repair. **But, did you know your mattress or furniture may be slowly poisoning you?**

Our bodies are bombarded daily with unnatural influences like pollution, free radicals, chemical offgassing, additives to our food, and electromagnetic fields. The bedroom should be a safe haven, but unfortunately more and more research reveals the bedroom may be one of the most toxic places in your home.

Many popular mattresses are a chemical nightmare, constructed of polyurethane foam and memory foam, made from a petrochemical base combined with a chemical potpourri of stabilizers, catalysts, fire retardants, and additives. These chemicals are associated with environmental problems as well as human health hazards. Some are carcinogens and reproductive toxins.

Sleepy's owner, Geoff McLeary points out that sleep is when the body detoxes and heals itself. *"So, if you're sleeping on a mattress or a pillow containing materials such as poly foam or memory foam, you may be breathing in and absorbing through your skin these various chemicals all night, every night, as they offgas. Even though the smell goes away eventually....the offgassing continues for the life of the product."*

Even if you haven't noticed any negative effects from your bed, chances are you are being exposed to these various chemicals and low-level exposures Over a long period that can wreak havoc on your health.

After 32 years in the sleep business, McLeary now shows more mattresses and pillows made of natural materials from trees and animals, like pure natural latex from the rubber tree, organic cottons without pesticides, and pure wool. "These are more expensive, but the good news is they do not create health concerns and prevention is the key to disease."

**Sleepy's is your natural sleep solution!** McLeary says "we realize that every family has a budget and there are limits to how far they can go in detoxifying their bedrooms, so we have strived to be as eco friendly as possible. Many of our beds in the lower to mid price categories are Certipur certified, meaning very low toxicity levels in the materials used."

None of Sleepy's mattresses have components from China; no formaldehyde particle board is used in Sleepy's solid wood furniture, and all of their bed linens are either natural or eco friendly.

**Beware of "greenwashing" from some retailers, as the mattress may contain one component that is Certipur and the consumer is led to believe the whole mattress is safe.**

All Sleepy's spring type or foam mattresses are Certipur or Oeko Tex 100 rated for low or zero emissions and they offer the best 100% certified organic natural pure latex mattresses with certified organic cotton and pure wool. Latex mattresses and pillows offer far more benefits. Latex outlasts any other mattress by 3 to 1, won't give body impressions; it breathes and won't get hot, reduces pressure points by 90%, no dust mites or bacteria will live in its environment and it's uber comfortable.

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# Happy WINTER

LISE SIMPSON

MAKE AN  
EFFORT TO  
GET OUTSIDE  
AND GET  
MOVING...

Photo Credit:  
Destination BC/Don Weigl

After our long, gloriously hot summer, during which many people began to complain about the heat, we are now in the long dark days of winter, and a fair amount of us are complaining about the cold. Canadians love to brag about our four distinct seasons, but we are remiss in mentioning that we also complain about each of them. Winter, alas, takes the brunt of our bitching. Why must we complain so much? It's not like we can change the weather, so why waste precious energy grumbling about it? I know people who complain so poetically, they draw a crowd when they begin their performance. Some people memorize and share the worst winter statistics... total snow accumulation in the winter of 1998 and coldest night of the year in 2007. Who cares? I'd rather have hot needles stuck in my eyes than be trapped in a lineup at the liquor store listening to someone tell me about the flu bug that rendered him bed-ridden for a week. Get back to your damn bed and don't be out in public, is my

silent plea to him.

There. I enjoyed that bit of complaining. I feel relieved, somehow. Like a burden has been shared, and therefore lessened. And that's it, isn't it! We aren't complaining about the weather for any other reason than it gives us a sense of connectivity. It's a convenient conversation-starter, and it's non-political and non-religious and therefore safe terrain to navigate. It can become a negative habit, though. It's easy to grumble about something you perceive as negative; it's much harder to force positive comments out of your mouth. Especially in winter, when some people do tend to become more isolated from their neighbours and their usual social interactions, negative thinking can begin to take root. Toss in a shortage of sunshine and depression escalates sharply in the winter months, and that's no laughing matter.

The quickest way to change how you feel is to change how you think. Instead of thinking "I hate winter, I can't enjoy my cabin or play tennis

*The quickest way to change how you feel is to change how you think. Instead of thinking, "I hate winter, I can't enjoy my cabin or play tennis or lay in the sun," why not try, "I like winter because I finally have time to read that book, paint that bedroom, have friends over to play cards."*

or lay in the sun" why not try "I like winter because I finally have time to read that book, paint that bedroom, have friends over to play cards". Make an effort to get outside and get moving...go snow shoeing, walk across a frozen lake, explore the villages at Big White or Silver Star. Sure, it's cold, but as my Mom says, "there's no such thing as inclement weather, just inappropriately dressed humans". Try to be a relentless ray of sunshine. Here's an example. A man in the grocery store lineup starts a sparkling conversation with this opening gem: "Man it's miserable out, isn't it? Everyone I know is down

South. I hate winter". You may be tempted to nod and agree with him, and that's certainly the easy and expected response. But how about this...well, it sure could be worse! I kind of like winter. How is your day going so far?" You may not impact his thinking pattern at all, but you might, and you'll definitely be helping yours.

It's remarkable how powerful a small gesture of kindness can be. The good karma, pay-it-forward effect is also amazing. If I smile happily at someone and compliment them on their scarf, perhaps they will in turn wave cheerfully at their neighbour as they shovel their driveways, and so on...and before you know it, the Okanagan will be full of relatively happy, contented Canadians who like winter and all the opportunities it presents. Sounds ridiculous, doesn't it, and I suppose it is. But the optimist in me wonders if it could make a small difference. Nothing ventured, nothing gained. I'm willing to give it a go. 🍷

*Happy Winter! Lise*





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# THE ARTS: *Up and Coming*

NAME:

*Ashleigh Green*

AGE:

*21*

Illustrator, Ashleigh Green grew up in the Okanagan, born and raised in Kelowna. She received her Bachelor of Fine Arts from UBCO this past spring and now

...

*the world is at  
her fingertips!*



*What was your  
inspiration or motivation  
to become an illustrator?*

I spent my third year of university at the Edinburgh College of Art where I studied illustration. Right before my year abroad, I collaborated with a local writer (Pam Renzi) in Kelowna to illustrate a children's Christmas book she had written. Making this book sparked my interest in visual narrative and encouraged me to pursue illustration. But before that I had always been interested in drawing and digital art (my primary media). During my first two years at UBCO I had been searching for a way to apply my artwork to something more than stand alone images intended for the gallery wall, and found illustration to be an ideal solution. It became a way for me to collaborate with different types of artists and to produce work that had a purpose. Over this past year I have had the good fortune of illustrating three published books through the community-based writing class Dig Your Neighbourhood at UBCO.

*Career goal?  
Do you have a dream  
job in mind?*

The dream would be to keep doing what I am doing! Artist residencies around the world, collaborating with more writers, exploring, and experimenting.





*Favourite  
inspirational or  
motivational quote:*

A quote that inspires me is:

**"EVEN WHEN IT'S BAD  
IT'S GOOD."**

### *What took you to NYC and now to Iceland?*

Earlier this spring I was inspired by a talk on artist residencies from my professor Renay Egami. She described them as a place where artists can fully immerse themselves in their practice without interruption or demands of the working world. I immediately knew this would be my next step after graduation. I spent all of reading week searching for and applying to residencies, and managed to get accepted into the two I most wanted to attend: the Summer Illustration Residency at the School of Visual Art in NYC and a one-year membership at HEIMA artist collective in Seyðisfjörður, Iceland.

### *Are you planning a visit back to the Okanagan?*

At the moment, I don't have any concrete plans to return to the valley - I haven't even booked my plane ticket out of Iceland yet! But I will be leaving HEIMA at the end of November and see myself stopping by the Okanagan before the end of the year.

3 ▶



1 ▶

◀ 2

### *Please tell our readers how one becomes an illustrator and what the career entails.*

There are many different types of illustrators, and the career manifests itself differently in everyone. I refer to myself an illustrator but I really do a mix of graphic design, animation, and drawing. I don't think an illustrator needs to have their images paired with text in order to be called an illustrator, but I think there needs to be some sense of narrative within his or her work.

#### Description of Pieces

1. This drawing comes directly from my sketchbook. It was made during a day of exploring Seyðisfjörður, and plays with the scale of things here. This is one of the most interesting things I have been observing - that it is very difficult to get a sense of how large or small something actually is.

2. Again, I am playing with the scale of everything in the landscape. However, this piece was created by digitally combining several drawings with photographs, and adding colour in Photoshop. I am rearranging pieces of what I am seeing in this town into new, imagined worlds.

3. Another piece in the same collage series.

PICTURED AT RIGHT:  
A FEW OF THE MEMBERS  
MEET AFTER A ZUMBA  
CLASS AT ARMSTRONG  
CURVES

KELLI MUSKETT,  
ARMSTRONG FLOWER  
SHOPPE

JUDY DANGEL,  
ENDERBY JEWELLERS

CATHY WANKEL,  
EPICURE

DONNA HARMS,  
SAPORI OILS AND  
VINEGARS

AMIE ALWARD,  
CURVES, ARMSTRONG

PATRICIA CECH,  
CURVES ARMSTRONG



# EMPOWERING WOMEN IN BUSINESS *in the North Okanagan*

Perhaps the fact that women are natural nurturers explains why every community in the Okanagan Shuswap has at least one networking group that is specifically geared for women in business. Then there's the fact that many women are involved in businesses that appeal to women, so joining a group that caters to their target market makes good business sense.

## Women's Business Groups

Empowering Women in Business  
(North Okanagan)

[www.empoweringwomeninbusiness.ca](http://www.empoweringwomeninbusiness.ca)

Kelowna Women in Business

[www.kwib.org](http://www.kwib.org)

Penticton Women in Business

[www.pentictonwib.com](http://www.pentictonwib.com)

Shuswap Women in Business

[www.shuswapwomeninbusiness.com](http://www.shuswapwomeninbusiness.com)

Vernon Women in Business

[www.vwib.com](http://www.vwib.com)

**T**his time of year, it's still dark at 7 a.m. when a small group of North Okanagan women entrepreneurs, members of Empowering Women in Business, (EWIB) gather for their once monthly breakfast meeting. Some claim not to be 'morning' people, yet they are committed to show up. That's because the benefits of the meeting far outweigh the challenges of the early morning start.

Enderby Realtor, Judy Fischer (Re/Max) has been with the group almost since its inception in 1998, when it was called Enderby Women in Business. She joined to network and socialize. "The basic mandate has always been the same," Judy says, "to support women in business, whether they operate a storefront or a home based business."



“



A GROUP OF PROFESSIONALS, EMPLOYEES, HOME BASED BUSINESSES AS WELL AS OWNERS THAT COME TOGETHER ONCE A MONTH TO ASSIST WITH THEIR PERSONAL AND BUSINESS DEVELOPMENT THROUGH ENTHUSIASM, GUEST SPEAKERS, PEER SUPPORT AND MENTORING.

The group changed its name from Enderby Women in Business to Empowering Women in Business after a brainstorming session a few years ago. *“It seemed more fitting for the current members and we recognized that we needed a different name as we had members from the North Okanagan, not just Enderby,”* recalls Judy.

The meetings have an educational component, networking opportunities and social time.

Judy says, *“It has always been a very supportive group and you always leave a meeting knowing a little bit more. I enjoy catching up with the members as they become friends, meeting the new members, and getting to know everyone!”*

Kelli Muskett, Owner/Operator at Armstrong Flower Shoppe joined the group about 4 years ago, on the recommendation of an existing member who appreciated the support she was getting from the group.

Kelli attends for the inspiration and motivation, and *“for the shared common lifestyle of being in business and experiencing the ups and downs that we all go through. Inevitably I learn something at every business meeting that I can apply either to my business or my personal life. Every one of us is a woman outside of our respective businesses and I appreciate the opportunity to be “real” and share who we really are at these meetings.”*

When Patricia Cech first moved from Edmonton to Enderby, she was doing administrative work out of her home. A member of her running club pointed her in the direction of EWIB. *“I joined the very first meeting I attended. It was a very business-like group and incredible opportunity to meet the ladies of the community.”*

So, when Patricia purchased Curves in Armstrong, she already had a valued support group.

*“The meetings constantly provide answers and information to me that help me as a person and also help my business. All the women who come to Women in Business are just that - Women in Business, trying to be successful in whatever type of business they run and EWIB is just there to support and mentor and assist in anyway it can.”*

If you are a North Okanagan woman in business interested in networking, education and mentorship, contact Empowering Women in Business at [empoweringwomeninbusiness@gmail.com](mailto:empoweringwomeninbusiness@gmail.com) or visit their website at [www.empoweringwomeninbusiness.ca](http://www.empoweringwomeninbusiness.ca) for more information.

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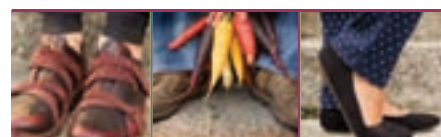
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# Beautiful plants Year Round!

## the basics of POINSETTIA PLANT CARE




**POINSETTIAS  
CAN LAST  
LONG AFTER  
THE HOLIDAYS  
HAVE COME  
AND GONE.**

Although poinsettias are most often associated with the holiday season, they are actually tropical plants. In spite of their origins, poinsettias can thrive during the holiday season and even last long after the holidays have come and gone.

Poinsettias are native to Mexico and Central America. Aztecs called the plant *cuetlaxochitl*. The flowering plant was first introduced to the United States by Joel Poinsett, the U.S. ambassador to Mexico, and was subsequently renamed the poinsettia. The flowers of the poinsettia are actually the yellow blooms at the middle of the bright red or white bracts that form on the plant. Perhaps due to the bright red of the bracts, the plant quickly became a popular Christmas plant.

It's important to note that poinsettias grow in a warm climate and therefore must be kept in tropical conditions to ensure the plant's health. Furthermore, poinsettias bloom in response to shortening daylight hours. That means they will need ample darkness each night in order to simulate the dark nights of short, winter days. To achieve this, you may need to put the plant into a dark closet for 12 to 14 hours each night. During the day, the plant should be in a sunny

window where it will have access to bright light. The more light the better. Keep the soil evenly moist. Misting the plant will help it to retain some humidity. Also, fill the overflow saucer on your flower pot with gravel to allow water seeping through the pot to evaporate from the gravel. Hot temperatures indoors combined with high humidity will help the plant to thrive. Even one day without adequate moisture can cause the leaves to drop. Furthermore, decreasing temperatures can cause leaves to fall off. The goal is to keep the indoor temperature consistent.

While many poinsettia plants are discarded after the holiday season, these plants can actually be cut back and saved for next season. Trimming back any remaining leaves and continuing to care for the plant by keeping it moist can help. To force the blooms next season, start reducing the plant's exposure to sunlight in mid-September to October. Again, this will mean removing the plant to an area that is shrouded in complete darkness. Even streetlights or indoor lighting can affect blooming. If the plant does not begin to turn color before the holiday season, you may need to purchase a new plant and try again next year. 

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# OKANAGAN WOMAN CHRISTMAS GIFT GUIDE

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PYRRHA'S SIGNATURE  
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## RECIPE



**MAKE ROOM  
FOR A LITTLE  
DESSERT THIS  
VALENTINES  
DAY!**

A Decadent

## Valentine's Day Dessert

*It seems that even the most steadfast dieters make room for a little dessert come Valentine's Day.*

*What better than a trifle that's both impressive to the tastebuds and the eyes this holiday?*

*"Chocolate Cherry Cheesecake Trifle," courtesy of "A Decade of Cooking the Costco Way" (Toppan Lefung Printing), edited by Tim Talevich, pairs chocolate and cherries together with rich cream cheese, making a decadent dessert many will enjoy.*

### CHOCOLATE CHERRY CHEESECAKE TRIFLE

Serves 6 to 8

#### Cake

1 cup egg whites  
Pinch of salt  
1 teaspoon salt  
1 1/4 cups sugar  
1 teaspoon cream of tartar  
1 teaspoon vanilla extract  
1 cup flour  
1/3 cup pitted and finely  
chopped fresh sweet  
cherries, divided

#### Cheesecake Filling

16 ounces cream cheese,  
softened  
1/4 cup sugar  
1/4 cup half-and-half  
1/4 cup pureed fresh sweet  
cherries  
1 1/2 cups finely chopped  
fresh sweet cherries  
1 1/2 cups shaved chocolate  
1 cup prepared whipped  
cream

Preheat oven to 325 F. To prepare the cake, with an electric mixer, beat egg whites with salt and cream of tartar until they begin to foam. Add sugar and beat until stiff peaks form. Mix in vanilla. Carefully fold in flour.

Pour half of the batter into an ungreased 9-inch tube pan and top with half of the chopped cherries.

Pour in the remaining batter and sprinkle on the remaining cherries.

Bake for 50 minutes, or until a toothpick comes out clean. Let cool before removing from the pan. To

prepare the filling, blend cream cheese and sugar with an electric mixer until smooth. Add half-and-half and pureed cherries.

To assemble, cut the cake into 1-inch cubes. In a trifle dish, place an even layer of cake cubes and cheesecake filling. Sprinkle with chopped cherries and shaved chocolate. Repeat layers until the trifle dish is full, finishing with whipped cream and the remaining cherries and chocolate on top.






# SWEET SIXTEEN *in the* City that never sleeps

“Once you have traveled, the voyage never ends, but is  
played out over and over again in the quietest chambers.”

~Pat Conroy, author

BY: SHANNON LINDEN

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LEFT: TAYANNA LINDEN AND HER MOM, SHANNON

BELOW: NOTHING LIKE CELEBRATING YOUR 16TH BIRTHDAY WITH A CAKE FROM TLC'S THE CAKE BOSS BUT WHICH ONE TO CHOOSE?



While Nic's birthday gift came as a complete surprise, you can't fool the second child. Hip to the plan, Tayanna proclaimed her city of choice: "Rome!"

"Try North America," we said.

"Okay." She smiled.

"I'll take New York."

And so would we! Always on our bucket list, we couldn't wait to take a little bite of the Big Apple.

## On and off Broadway

On a warm and wonderfully sunny afternoon, we took the subway to the Golden Theater—an Off Broadway beauty—where we saw *Vanya and Sonia* and *Masha and Spike*. It's a mouthful of a title, but a show that had

Last issue, Shannon Linden reminisced about the special sixteenth birthday gift she and husband, Paul, gave their son, Nicolas.

Three jam-packed days in San Francisco—the city Nic dreamed of seeing—was pretty teen-tastic.

Twenty-one months later, it was his sister's turn.

us laughing in jaw-dropping awe, as well known actors, Sigourney Weaver, and David Hyde Pierce took to the stage.

The play revolves around three middle-age single siblings, two of whom live together and dread a visit by the third. We loved the matinee. It was delightful to emerge from the dark theater into the golden, summer light, walking to dinner at the well-known, after-theater joint, Bar Americain.

Funny as that play was, the Broadway winner of the 2011 Tony awards for best musical, best direction, best book, best original score, and more—*The Book of Mormon*—was the best I've ever seen. Created by the writers of *South Park*, it's not for the faint of heart; nor the easily offended—but it is downright hysterical.

Two mismatched Mormon boys embark on a Mission to Africa, where their culture and beliefs are seriously misunderstood—both by



the locals and the boys themselves. As the *Village Voice* says, it will have you asking, *Dear God, how do I get tickets?*

## A Night Tour of the City that Never Sleeps

Are there more iconic sites in any other city? We opted to see as much as we could in a short time by joining an organized tour with [getyourguide.com](http://getyourguide.com), an online site I have used to tour several cities.

For 5 1/2 hours we climbed on and off a very comfortable bus—or as the site called it, “an air-conditioned motorcoach.”

It was a very civilized way to see Manhattan, including the World Trade Center site, Rockefeller Plaza, Times Square, and the Brooklyn Bridge. While we drove through Soho and Greenwich Village, the knowledgeable guide gave a brief and fascinating history.

A highlight was strolling Highline Park—a two-kilometer linear park, built on a section of a disused railroad. Community vegetable and herb gardens, flowers, and seating line either side of the old tracks, poised high above the street in the trendy meatpacking district.

Next we enjoyed dinner at one of Little Italy’s oldest restaurants and took a cruise on board a New York water taxi to come up close to the Statue of Liberty, where we toasted “the old girl” with champagne. The evening ended with a ride to the Top of the Rock Observatory.

LEFT: THE STATUE OF LIBERTY BY NIGHT;  
RADIO CITY MUSIC HALL; AND  
PAUL LINDEN AND TAYANNA, NOW 17

## Central Park

New York is an expensive city but one of my favorite moments came completely free. Where just a few decades ago Central Park was in a state of decay, 100-year old infrastructure crumbling, garbage strewn where grass might grow and angry graffiti defacing surfaces where art could bloom, the space has been lovingly restored and is a favorite with locals and tourists alike.

Thanks to efforts began in the 80’s by Betsy Barlow, a Yale educated, urban planner and writer, the 800 acre park in the heart of Manhattan is a wonder to wander. Brimming with mothers pushing babies in strollers, kids skateboarding, elderly people walking, horse-drawn carriages carrying lovers—or parents with kids too tired to walk—it’s spectacular.

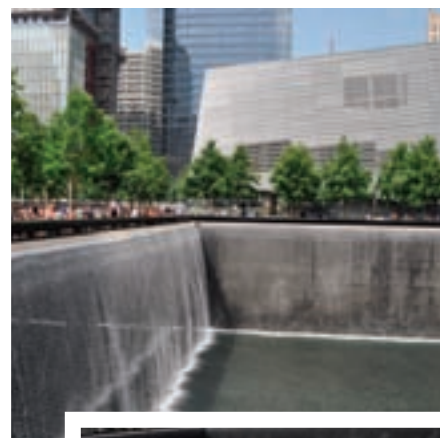
## A Little of This and That and then 9-11

We shopped a little; we ate a lot. We visited the Cake Boss Café and marveled at the TLC hit show’s confectionary creations. We stood outside the New York Times Newspaper in awe.

NYC is non-stop fun and excitement but amid the good times, a visit to the 9-11 memorial is a sobering must.

Ten years after the September 11, 2001

RIGHT: 9-11  
MEMORIAL WHERE  
THE NEARLY 3,000  
NAMES OF THOSE  
LOST IN  
THE 9-11 ATTACKS  
AND THE 1993  
WORLD TRADE  
CENTER BOMBING  
ARE  
IMMORTALIZED.  
THE MEMORIAL’S  
TWIN REFLECTING  
POOLS ARE EACH  
NEARLY AN ACRE  
IN SIZE AND  
FEATURE THE  
LARGEST MANMADE  
WATERFALLS IN THE  
NORTH AMERICA.



terrorist attacks that killed nearly 3000 men, women, and children—including emergency personnel who died in the line of duty—the site opened as a sacred tribute honoring the lost and offering hope for a peaceful future.

We made time to tour the Ground Zero Museum Workshop, where the official photographer of the aftermath, Gary Marlon Suson, has set up shop. Wearing headsets, we listened to survivors and first responders tell their stories, as we worked our way around a small room brimming with Suson’s photos and random memorabilia recovered from the ashes. Not a dry eye in the place, it was a soul-stirring experience.

In fact, the whole long weekend was one the three of us will never forget.

*“So your sixteenth birthday presents—better than getting cars?”*

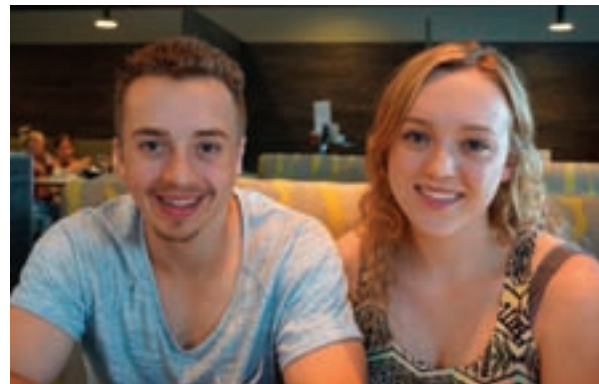
I recently asked my kids.

After a fairly lengthy pause, they laughed and agreed. Memories are gifts that last forever. 🌈

ABOVE: THE  
POOLS SIT  
WITHIN THE  
FOOTPRINTS  
WHERE THE  
TWIN TOWERS  
ONCE STOOD.

BENEATH:  
NYC SKYLINE  
VIEWED FROM  
CENTRAL PARK

BOTTOM RIGHT:  
THE LUCKY  
BIRTHDAY  
KIDS, NICOLAS  
AND TAYANNA  
LINDEN, NOW  
19 & 17







# WINTER *Wonder*

**S**electing images for our regular photo feature is never easy. It is one of the most rewarding parts of my job as editor and publisher, but it is also the most difficult. We had a record number of submissions for this issue.

**We asked for WOW – and you delivered!**

Thank you, thank you!

This issue's cover shot was submitted by make-up artist Missy Mackintosh, a graduate of the prestigious Blanche McDonald Centre, and self-taught photographer, Victoria Skofteby. Victoria received her first camera as a graduation gift from her parents and it has been at her side ever since.

The two women have worked on many projects together, including the cover image and this magical center spread. Each artist pushes the other's creative limits and they're accustomed to thinking outside the box.

Cover model, Brooke Arbour is boho chic. Missy was inspired to use golds, coppers and browns for a radiant glow.

Of centre spread model, Samantha Fennel, Missy says,

*"This was a fun creative shoot, inspired by a doll look. We put our own twist on it by making Sam look more regal. I applied a strip of pearls about her eyebrows, accentuated her eyes and reshaped her lips to give her a puckered glass doll look."*


Photographer Victoria Skofteby's inspiration is fueled by everything that surrounds her – *"patterns found in nature, the different cultures of our world, textures and all things colourful. It could even be a simple thing like a recycled lampshade; instantly I visualize it as a Queen's crown. From this I visualize the mood of the image I would like to capture, to produce a captivating image."*

*I am a portrait artist who loves to capture the raw emotion and beauty of my subjects. I love how their eyes tell a story, the mystery of how all of it will come together and the thrill of discovering that one epic shot is what I love most."*

**Submit your photos to Okanagan Woman Magazine.** We are looking for your most creative fashion photo submissions! Sure, we're looking for technical quality, clarity and composition, but even more, we are looking for the unexpected – the creative – the WOW factor. The criteria is simple: The team members – the model, hair and make-up artist, photographer – must have an Okanagan Shuswap connection!

*Please visit us on line for prize information and to find out how to submit photos for the upcoming Spring issue. All photo submissions for the Spring 2015 issue must be in by noon February 2nd, 2015.*

[www.okanaganwoman.com](http://www.okanaganwoman.com)



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MODEL: BETHANY LUCY WALKER    MAKE-UP: BETHANY LUCY WALKER





by: PATTI SHALES LEFKOS

My not so long legs struggled to match the brisk pace of my guide, Raj. When he abruptly turned off the pot-holed mini-taxi width street of Kathmandu's frenetic Thamel tourist mecca into a dim sepia-toned laneway, I almost lost him. Second day in Nepal, I had earlier handed him \$1,000 US dollars and was scrambling to keep him in sight. My network of friends, family and a class of enthusiastic grade five student fundraisers, led by their teacher Steffi van Dun at Vernon's BX Elementary, had donated the money. My mission was to ensure every cent was well spent.

Although it was my second trip to Nepal, I wasn't yet acclimatized to the 30 C heat, humidity, and kaleidoscopic milieu that defines Kathmandu. Earlier I met with Prem K. Khatri,

# BUYING LOCAL in KATHMANDU

PHOTO BY: RAJ NEUPANE

PATTI ARRIVING BACK AT THE ACE THE HIMALAYA OFFICE, A-ONE BUSINESS COMPLEX

“

RAJ'S RICKSHAW SOON DISAPPEARED AMIDST THE TURMOIL AND EXHAUST OF MOTORCYCLES, TAXIS AND THE OCCASIONAL COW.





PHOTO BY: PATTI SHALES LEFKOS

RAJ ON LEFT AND PREM K KHATRY ON RIGHT, MAKING A LIST OF SCHOOL SUPPLIES FOR ME TO PURCHASE WITH THE DONATED FUNDS. TAKEN IN ACE THE HIMALAYA OFFICE IN THAMEL AREA OF KATHMANDU

director of the NGO Sambhav Nepal and founder of the trekking company Ace the Himalaya. Ace coordinated a past trip to Nepal with my husband as well as my upcoming solo adventure. After reviewing my itinerary, a two week volunteer stint teaching English at Bhairabi School in Raj's home village Ratmate in Gorkha, seven dusty, rubble road hours by Jeep from Kathmandu, we fleshed out the details of my trek to the forbidden kingdom of Upper Mustang.

Then Prem and Raj settled on the edge of the couch armed with a calculator, notebook and pencil. I relaxed cross-legged opposite them on the floor in the mercifully air-conditioned office. Over perfectly prepared cappuccinos, delivered by a rakishly thin Nepali teen in a red T-shirt, black boot-leg jeans and flips flops, we compiled a list of classroom supplies and sports equipment. Raj and I planned to purchase with the donated funds and deliver to eight Gorkha village schools. The rapid-fire exchange of Nepali and English taxed my jet-lagged brain. While I slurped a second cappuccino, Raj disappeared briefly to exchange the US dollars for rupees. He returned with softball-sized wad of Nepali notes, secured by an elastic band.

Sustained by caffeine, shopping list and money in hand, Raj and I headed out for a bit of retail therapy. For 15 minutes we puddle-jumped along hopelessly uneven streets, dodging taxis and tourists, past endless rows of vibrantly-coloured pashmina shawls, shiny metallic Buddhas and gaily hued knitted mittens and hats hanging in front of the claustrophobic stalls.

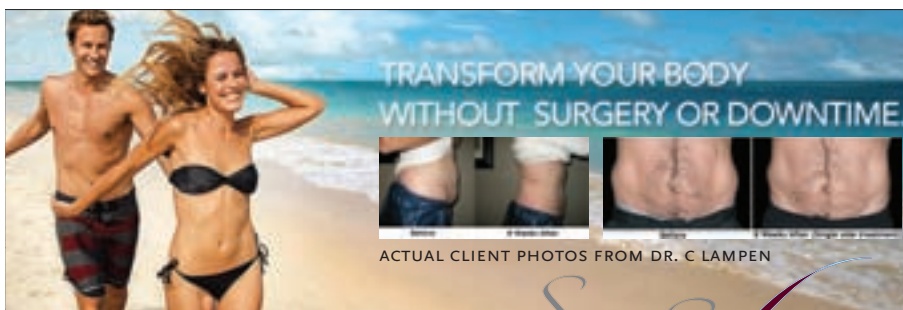
The exit into the alley, barely wide enough for two motorbikes to pass safely, placed my sense of self preservation on high alert. Twenty paces later we were in a badminton court sized courtyard chock-a-block with motorcycles corralling a

Continue on page 38

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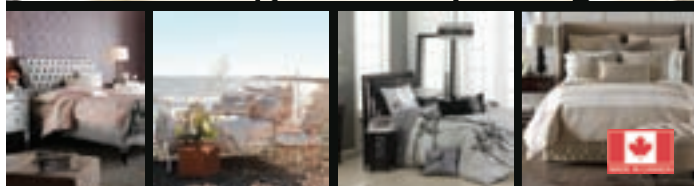


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PHOTOS BY: PATTI SHALES LEFKOS



white mini van, held captive in their midst. Raj forged ahead to the far end of the courtyard, winding his way gingerly through the maze of parked hogs, sometimes reverting to tiptoe, like Nik Wallenda, along the crumbling curb bordering the courtyard perimeter.

Three hours later I slumped wearily onto a metal stool, dazed by the dusty remnants of spiritual morning juniper smoke, rivulets of sweat cascading down my back like a tepid waterfall, a mountain of whiteboard erasers, dry erase pens, volleyball nets, and badminton rackets at my feet. The shop owner, a beanpole of about four decades, stood with shoulders sagging under a dusty black T-shirt, his eyes drooping under the weight of the day. By then he had dutifully climbed his ladder hundreds of times to access his three twenty foot long walls of foot-square cubby holes crammed with school supplies and sports equipment from the floor to 16 foot ceilings. Raj, a serious devotee of soccer and volleyball, insisted on inspecting countless balls for quality and endurance, tossing the rejects back up to the vendor who stood sweltering high on his ladder at the hottest level of the store. Exhausted looking parents, bored teens and frantic teachers all dripping with perspiration stepped gingerly around me, navigation nearly impossible, discussing the merits of various first of term math sets, scribbles and personal ping-pong racquets.

As if on cue at about 3 pm a sullen teen, perhaps the vendor's son, appeared with a two-tiered tray of soft, thin plastic cups of steaming Nepali milk tea laced with heaps of sugar. He leaned precariously over our collection of goods to serve me, then offered a cup to all other shoppers and staff. Like the fishes and loaves, magically there was enough for all. A period of quiet followed, interrupted only by a few audible sips and sighs, then shopping and bargaining began again in earnest.

While the tea boy packed our haul into discarded cardboard cartons and plastic woven rice sacks, Raj discussed the tally and settled the bill. Only then did I remember to ask him if





“

THE AMOUNT NEEDED WAS ABOUT THE COST OF TWO DINNERS OUT FOR BARRY AND ME BACK HOME AT SILVER STAR. “FORGET IT,” I SAID. “THE KIDS NEED EQUIPMENT THAT WILL LAST. I’LL PAY THE EXTRA.”



ABOVE:  
PATTI HANDING THE  
\$1,000 TO PREM AT  
ACE OFFICE

LEFT:  
STUDENT CARRYING  
NEW WHITEBOARDS  
MADE NEAR THE  
VILLAGE FOR THE  
BHAIRABI SCHOOL. 7  
MORE TO COME STILL.

RIGHT:  
STUDENTS OUTSIDE  
BHAIRABI SCHOOL AT  
LUNCH BREAK

we had saved enough rupees to pay for the whiteboards still to be made in the village near the school. His brow furrowed. Mine, too. We had both forgotten. “Maybe we should trade in the volleyball nets for some that don’t cost as much,” he said. The amount needed was about the cost of two dinners out for Barry and me back home at Silver Star. “Forget it,” I said. “The kids need equipment that will last. I’ll pay the extra.”


An ancient, grinning, crinkly-faced porter appeared from the shadows to help us manhandle the unwieldy boxes and sacks. Eyes glued to his heavily-laden stooped back we followed his dusty flip-flops back through the confusion of motorcycles to the street. When our search for a taxi turned out to be

futile, we collapsed on the boxes in the dense air of the late afternoon Kathmandu rush hour and pondered our options

Sensing an opportunity, an enterprising rickshaw driver approached. He offered a double deal in concert with one of his colleagues. For 300 rupees (about \$3) they would transport both Raj and me and all our goods back to the trekking office in two rickshaws. We split up taking half the purchases each. Raj’s rickshaw soon disappeared amidst the turmoil and exhaust of motorcycles, taxis and the occasional cow. The last I saw of him was a portion of his face peeking through a narrow slit in the back of his rickshaw’s shade cover.

My driver, the one who had negotiated the deal, had difficulty matching the speed of his taller, younger compatriot. Calves bulging on the uphill sections, his good hand firmly gripping the

handlebar, he laughed each time I screamed my reaction to the craters that pocked the street. From time to time he turned to check on me and on the stability of the packages, rewarding me with an engaging grin and a good-natured wave with his other, somewhat foreshortened arm ending in two disfigured fingers. Thankful for the ragged strutted awning shielding me from the afternoon sun, I tried to relax between jolts and not worry that Raj’s rickshaw had long ago vanished. I had no idea of the office address. But ten minutes later, my still smiling, exhausted driver proudly delivered me to the A-One Business complex where a relieved Raj stood waiting on the gray and white marble steps.

*My kind of shopping expedition:  
cappuccinos to start, afternoon  
Nepali milk tea shared with locals,  
and an enervating rickshaw  
ramble with a gregarious runner.  
All while spending other people’s  
money in an exotic locale. Doesn’t  
get any better!* 



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# OKANAGAN WOMAN

HEALTH & WELLNESS GUIDE | WINTER 2014



**INSIDE:**  
*A DIRECTORY  
OF SOCIAL &  
HUMAN SERVICE  
ORGANIZATIONS*

**A GUIDE  
TO INTERIOR  
HEALTH FACILITIES**

*Upcoming*  
**OKANAGAN  
FUNDRAISERS**



# Does the SHOE Fit?

KIRSTEN OLSEN  
B.SC.KIN. (HONS.);  
C.PED.(C)

As women we like to look our best. For each of us that means something different and for some it means a closet full of shoes. Unfortunately the majority of women's shoes are designed with fashion in mind and not function; cute shoes that don't fit the average foot shape, some with a heel and others as flimsy as a dish cloth.

The unfortunate thing is while they do look good, we are compromising the health of our feet. Common ailments that can arise from ill fitting footwear are hallux valgus deformity (commonly referred to as bunions), morton's neuroma and metatarsalgia.

A hallux valgus deformity is a deformity of the 1st (big) toe where it deviates laterally (sideways) towards the smaller toes. In later stages it may be accompanied by a boney growth on the side and/or top of the joint itself. Symptoms that arise are often visual, where the toe is no longer straight and the joint looks enlarged. However, there can also be pain at 1st MTP (big toe) joint; as well as swelling and redness.

When choosing footwear one needs to ensure that the width is adequate. Shoes that are too tight and that have seams that cross over the joint will cause compression and discomfort. Also shoes with too high of a heel will place the joint in an increased angle in which the joint will become irritated.

Therefore, looking for shoes with a low heel and rounded, seamless toe box is ideal.

A morton's neuroma is a lesion on the interdigital nerve that runs between the toes. It is most characteristically found between the 3rd and 4th toes, but can happen between any. Often the cause is due to repetitive trauma or compression of the interdigital nerve. People will typically experience numbness and tingling into the toes; sharp, dull or throbbing pains on the underside of the foot. There is often relief when walking barefoot. In this instance footwear that reduces compression and hyperextension of the metatarsals will reduce pressure to the interdigital nerve. This is best achieved with footwear with a low heel, rounded toe box and adequate depth. As well, a metatarsal pad is often needed to help further open up the interdigital space.

Lastly, metatarsalgia is a broad term used to label discomfort at the metatarsal heads or "ball of the foot". This is usually related to increased pressure at the forefoot that is creating discomfort and inflammation.



Kirsten is a Canadian Certified Pedorthist who practices at OKAPED in their Kelowna and West Kelowna offices. To learn more about OKAPED visit [www.okaped.com](http://www.okaped.com) . See OKAPED's advertisement on page 43.

This usually appears with sharp or dull pain at the underside of the foot. The discomfort is usually present both with bare feet as well as with shoes. Pain is typically worse when walking and more at push off. People will often describe this as feeling like they are walking on a marble. A flat shoe with a thick cushioned sole at the forefoot will help to alleviate pressure to the metatarsal heads. Looking for a shoe with a forefoot rocker will alleviate pressure as well. Often, a metatarsal pad is helpful to reinstate the metatarsal arch and alleviate discomfort.

So next time you put a shoe on your foot consider the functional capabilities of that shoe versus only the fashion of it. Ask yourself a few questions. Are you comfortable in your shoes for the day? Do you have red marks on your feet when you take your shoe off? Are you standing more on one part of the foot than the other? Do you have pain in your feet with standing and walking? Help keep your feet healthy and functioning at their maximal ability by supporting the feet well. There are more and more shoe companies out there that are doing a great job of blending fashion and function.



## Okanagan Skin Care Centre



Before Kelly Rockvam became the Director of Okanagan Skin Care Centre, she worked on surgical and medical units at Vancouver's UBC Hospital and at Royal Inland Hospital in Kamloops.

With extensive specialized training in plastic surgery nursing, tissue fillers, and dermatology, Kelly joined the Okanagan Health Surgical Centre, a team of Plastic Surgeons in 1999. Today, she oversees all aspects of the Okanagan Skin Care Centre in Kelowna. Together, their goal has been to expand their skin care division into a full non-surgical skin care facility, known as the Okanagan Skin Care Centre.

And expand is exactly what they've done. First outgrowing

their original location on Dolphin Avenue, the team re-located to the 4th floor of the medical building at the corner of Richter and Lanfranco.

Soon they were on the move.

Under Kelly's direction, it didn't take long before Okanagan Skin Care Centre, and its staff of five registered nurses had to find even more space. Today Okanagan Skin Care Centre occupies a suite on the third floor at 3320 Richter Street, with the plastic surgeons (Okanagan Health Surgical Centre) occupying the floor above.

The Okanagan Skin Care Centre was established in 1996 and is the Valley's oldest established centre of its kind.

*Kelly welcomes all new and existing clients to visit the clinic to discuss skin health and anti aging concerns with one of the knowledgeable specialists.*



Kelly Rockvam, RN, Director & Skin Care Specialist at Okanagan Skin Care Centre

304 - 3320 Richter Street,  
Kelowna, BC V1W 4V5  
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# KELOWNA GENERAL HOSPITAL

**K**elowna General Hospital has grown significantly over the past five years. It has been virtually transformed. What was once a small town hospital now proudly proclaims itself the largest tertiary care and clinical teaching facility in the Interior of British Columbia.

The new Centennial Building added 360,000 square feet to house the new Emergency Department, ambulatory care services, five new operating suites, a medical device reprocessing suite, inpatient psychiatry and thirty-two inpatient beds. State of the art Tele-Health facilities allow specialists to provide services to people in remote and northern communities who would otherwise have to travel long distances to receive diagnosis or follow up.

The new Interior Heart and Surgical Centre (IHSC) opening in 2015, will provide the highest level of medical care ever seen in the Interior of British Columbia. The IHSC will also be home to a completely redesigned peri-natal program, providing newer and more family friendly labour and delivery and neonatal intensive care services.

The IHSC will also support the training of tomorrow's surgeons and physicians. Through its affiliation with the UBC's Faculty of Medicine's Southern Medical Program, IHSC provides residents the opportunity to be trained using the most current equipment and techniques.

Surgeons at KGH perform lifesaving procedures in eleven specialty areas providing needed tertiary and emergency surgical services to the entire Interior Health region.

IHSC will become KGH's principal surgical site, featuring:

- 9 specialized Operating Rooms (ORS) created for Thoracic, Urology, Neurosurgery, Vascular, Plastics, Obstetrics/ Gynecology, Ears Nose and Throat, Orthopaedics, General and Trauma surgeries
- 2 dedicated Cardiac ORS
- 3 Flex ORs designed to reduce wait times
- Shelled-in space for a Hybrid OR (where minimally invasive surgery could be performed under the guidance of specialized digital imaging)

The IHSC will enhance today's tertiary and emergency surgical services. Annually, 30% of cases performed are emergency procedures that come with little or no warning. Almost 500 of these cases are patients who live outside the Okanagan. These high-risk procedures rely on state-of the art-equipment and

an outstanding team of surgeons and medical professionals to save lives.

The KGH Foundation is immensely proud of how far our hospital has come, but with added growth, comes added responsibility. We need to provide our medical staff with the best equipment possible. This is our task and the KGH Foundation is dedicated to making it happen.

*The caring generosity of our supporters helps create the best health care right here in the Interior.*

It is this dedication that transformed Kelowna General Hospital to all that it is today; it is the kind of commitment that will keep KGH growing in the coming years.

Doug Rankmore, CEO  
Kelowna General Hospital  
Foundation  
[www.kghfoundation.com](http://www.kghfoundation.com)

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together we change lives





**Darrell and Margaret Porubanec**  
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## KGHFUNDATION

together we change lives

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Every gift to the KGH Foundation impacts the lives of your family and community now and for generations to come.

*To discuss ways to create your legacy,  
please contact Diane.*

**DIANE PATERSON** *Manager of Gift Planning*  
250.862.4300 local 7011 | [diane.paterson@interiorhealth.ca](mailto:diane.paterson@interiorhealth.ca)

[kghfoundation.com](http://kghfoundation.com)

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# GOLF fore the CURE™

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The Canadian Cancer Society is proud to be the charity of choice for Golf Fore the Cure presented by Subaru. Golf Fore the Cure is a national program owned and operated by Golf Canada and is the signature charity event of Golf Canada's Sport Development Division.

The objective of this program is to raise funds for the fight against breast cancer while promoting women's participation in golf. The program includes local, provincial and corporate golf events across the country with fundraising to support breast cancer research and programs and services for women living with breast cancer.

*Since 2006, with the help of volunteers across the country, Golf Fore the Cure has introduced more than 76,000 women to golf and raised more than \$4 million toward the fight against breast cancer. Get involved!*

**Golf Canada is looking for women across Canada to come together and enjoy a fun, non-competitive day of golf. It doesn't matter if you've never played a round of golf or if you're an avid player – we want you out on the course to make a difference.**

Organize your own Golf Fore the Cure event and support the fight against breast cancer.

Golf Canada provides a planning guide as a great resource to get your tournament started. With no experience required to run an event, the planning guide will help you every step of the way. Contact [gftc@golfcanada.ca](mailto:gftc@golfcanada.ca) to request your copy!

Once you've read the planning guide, your next step is to register your event. For more information visit

[www.golfcanada.ca/golfforethecure](http://www.golfcanada.ca/golfforethecure)



# Prepare to have PRECONCEPTIONS about MEDICAL CANNABIS DISPENSARIES CHALLENGED

The Herbal Health Centre facility is bright, clean, sophisticated and professional. Staff are friendly, compassionate, knowledgeable and have a mandate to go the extra distance in answering your questions and helping you make good, healthy and responsible choices around medical cannabis. The facility celebrated its first year in business this summer and is now a community nucleus for over 1100 members. Results keep patients coming back.

With a host of non-psychoactive options, medical cannabis (marijuana) isn't about getting 'high' – it's about feeling better. Well-documented benefits include relief from nausea, pain and sleeplessness. Cannabis also stimulates appetite. Some types of cannabis can lift mood and energy while others reduce anxiety and induce relaxation, all without the debilitating side effects and toxicity associated with many pharmaceuticals. Through private consultation, experts at The Herbal Health Centre in Vernon can help you determine what form of medical cannabis is right for you.

Membership is a simple, required formality – patients should ask a family physician about medical cannabis and contact THHC for a referral and more information. The process only takes a few minutes and access to the facility is immediate. Inside, a comprehensive selection is on display, including over 30 strains of cannabis flower, concentrates (oils, tinctures etc.), edibles, non-psychoactive CBD-specific formulations and a very popular line of topicals (lotions, salves, balms etc.). Samples are available – try some of the 'Icy Hot' cannabis infused lotion on sore hands or muscles and feel it go to work right away!

**Visit THHC or sign up and order online. Product is shipped daily across Canada and local same-day delivery is also available. Credit, debit or cash accepted.**



THE HERBAL HEALTH CENTRE  
THHC DISPENSARY

**thhc.ca** Local Delivery   

46-100 Kalamalka Lake Rd, Vernon, BC V1T 9G1 (778) 475-3398

## Tot to Teen Expo 1st Annual FAMILY DAY WEEKEND February 7-8, 2015 @ Parkinson Rec Centre 10am - 5pm

The Tot to Teen Expo is a place for families to connect with local products and services and is targeted at families with children in every stage of child development and will feature approximately 50 vendors. We will be showcasing pregnancy support centres, daycares, after school programs, extra-curricular activities, schools and everything in between. Some vendors will also cater to the parents, such as cosmetics, product services, fitness programs, clinics and legal advice.

With admission (\$5/adult), families receive a FREE professionally edited, high resolution JPEG of their family taken at the Expo. We feel this is a great way to celebrate our local families leading up to Family Day. There will be other activities such as a Craft Zone, driving simulators and contests. Visitors will also receive a free welcome bag at the Expo.



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13th annual

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**WHEN?** Saturday, February 7th  
Doors open @ 6pm

**WHERE?** Fipke Building foyer &  
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Music by The **TREVOR SALLOUM GROUP**

TICKETS

\* Entrance tickets  
available at door\*

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\* AUCTION TICKET ADMITS 2 AND GUARANTEES  
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**Entrance ticket - \$10.00**

MC Sheri-D Wilson, Spoken Word Poet

CONTACT

To reserve tickets email  
**AOTL2015@hotmail.com**  
or call 250-718-8761

Connor Charlesworth - coordinator

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CANADIAN CANCER SOCIETY

Daffodil Ball Kelowna  
**APRIL 25, 2015**  
SPARKLING HILL RESORT

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*We are thrilled to announce that \$465,000 was raised at the 10th Annual Daffodil Ball.*

Significant progress has been made in the fight against pediatric cancers, but as long as families continue to face a childhood cancer diagnosis, there is still work to be done. One child with cancer is one too many and the need to find better treatments is as important as ever. Your support of the Daffodil Ball helps the Canadian Cancer Society fund childhood cancer research, sustain support programs for families living with this disease and lead prevention programs dedicated to stopping cancer before it starts.

### **Save the Date!**

**The 11th Annual Daffodil Ball will be held on Saturday April 25, 2015 at Sparkling Hill Resort.**

For more information, please visit [daffodilballbc.com](http://daffodilballbc.com) or call 250.762.6381.

### **What is Daffodil Month?**

Daffodil Month, held every April, is a national fundraising campaign of the Canadian Cancer Society. During the month, Society volunteers are involved in numerous activities to raise vital funds for the fight against cancer.

We ask Canadians to reflect upon the thousands of people who are living with cancer and to remember loved ones lost to cancer. During Daffodil Month we encourage Canadians to do something special for those living with cancer or to contribute in some way to the fight against this disease. Depending on the location, activities include selling fresh daffodils; asking people to make a donation and wear a daffodil pin throughout the month to show their support for people living with cancer; and canvassing neighbourhoods for donations door to door.

Funds raised throughout the month help the Canadian Cancer Society prevent cancer, fund research to outsmart cancer, empower, inform and support Canadians living with cancer and advocate for public policies to improve the health of Canadians.

Get involved in an activity in your community during Daffodil Month. Contact your local community office to find out more.



SURE ... YOU COULD DO THE  
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MEANS GOOD FOOD ALL DAY LONG! TRY THIS  
WONDERFUL RECIPE FOR PUMPKIN WAFFLES AND  
APPLE CIDER SYRUP FOR BREAKFAST!



# Pumpkin Waffles & Apple Cider Syrup

## WAFFLE INGREDIENTS

2 ½ CUPS FLOUR  
4 TSP BAKING POWDER  
2 TSP GROUND ALL SPICE  
1 TSP GROUND GINGER  
½ TSP SALT  
¼ CUP PACKED BROWN SUGAR  
1 CUP CANNED PUMPKIN  
2 CUPS MILK  
4 EGGS SEPARATED  
¼ CUP MELTED BUTTER

## APPLE CIDER SYRUP INGREDIENTS

½ CUP WHITE SUGAR  
1TBSP CORNSTARCH  
1 TSP GROUND CINNAMON  
1 CUP APPLE CIDER  
2 TBSP BUTTER

## Directions

1. Preheat a waffle iron according to manufacturer's instructions.
2. Combine the flour, baking powder, cinnamon, allspice, ginger, salt, and brown sugar in a mixing bowl. In a separate bowl, stir together the pumpkin, milk, and egg yolks. Whip the egg whites in a clean dry bowl until soft peaks form.
3. Stir the flour mixture and 1/4 cup melted butter to the pumpkin mixture, stirring just to combine. Use a whisk or rubber spatula to fold 1/3 of the egg whites into the batter, stirring gently until incorporated. Fold in the remaining egg whites. Cook waffles according to manufacturer's instructions.
4. To make the syrup, stir together the sugar, cornstarch, and cinnamon in a saucepan. Stir in the apple cider and lemon juice. Cook over medium heat until mixture begins to boil; boil until the syrup thickens. Remove from heat and stir in the 2 tablespoons of butter until melted. Serve warm.

PUMPKIN IS LOW IN SATURATED FAT, AND VERY LOW IN CHOLESTEROL AND SODIUM. IT IS ALSO A GOOD SOURCE OF VITAMIN E, THIAMIN, NIACIN, VITAMIN B6, FOLATE, IRON, MAGNESIUM AND PHOSPHORUS, AND A VERY GOOD SOURCE OF DIETARY FIBER, VITAMIN A, VITAMIN C, RIBOFLAVIN, POTASSIUM, COPPER AND MANGANESE.

# OKANAGAN SHUSWAP

## INTERIOR HEALTH FACILITIES

### ARMSTRONG - ENDERBY

#### Enderby Community Health Centre

707 - 3rd Ave. PO Box 610,  
Enderby V0E 1V0  
Ph: 250 838-2450 fax: 838-6005

#### Pleasant Valley Health Centre

3800 Patten Drive, Armstrong V0E 1B2  
Ph: 250 546-4700 fax: 546-8834

#### Armstrong Health Unit

3800 Patten Drive, Armstrong V0E 1B2  
Ph: 250 546-4727 fax: 546-8834

#### Community Care Nursing

3800 Patten Drive, Armstrong V0E 1B2  
Ph: 250 546-4752 fax: 546-4753

#### Community Care Nursing

707 - 3rd Ave. PO Box 610,  
Enderby V0E 1V0  
Ph: 250 838-2450 \*235 fax: 838-6005

Geriatric Day Program/Granville Getaway  
712 Granville Ave., Enderby V0E 1V0  
Ph: 250 838-2480 fax: 838-2487

#### Parkview Place

707 - 3rd Ave. PO Box 129,  
Enderby V0E 1V0  
Ph: 250 838-2470 fax: 838-2479

#### Pleasant Valley Manor

3800 Patten Drive, Armstrong V0E 1B2  
Ph: 250 546-4707 fax: 546-8834

### KELOWNA - WEST KELOWNA

#### Capri Community Care Health Center

118 - 1835 Gordon Dr, Kelowna V1Y 3H4  
Ph: 250 980-1400 fax: 980-1501

#### Developmental Disability Mental Health Services

#309 - 1664 Richter St.,  
Kelowna V1Y 8N3  
Ph: 250 763-4122 fax: 860-9146

#### Kelowna Health Centre

1340 Ellis St., Kelowna V1Y 9N1  
Ph: 250 868-7700 fax: 868-7809

#### Kelowna Mental Health & Substance Abuse – Groves

100-540 Groves Ave., Kelowna V1Y 4Y7  
Ph: 250 870-5777 fax: 870-5774

#### Rutland Health Centre

155 Gray Road, Kelowna V1X 1W6  
Ph: 250 980-4825 fax: 765-7710

#### West Kelowna Health Centre

160 - 2300 Carrington Road, West Kelowna  
V4T 2N6  
Ph: 250 980-5150 fax: 768-9813

#### Brookhaven Extended Care

1775 Shannon Lake Road,  
West Kelowna V4T 2N7  
Ph: 250 862-4040 fax: 862-4048

#### C.O.A.C.H. Cardiac Rehab Program

204 - 2622 Pandosy St.,  
Kelowna V1Y 1V6  
Ph: 250 763-3433 fax: 763-3442

#### Cancer Centre for the Southern Interior

399 Royal Ave., Kelowna V1Y 5L3  
Ph: 250 712-3900 fax: 712-3911

#### Corporate Office, IHA

220-1815 Kirschner Road,  
Kelowna V1Y 4N7  
Ph: 250 862-4200 fax: 862-4201

#### Cottonwoods Care Centre

2255 Ethel St., Kelowna V1Y 2Z9  
Ph: 250 862-4100 fax: 862-4101

#### David Lloyd Jones Home

934 Bernard Ave., Kelowna V1Y 6P8  
Ph: 250 762-2706 fax: 762-5961

#### Kelowna General Hospital

2268 Pandosy St., Kelowna V1Y 1T2  
Ph: 250 862-4000 fax: 862-4020

#### Kelowna Mental Health & Addictions –

Ellis  
2nd Floor, 1340 Ellis St.,  
Kelowna V1Y 9N1  
Ph: 250 868-7788 fax: 868-7791

#### Kelowna Research Centre

2309 Abbott St., Kelowna V1Y 1T2  
Ph: 250 862-9777 fax: 862-9771

#### Rutland Community Dialysis

125 Park Road, Kelowna V1X 3E3  
Ph: 250 491-7613 fax: 491-2719

#### Three Links Manor

1449 Kelglen Crescent, Kelowna V1Y 8P4  
Ph: 250 763-2585 fax: 763-6773

### OLIVER - OSOYOOS

#### Oliver Health Centre, SOGH South Wing

930 Spillway Rd. RR3, Oliver V0H 1T0  
Ph: 250 498-5080 fax: 498-0351

#### Osoyoos Health Centre

4816-89th St., Osoyoos V0H 1V1  
Ph: 250 495-6433 fax: 495-5142

#### South Okanagan General Hospital

7139 - 362nd Ave. RR3, Oliver V0H 1T0  
Ph: 250 498-5000 fax: 498-5004

#### Sunnybank Centre

RR 4 - 6553 Park Drive, Oliver V0H 1T0  
Ph: 250 498-4951 fax: 498-2287

#### Mariposa Gardens (Manao)

8816 97th St., Osoyoos V0H 1V5  
Ph: 250 495 - 8124 or 495 8162  
fax: 495- 8134

#### McKinney Place Extended Care

7139 - 362nd Ave. RR3, Oliver V0H 1T0  
Ph: 250 498-5040 fax: 498-5043

#### Osoyoos/Oliver Mental Health + Substance Use

4876 89 St., Osoyoos V0H 1V1  
Ph: 250 495-6433 fax: 495-5142

#### Speech Language Services

7139 - 362nd Ave. RR3, Oliver V0H 1T0  
Ph: 250 498-5074 fax: 498-0351

### PENTICTON - SUMMERLAND

#### Integrated Health Centre

2nd Floor 740 Carmi Ave,  
Penticton V2A 8P9  
Ph: 250 770-3530 fax: 770-3470

#### Penticton Community Care Programs

740 Carmi Ave. 2nd Floor,  
Penticton V2A 8P9  
Ph: 250 770-3477 fax: 770-3470

#### Penticton Health Centre

740 Carmi Ave., Penticton V2A 8P9  
Ph: 250 770-3434 fax: 770-3410

#### Penticton Mental Health & Addictions

740 Carmi Ave. 3rd Floor,  
Penticton V2A 8P9  
Ph: 250 770-3555 fax: 770-3599

#### Penticton Regional Hospital

550 Carmi Ave., Penticton V2A 3G6  
Ph: 250 492-4000 fax: 492-9068

#### Summerland Health Centre

12815 Atkinson Road  
PO Box 869, Summerland V0H 1Z0  
Ph: 250 404-8000 fax: 404-8005

#### Braemore Lodge

2402 South Main St., Penticton V2A 5H9  
Ph: 250 492-2969 fax: 492-2901



**Penticton Youth Alcohol & Drug Services**

740 Carmi Ave., Penticton V2A 8P9  
Ph: 250 770-3555 fax: 770-3599

**Trinity Care Centre**

75 W Green Ave., Penticton V2A 7N6  
Ph: 250 493-6601 fax: 493-5206

**PRINCETON - KEREMEOS****Princeton General Hospital**

98 Ridgewood Drive PO Box 610, Princeton,  
V0X 1W0  
Ph: 250 295-3233 fax: 295-3344

**Princeton Health Centre**

98 Ridgewood Drive PO Box 610, Princeton,  
V0X 1W0  
Ph: 250 295-4442 fax: 295-4443

**South Similkameen Health Centre**

700 Third St., Keremeos V0X 1N3  
Ph: 250 499-3029 fax: 499-3027

**Ridgewood Lodge**

98 Ridgewood Drive PO Box 610, Princeton,  
V0X 1W0  
Ph: 250 295-3211 fax: 295-4081

**Keremeos Alcohol & Drug Services**

700-3rd St., Keremeos V0X 1N0  
Ph: 250 499-3029

**Princeton Alcohol & Drug Services**

96 Ridgewood Dr., Princeton  
Ph: 250 295-4449 fax: 499-3027

**VERNON - LUMBY****Community Care Health Services**

4505 25th St., Vernon V1T 4S8  
Ph: 250 541-2200 fax: 541-2244

**Downtown Primary Clinic**

2902 – 29th Ave., Vernon V1T 1Y7  
Ph: 250 541-1097 fax: 541-1098

**Gateby Care Facility & Adult Day Program**

3000 Gateby Place, Vernon V1T 8V8  
Ph: 250 545-4456 fax: 545-4439

**Lumby Health Unit**

2135 Norris Ave., Lumby V0E 2G0  
Ph: 250 547-9741 fax: 547-6931

**Vernon Health Centre**

1440 - 14th Ave., Vernon V1B 2T1  
Ph: 250 549-5700 fax: 549-5711

**Vernon Jubilee Hospital**

2101 - 32nd Ave., Vernon V1T 5L2  
Ph: 250 545-2211 fax: 542-0369

**Noric House**

1400 Mission Road, Vernon V1T 9C3  
Ph: 250 545-9167 fax: 545-4980

**Daybreak Adult Day Centre**

4000- 25th Ave., Vernon V1T 1P4  
Ph: 250 558-1214 fax: 558-1296

**Downtown Lab**

#9 - 3100 35th St., Vernon V1T 9H4  
Ph: 250 558-1242 fax: 260-3229

**Polson Residential Care**

2101 - 32nd Ave., Vernon V1T 5L2  
Ph: 250 558-1318 fax: 558-1281

**Vernon Community Dialysis**

#700 3115 - 48th Ave., Vernon V1T 3R5  
Ph: 250 503-3320 fax: 503-3324

**Vernon Mental Health & Additions**

1440-14th Ave., Vernon V1B 2T1  
Ph: 250 549-5737 fax: 549-6358

**Willowview**

1808 - 30th St., Vernon V1T 5C5  
Ph: 250 542-4890 fax: 260-2836

**REVELSTOKE - SALMON ARM.  
SICAMOUS - CHASE****Bastion Place**

700 – 11th St. NE PO Box 1990, S  
Salmon Arm V1E 4P9  
Ph: 250 833-3616 fax: 833-3605

**Chase Primary Healthcare Services**

825 Thompson Ave. PO Box 1099,  
Chase V0E 1M0  
Ph: 250 679-1400 fax: 679-5329

**Queen Victoria Hospital**

1200 Newlands Road Bag 5000, Revelstoke  
V0E 2S0  
Ph: 250 837-2131 fax: 814-2285

**Revelstoke Health Centre**

1200 Newlands Road Bag 5000,  
Revelstoke, V0E 2S0  
Ph: 250 814-2244 fax: 814-2243

**Salmon Arm Public Health**

851-16 St. NE PO Box 627,  
Salmon Arm V1E 4N7  
Ph: 250 833-4100 fax: 833-4117

**Shuswap Community Care Health  
Services**

2 - 2770 Trans Canada Hwy NE  
PO Box 520,  
Salmon Arm V1E 4N6  
Ph: 250 832-6643 fax: 832-8781

**Shuswap Lake General Hospital**

601 - 10th Stree NE PO Box 520,  
Salmon Arm V1E 4N6  
Ph: 250 833-3636 fax: 833-3609

**Sicamous Health Centre**

#10 - 1133 Eagle Pass Way,  
Sicamous V0E 2V0  
Ph: 250 836-4835 fax: 836-3166

**Harmony Haven Adult Day Program**

2 - 2770 Trans Canada Hwy NE  
PO Box 520, Salmon Arm V1E 4N6  
Ph: 250 832-6643 fax: 832-8781

**Moberly Park Manor**

711 West 1st St. PO Box 1570,  
Revelstoke V0E 2S0  
Ph: 250 837-3147 fax: 837-5720

**Mount Cartier Court**

1200 Newlands Road Bag 5000, Revelstoke  
V0E 2S0  
Ph: 250 814-2232 fax: 814-2233

**Revelstoke Mental Health & Addiction**

1200 Newlands Rd, PO Box 5000,  
Revelstoke, V0E 2S0  
Ph: 250 814-2241 fax: 814-2242

**Shuswap Outpatient Lab**

2 - 2770 Trans Canada Hwy NE  
PO Box 520, Salmon Arm V1E 4N6  
Ph: 250 803-4501 fax: 803-4502

**Chase Health Centre**

826 Thompson Ave., Chase V0E 1M0  
Ph: 250 679-1420 fax: 679-8815

**Salmon Arm Mental Health & Addictions**

431 Hudson St. N.E.,  
Salmon Arm V1E 2S1  
Ph: 250 833-4103 fax: 832-1714

**Salmon Arm Mental Health Centre**

851-16 St. NE PO Box 627,  
Salmon Arm V1E 4N7  
Ph: 250 833-4102 fax: 832-1714  
Sicamous Ph: 250 836-3440  
fax: 836-3166  
Enderby Ph: 250 838-0738

**\*Can't find what you are looking for?  
Visit Interior Health's Website for more  
information: [www.interiorhealth.ca](http://www.interiorhealth.ca)**

# DIRECTORY OF SOCIAL & HUMAN SERVICE ORGANIZATIONS & NON PROFIT GROUPS

## KELOWNA

### **AA - Alcoholics Anonymous Kelowna / Lake Country / Peachland / Rutland / Westbank**

Call for meeting times and location  
**250-763-5555**

### **Access Resources**

981 Borden Ave  
Kelowna, BC V1Y 6A5  
**250-763-2217**

### **AIMHSS**

101-1455 Ellis Street  
Kelowna, BC V1Y 2A3  
**250-868-2115**

### **Alzheimer Society of BC**

307-1664 Richter Street  
Kelowna, BC V1Y 8N3  
**250-860-0305**

### **ARC Programs Ltd.**

513 Bernard Avenue,  
Kelowna, BC V1Y 6N9  
**250-763-2977**  
www.arcprograms.com

### **Arthritis Society**

150A 1855 Kirschner Road  
Kelowna, BC V1Y 4N7  
**250-868-8643**  
www.arthritis.ca

### **BC Cancer Agency - Sindi Ahluwali - Hawkins Cancer Centre for the Southern Interior**

399 Royal Avenue, Kelowna, BC V1Y 5L3  
**250-712-3900**  
**1-888-563-7773** (in BC and Yukon)

### **Be A Hero**

2041 Harvey Ave  
Kelowna, BC V1Y 6B7  
**250-717-1003**

### **Big Brothers & Sisters**

151 Commercial Dr Suite 102  
Kelowna, BC V1X 7W2  
**250.765.2661**

### **Braintrust Canada Association**

368 Industrial Ave Suite 11  
Kelowna, BC V1Y 7E8  
**250-762-3233**

### **Bridge Youth & Family Services**

760 Hwy 33 W  
Kelowna, BC V1X 1Y4  
**250-763-0456**

### **Bridges to New Life Society**

1197 Sutherland Avenue  
Kelowna, BC V1Y 5Y2  
**250-448-6975**

### **Building Healthy Families Society - Kelowna Office**

1390 KLO Road,  
Kelowna, V1W 3P6  
**250-861-4933**

### **Canadian Blood Services Donor Clinic**

Manage and collect the blood supply for  
Canadians in need.

### **Donate**

Monday, Tuesday and Thursday  
11:00 am - 7:00 pm

### **Saturday 9:00am - 5:00pm**

103-1865 Dilworth Drive  
Kelowna, BC V1Y 9T1

Group Bookings

**Contact Gayle @ 250-448-4022**  
**1-888-2DONATE / 1-888-236-6283**

### **Canadian Cancer Society**

202-1835 Gordon Dr  
Kelowna, BC V1Y 3H5  
**250-762-6381**

### **Canadian Cancer Society**

**Freemasons Volunteer Driver Program**  
2251 Abbott Street  
Kelowna, BC V1Y 1E2  
**250-712-1101**  
**1-800-299-0188**

### **Canadian Diabetes Association**

1589 Sutherland Ave  
Kelowna, BC V1Y 5Y7  
**250-762-9447**

### **Canadian Foundation For Trauma**

346 Lawrence Ave Suite 207  
Kelowna, BC V1Y 6L4  
**250-860-8860**

### **Canadian Mental Health Association**

**Kelowna Branch,**  
504 Sutherland Ave,  
Kelowna, BC V1Y 5X1  
**250-861-3644**

### **CRISIS LINE - 1-888-353-2273**

### **SUICIDE PREVENTION LINE - 1-800-784-2433**

### **Canadian National Institute For The Blind**

1456 St. Paul Street,  
Kelowna, BC V1Y 2E6  
**250-763-1191**

### **Canadian Red Cross Society**

**250-491-8443**

### **Central Okanagan Child Development**

546 Bernard Ave  
Kelowna, BC V1Y 6R9  
**250-763-5100**

### **Central Okanagan Elizabeth Fry Society**

347 Leon Ave, Kelowna, V1Y 8C7  
**250-763-4613**

### **Central Okanagan Foundation** **250-861-6160**

### **Central Okanagan Hospice Association**

1456 St Paul St Unit 104  
Kelowna, BC V1Y 2E6  
**250-763-5511**

### **Central Okanagan United Way**

202-1456 St Paul Street  
Kelowna, BC V1Y 2E6  
**250-860-2356**

### **Community Connections**

275 Rutland Rd N  
Kelowna, BC V1X 3B1  
**250-491-2907**

### **Community Recreation Initiatives Society**

Wilson Avenue Kelowna  
**250-979-3941**

**Gifts to Grandmothers** is a dedicated group of volunteers who raise funds to assist vulnerable women and children of Africa. There are 15 million orphaned children because of the HIV/AIDS pandemic. The organization began in 2007 and its main fundraiser is through the sales of a variety of handmade designer bags. 100 % of the profit goes directly to improve women's lives through micro-loans, feeding programs, sponsorship for school children, housing, health and education issues.

**Giftstograndmothers.com**

### **Habitat For Humanity Kelowna**

1793 Ross Road  
West Kelowna BC V1Z 3E7  
**250-762-7303**

### **Hands in Service**

1889 Springfield Rd, Kelowna, BC V1Y 5V5  
**250-861-5465**

### **Heart & Stroke Foundation Of BC**

#4 1551 Sutherland Ave  
Kelowna, BC V1Y 9M9  
**778-313-8090**

### **H.O.P.E Outreach - Helping Out People Exploited**

**www.hope-outreach.com**

Hope provides a caring, trained volunteer group committed to helping women enhance their current and future existence. Our objective is to help women realize their own dreams of living a safe and healthy life.

### **Inn From The Cold Kelowna Shelter**

1157 Sutherland Ave  
Kelowna, BC V1Y 5Y2  
Office Address 1829 Chandler St.  
Kelowna BC V1Y 3Z1  
**250-448-6403**



# DIRECTORY OF SOCIAL & HUMAN SERVICE ORGANIZATIONS & NON PROFIT GROUPS

## **InspireHealth Integrative Cancer Care**

InspireHealth is a not-for-profit society and a leader in integrative cancer care helping British Columbians since 1997.

Our comprehensive whole-person approach integrates healthful nutrition, exercise, and emotional, spiritual and immune support with standard cancer care treatment.

#123 – 565 Bernard Ave

Kelowna, BC V1Y 8R4

**250-861-7125**

info-kel@inspirehealth.ca

www.inspirehealth.ca

## **John Howard Society CSO**

1440 St. Paul Street,

Kelowna, B.C. V1Y 2E6

**250-763-1331**

## **Karis Support Society**

1849 Ethel St, Kelowna, BC V1Y 2Z3

**250-860-9507**

## **Kelowna Alcohol & Drug Services**

1340 Ellis Street 2nd floor

Kelowna, BC V1Y 9N1

**250-868-7788**

## **Kelowna and District SHARE Society**

531 Gaston N, Kelowna, BC V1Y 7E6

**250-763-8117**

## **Kelowna Child Care Society**

4-1890 Ambrosi Road, Kelowna, BC V1Y 4R9

**250-762-3536**

## **Kelowna Community Development Society**

#2 1441 St Paul Street

Kelowna BC V1Y 2E4

**250-763-6696**

## **Kelowna Community Food Bank**

1265 Ellis St

Kelowna, BC V1Y 1Z7

1141 Lawson Ave

Kelowna BC V1Y 6T8

**250-763-7161**

## **Kelowna Community Resources**

255 Lawrence Ave

Kelowna BC V1Y 6L2

**888.353.2273**

## **Kelowna Family Centre Services Society**

#204 - 347 Leon Ave, Kelowna, BC V1Y 8C7

**250-860-3181**

## **Kelowna General Hospital**

2268 Pandosy Street

Kelowna, BC V1Y 1T2

**250-862-4000**

**1-888-877-4442**

## **Kelowna General Hospital Foundation**

2268 Pandosy Street, Kelowna BC V1Y 1T2

**250-862-4438**

## **Kelowna Gospel Mission Hostel**

259-B Leon Avenue

Kelowna, BC V1Y 9N9

**250-763-3737**

## **Kelowna Women's Resource Centre**

1492 St Paul St

Kelowna, BC V1Y 2E6

**250-762-2355**

**The Kelowna Women's Shelter provides safe, confidential services to women and children whose lives have been impacted by family violence and abuse. Call 250-763-1040 or email [community@coess.ca](mailto:community@coess.ca) to get help or give help. New volunteers welcome. [www.kelownawomensshelter.ca](http://www.kelownawomensshelter.ca)**

## **Literacy Now**

c/o 553 Railway Street, Penticton, BC V2A 8S3

**250-462-0636**

## **Meals on Wheels**

**250-763-2424**

## **Multiple Sclerosis Society Of Canada**

Those with MS, their family, firends and caregivers are welcome to attend. The purpose of the group is to share information and provide support.

## **MS Self Help Group**

*Kelowna Arthritis Society*

*150A -1855 Kirschner Road*

*Third Thursday of the Month*

*11:00 am - 12:30 pm*

*Office*

230-1855 Kirschner Road,

Kelowna, BC V1Y 4N7

**250-762-5850**

## **NOW Canada**

1187 Sutherland Ave, Kelowna, BC V1Y 5Y2

**250-763-3876**

## **Okanagan Boys and Girls Clubs**

1434 Graham St, Kelowna, BC

**250-762-3914**

## **Okanagan Mental Health Services**

2303 Leckie Rd Suite 112

Kelowna, BC V1X 6Y5

**250-717-3007**

## **Pathways Abilities Society**

123 Franklin Road

Kelowna, BC V1X 6A9

**250-763-4837**

## **People In Motion**

27-1720 Ethel Street

Kelowna, BC V1Y 2Y7

**250-861-3302**

## **Pets and People Visiting Society**

9 - 3151 Lakeshore Road Suite 211

Kelowna, V1W 3S9

**250.860.2572**

## **Project Literacy Kelowna Society**

1635 Bertram Street Kelowna, BC V1Y 2G5

**250- 762-2163**

## **PPDA: Postpartum Depression Awareness Ltd.**

Provides support, connections to resources and education on the subject of perinatal mood disorders for Okanagan families. Moms and Dads are welcome and Moms are encouraged to bring their babies! Guest speakers and light refreshments provided.

## **Meetings**

Thursday 1:00 - 3:00 pm

504 Sutherland, Kelowna

**778-215-7418**

info@ppda.ca

## **Reach Out Youth Counselling and Family Services Society**

1868 Ambrosi Rd, Kelowna, BC

**250-763-7892**

## **Resource Ability**

200-260 Harvey Avenue

Kelowna, BC V1Y 7S5

**250-763-6624**

## **Seniors Outreach Services Society**

2055 Benvoulin Ct # 102, Kelowna, BC V1W 2C7

**250-861-6180**

## **Society of Hope**

101-2055 Benvoulin Court

Kelowna, BC V1W 2C7

**250-862-8233**

## **Starbright Children's Development Centre**

1546 Bernard Avenue, Kelowna, B.C. V1Y 6R9

**250-763-5100**

## **STI/HIV Clinic - Kelowna Health Centre**

1340 Ellis Street, Kelowna, BC V1Y 9N1

**250-868-7700**

## **United Way Of The Central & South Okanagan/ Similkameen**

202-1456 St. Paul Street,

Kelowna, BC V1Y 2E6

**250-860-2356**

[www.unitedwaycso.com](http://www.unitedwaycso.com)

## **Women's Emergency Shelter**

**Kelowna**

**250-763-1040**

## **YMCA of the Central Okanagan**

375 Hartman Road

Kelowna, BC V1X 2M9

**250-764-9621**

## **KEREMEOS**

## **Keremeos Community Living Day Services**

427 7th Avenue SS 3,

Keremeos, V0X 1N3

**250-499-2388**

# DIRECTORY OF SOCIAL & HUMAN SERVICE ORGANIZATIONS & NON PROFIT GROUPS

## LAKE COUNTRY

**AA - Alcoholics Anonymous**  
Kelowna / Lake Country / Peachland / Rutland / Westbank  
Call for meeting times and location  
**250-763-5555**

**Lake Country Food Assistance**  
3130 Berry Rd  
Lake Country, BC V4V 1V2  
Open Mon-Wed-Thur 9:00 - 3:00 pm  
**250-766-0125**

## LUMBY

**AA - Alcoholics Anonymous**  
Vernon / Armstrong / Cherryville / Lumby  
Call for meeting times and location  
**250-545-4933**

**Whitevalley Community Resources Centre**  
2114 Shuswap Avenue, Box 661  
Lumby V0E 2G0  
**250-547-8866**

## PEACHLAND

**Peachland & District Retirement Society**  
Programs at the 50+ Activity Centre in Peachland.  
Tai Chi, Aerobics, Iron & Silk exercise classes.  
TOPS, AA meetings. Call for complete listing of activities.  
**250-767-9133**

**Peachland Wellness Centre**  
4426 5th St, Peachland, BC V0H 1X6  
The PWC provides education and support programs, information, referral and outreach services for people living in Peachland. The volunteers and staff work in collaboration with other community members, organizations and the municipality.  
**250-767-0141**

## PENTICTON

**AA - Alcoholics Anonymous Pentiction / Summerland**  
Call for meeting times and location  
**250-490-9216**

**Alzheimer Society of BC**  
104-35 Backstreet Blvd.  
Pentiction, BC V2A 1H7  
**250-493-8182**

**ARC Programs Ltd.**  
346 Ellis Street,  
Pentiction, BC V2A 4L7  
**250-492-2987**  
[www.arcprograms.com](http://www.arcprograms.com)

**British Columbia Schizophrenia Society - Provincial Office**  
201 - 6011 Westminster Hwy. Richmond, BC V7C 4V4 1.888.888.0029

**Big Brothers & Sisters**  
1-800-404-4483

**Canadian Cancer Society**  
101-166 Main Street  
Pentiction, BC V2A 5A4  
**250-490-9681**

**Canadian Red Cross Society**  
**250-493-7533**

**Canadian Mental Health Association**  
2852 Skaha Lake Road  
Pentiction, BC V2A6G1  
**250-493-8999**

**CRISIS LINE - 1-888-353-2273**  
**SUICIDE PREVENTION LINE - 1-800-784-2433**

**Community Foundation of the South Okanagan / Similkameen**  
**Pentiction**  
390 Main Street, 2nd Floor  
Pentiction, BC V2A 5C3  
**250-493-9311**  
[www.cffo.net](http://www.cffo.net)

**Discovery House**  
397 Wade Ave W  
Pentiction, BC V2A 1V2  
**250-490-3076**

**Dragonfly Pond Family Society**  
618 Main St. Pentiction, BC V2A 5C8  
**250-490-3305**

**Mental Wellness Centre**  
operated by  
**BC Schizophrenia Society**  
203 Martin St, Pentiction, BC V2A 5K3  
**250-493-7338**

**Multiple Sclerosis Society Of Canada**  
Those with MS, their family, firends and caregivers are welcome to attend. The purpose of the group is to share information and provide support.

**MS Support Group**  
**South Okanagan & Similkameen Chapter - Pentiction**  
*First Thursday of the Month*  
*(Except July and August)*  
**10:30 am**  
3373 Skaha Lake Road ,  
Pentiction, BC V2A 6G6  
**250-493-6564**

**Okanagan Boys & Girls Clubs**  
**250-493-0512**

**OSNS Child Development Centre**  
550 Carmi Ave, Pentiction, BC V2A 3G6  
**250-492-0295**

**Pentiction & District Community Resources Society**  
330 Ellis Street,  
Pentiction, BC V2A 4L7  
**250-492-5814**

**Pentiction & District Society for Community Living**  
180 Industrial Avenue West,  
Pentiction, BC V2A 6X9  
**250-493-0312**

**Pentiction & District Bereavement Resource Centre**  
**250.490.1107**  
[support@pentictionhospice.com](mailto:support@pentictionhospice.com)  
[www.pentictionbereavementresources.com](http://www.pentictionbereavementresources.com)  
Navigating life's most difficult losses & transitions is a tough journey. The Bereavement Resource Centre offers individual counselling & group support programs, info & referral services for all ages, workshops & presentations, a resource lending library & website resources. A safe & compassionate environment.

**Pentiction Hospital Auxiliary Meals on Wheels**  
**250-492-9095**

**Pentiction Recover Resource Society**  
**250-490-3076**

**Pentiction Regional Hospital**  
550 Carmi Avenue,  
Pentiction, BC V2A 3G6  
**250-492-4000**

**Salvation Army - Pentiction Community & Family Services**  
(Community Ministries / Food Bank)  
2399 South Main Street,  
Pentiction, BC V2A 5J1  
**250-492-4788**

**Salvation Army - Pentiction (Thrift Store)**  
318 Ellis Street,  
Pentiction, BC V2A 4L7  
**250-492-3946**

**South Okanagan Integrated Community Services Society**  
35649 - 97 St  
Oliver V0H 1T0  
**250-498-2538**

**South Okanagan Similkameen Brain Injury Society**  
966 Main St. Pentiction, BC V2A 5E4  
**250-490-0613**



# DIRECTORY OF SOCIAL & HUMAN SERVICE ORGANIZATIONS & NON PROFIT GROUPS

**South Okanagan Victims Assistance Society (SOVAS)**  
**-Community Victims Assistance**  
**-Women's Counselling Program**  
**-Men's Counselling Program**  
**250-493-0800**  
**Toll Free 1-888-493-5355**

**SOWINS - South Okanagan Women in Need Society**  
 # 303-246 Martin Street  
 Penticton, BC, V2A 5K3  
**250-493-4366**  
 sowins@telus.net

**United Way of the Central & South Okanagan / Similkameen**  
 390 Main St Suite 200 Box 24026  
 Penticton, BC V2A 5C3  
**250-492-2842**

**Women's Centre Penticton**  
 304 Martin St Suite 209  
 Penticton, BC V2A 5K4  
**250-493-6822**

**Women's Counselling Program**  
 204-304 Martin Street,  
 Penticton, BC V2A 5K4  
**250-493-5355**

**Women's Emergency Shelter Kelowna**  
**250-763-1040**  
**Penticton**  
**250-493-7233**

## SALMON ARM/SHUSWAP

**The North Okanagan-Shuswap Brain Injury Society**  
 Offers a comprehensive range of services to Survivors, Families and Caregivers of people with Acquired Brain Injury. Services include: Case management, Support Groups for ABI Survivors and Caregivers, Person-Centered Life Skills, Social and Recreational Programs, Advocacy and Education about Brain Injury.  
 Box 760  
 364B Ross St. NE  
 Salmon Arm, V1E 4N8  
**250-833-1140**  
**250-833-1173**

**Shuswap Association for Community Living**  
 Providing support to people with intellectual disabilities.  
 #301 - 371 Hudson Avenue NE  
 Salmon Arm,  
**250-832-3885**  
**250-832-1076 Fax**

**Salmon Arm Food Bank (Salvation Army)**  
 191 2nd Ave NE  
 Salmon Arm, V1E 1J3  
**Phone: (250) 832-9194**  
**Fax: (250) 832-9148**  
**Church phone: 250.832.9196**  
**Thrift Store Phone: 250.832.9195**

## SUMMERLAND

**AA - Alcoholics Anonymous Penticton / Summerland**  
 Call for meeting times and location  
**250-490-9216**

**Boys & Girls Clubs Summerland**  
 9111 Peach Orchard  
 Summerland, BC V0H 1Z0  
**250-404-0440**

**Neighborlink Summerland**  
**250-404-4673**

**South Okanagan Therapeutic Riding Association.**  
 Riding lessons for mentally, physically and socially challenged children and adults.  
 To provide a safe and fun learning environment during horseback riding lessons to develop strength, coordination, balance and assist in the development of social skills and to promote learning.  
 Summerland  
 Spring and Fall sessions, 8 weeks each and two 4 day summer camps in July and August.  
 Head Instructor: Joan Sopow:  
**250-404-0530**  
 info@sotra.ca  
 www.sotra.ca

**Summerland Community Support**  
 102-7705 Prairie Valley Road,  
 Summerland, V0H 1Z4  
**250-494-3040**

**Summerland Asset Development Initiative**  
 9117 Prairie Valley Rd, Summerland, BC V0H 1Z4  
**250-494-9722**

**Summerland Food Bank and Resource Centre**  
 778-516-0015  
**Summerland United Church** 13204 Henry Avenue, Summerland BC

## WEST KELOWNA

**AA - Alcoholics Anonymous Kelowna / Lake Country / Peachland / Rutland / Westbank**  
 Call for meeting times and location  
**250-763-5555**

**Canadian Red Cross**  
 2466 Main St, Westbank, V4T 1Z1  
**250-768-8965**

**Habitat for Humanity ReStore**  
 1793 Ross Road,  
 West Kelowna, V1Z 3E7  
**778-755-4346**  
 Westside Health Network Society  
 2300 Carrington Rd, West Kelowna, BC V4T 2N6  
 250-768-3305

## VERNON

**AA - Alcoholics Anonymous Vernon / Armstrong / Cherryville / Lumby**  
 Call for meeting times and location  
**250-545-4933**

**AL-ANON**  
**Please call for meeting times and locations**  
**250-554-4933**

**Alzheimer Support Groups - Vernon**  
 For caregivers and people in early stages of Alzheimer's disease and related dementia.  
**Meetings**  
 First Wednesday of Every Month  
 10:00 - 11:30 am & 7:00 pm  
 Call Carly Gronlund  
**1-800-634-3399**

**Boys & Girls Clubs Of Vernon Vernon**  
 3300 37 Ave  
 Vernon, BC V1T 2Y5  
**250-542-3121**

**Canadian Cancer Society**  
 Vernon Office  
 104-3402 27 Ave, Vernon, BC V1T 1S1  
**250-542-0770**

**Canadian Mental Health Association**  
 3100-28th Avenue,  
 Vernon, V1T 1W3  
**250-542-3114**

**CRISIS LINE - 1-888-353-2273**  
**SUICIDE Prevention LINE - 1-800-784-2433**  
**Canadian Professional Counsellors Association**  
 #203-3306-32nd Avenue  
 Vernon, BC V1T 2M6  
**250-558-3323**

**Cancer Relaxation Support Group Meeting**  
 3402-27th Avenue, Vernon  
 (People Place)  
 Thursday @ 3:30 pm **250-542-6373**

**Community Foundation-North Vernon**

Po Box 464 Stn Main,  
Vernon, BC V1T 6M4  
**250-542-8677**

**CODA - Codependents Anonymous  
Vernon**

A fellowship of men and women working to build  
healthy relationships with self and others.

**Meetings Letting go CoDA**

1340-14th Avenue, Vernon  
(WL Seaton Centre off Kal Lake Road)  
Wednesday 7:00 pm

**Family Resource Society for the North  
Okanagan**

201 - 3402 27th Ave  
Vernon BC V1T 1S1  
250-545-3390

**Heart & Stroke Foundation Of BC**

Kelowna  
778-313-8090

**Hospice Society of the North Okanagan**

3506 27th Avenue  
Vernon, BC V1T 1S4  
**250-503-1800**  
www.nohs.ca

**John Howard Society Of North Okanagan**

2307 43 St  
Vernon, BC V1T 6K7  
**250-542-4041**

**Kindale Development Association  
Vernon**

1340 Polson Dr  
Vernon, BC V1T 8H2  
**250-558-1997**

**Kindale Main Street Connection  
Vernon, BC**

3314 30 Ave  
Vernon, BC V1T 2C8  
**250-545-2377**

**Learning Disabilities Association**

3402 27 Ave Suite 102  
Vernon, BC V1T 1S1  
**250-542-5033**

**Multiple Sclerosis Society of Vernon**

Those with MS, their family, friends and caregivers  
are welcome to attend. The purpose of the group  
is to share information and provide support.

**MS Support Group**

#105-3402-27th Avenue,  
Vernon, V1T 1S1  
**250-542-2241**

**Mood Disorders Support Group**

c/o 2100-28th Crescent  
Vernon, BC V1T 1V2  
**250-542-6155 or 250-558-6900**

**Narcotics Anonymous  
Meeting**

(Behind Knox Church)  
3204 Alexis Park Drive, Vernon  
(Path to Recovery)  
Wednesday @ 7:00 pm  
**24 Hour Help Line - 250-503-3260**  
**1-866-918-3574**

**NEXUS BC Community Resource Centre  
102 3201 30th Street**

**Vernon BC**  
**2580-545-8572**

**North Okanagan Community Life Society**

2400 46 Ave  
Vernon, BC V1T 9N5  
**250-545-5153**

**North Okanagan Neurological Association**

2802 34th Street, Vernon, V1T 5X1  
**250-549-1281**

**People In Need Crisis Line**

**Admin Office**  
3402-27th Avenue Room 103  
Vernon, BC V1T 1S5  
**250-545-8074**

**CRISIS LINE**

**1-888-353-2273**  
**SUICIDE PREVENTION LINE**  
**1-800-784-2433**

**Pregnancy Outreach Program**

2902-29th Avenue  
Vernon, BC V1T 5C8  
**250-542-5448**  
**TEXT LINE 250-306-9954**

**Schizophrenia Society  
Mental Illness Support Centre**

#301-3402-27th Avenue,  
Vernon, V1T 1S1  
**250-260-3233**

**St. John Ambulance**

1905 - 47th Avenue, Vernon, V1T 9A3  
**250-545-4200**  
www.sja.ca/bc

**Stroke Recovery - Vernon Branch  
Meeting**

5101 25th Avenue  
(Eagles Hall Okanagan Landing)  
Thursdays 9:30 am-12:30 pm  
**250-260-8029**

**Stopping The Violence**

3402 27 Ave Suite 302  
Vernon, BC V1T 1S1  
**250-558-0334**

**The People Place Society**

3402 - 27th Avenue # 101,  
Vernon, V1T 1S1  
**250-558-6585**

**Therapeutic Riding Association  
North Okanagan (NOTRA)**

Box 328  
Vernon, V1T 6M3  
**250-549-0105**

**United Way of the North Okanagan**

3304 30th Ave. Vernon, V1T 2C8  
**250-549-1346**  
www.unitedwaynocs.com

**Upper Room Mission Society**

3403 - 27th Avenue, Vernon, V1T 1S2  
**250-549-1231**  
www.vernonurm.org

**Vernon Disability Resource Centre**

3402 27 Ave Suite 107  
Vernon, BC V1T 1S1  
**250-545-9292**

**Vernon Jubilee Hospital Foundation**

2101-32nd Street, Vernon, V1T 5L2  
**250-558-1362**  
www.vjhfoundation.org

**Vernon Treatment Centre**

Do you or a loved one have an alcohol/drug and/  
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courses available. Please call for more information.  
#3 2810-48th Avenue, Vernon, BC  
V1T 3R4  
**250-542-6151**

**Vernon Women's Transition House Society**

Administration Office – The People Place -  
**3402** 27th Ave. Room #302, Vernon  
**250-558-3850 Ext. 204**  
**Transition House 250-542-1122**

**Victim Assistance Services**

**Vernon**  
3402 27 Ave Suite 303  
Vernon, BC V1T 1S1  
**250-542-3322**

**Victims Assistance Program**

**Vernon**  
3402 30 Street  
Vernon, BC V1T 5E5  
**250-260-7171**

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[rain@flyingsoulo.ca](mailto:rain@flyingsoulo.ca)

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**Counselling Services**

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Kelowna

[elainewalkerrpc.com](http://elainewalkerrpc.com)

250.718.6084

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[hardknoxcounselling.com](http://hardknoxcounselling.com)

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[laura@kwikfit4u.com](mailto:laura@kwikfit4u.com)

Laura 1.877.548.5945

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At DermMedica we know people love to feel their best. We offer skin care solutions such as Botox Cosmetic, Facial Fillers, CoolSculpting Fat Removal, Laser Hair Removal, Laser Peels, Laser Tattoo Removal, Varicose Vein Treatments and so much more in a relaxing, no-pressure environment.



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*Okanagan Woman Magazine would like to thank all who have supported our publication throughout the 2014 calendar year - advertisers, subscribers & readers.*

As you know, Okanagan Woman donates 100 % of the proceeds of its subscription and newsstand sales to charity.

In 2013, with your help, we were able to donate \$750 to a local woman's charity called House of H.O.P.E.

H.O.P.E. is a Safe House in Kelowna which offers 10 beds for short or long term ladies in need. In house programs are offered with 12 Step Meetings, and the WISH Program (Women Integrating Social Health) which is an 8 week program.

Ladies are helped with finding resources in the community, such as Doctors, A & D Counsellors, and Mentors, they receive help with recovery plans and abuse issues, and have access to Elizabeth Fry Society contacts and programs.

This year - 2014 - we are thrilled to announce that we have been able to donate \$1000, split between the Central Okanagan United Way and the Kelowna Women's Shelter. That's an increase of 25 % in subscription and newsstand revenue, which we were able to give to these organizations, on behalf of our readers.

Please consider giving a subscription (page 28) as a Christmas gift, and we can continue to give back to the community together.

**Thank you**

TJ Wallis

Editor/Publisher

Okanagan Woman Magazine

# CALORIE CONSUMPTION FROM ULTRA-PROCESSED FOOD PRODUCTS MORE THAN DOUBLES SINCE 1938!



**T**he portion of Canadians' grocery budgets spent on ready-to-consume foods has risen by nearly twenty percent since 1953 according to a recent study, published in the Canadian Journal of Dietetic Practice and Research. What's more, this shift in spending is linked to a concerning rise in calorie consumption from these products.

"Looking at food acquisition data, we saw sharp increases in calorie intake from ultra-processed foods over time," explains Jean-Claude Moubarac PhD, lead author of the study. Ultra-processed food products are defined as formulations made from substances extracted or refined from whole foods. "Products like cookies, soft-drinks and pre-prepared dishes would be considered ultra-processed. These foods tend to contain more added salt, sugar and fat and are more energy dense than recipes prepared at home." "Dietitians have seen these trends first hand. Consumption of Canadian grown foods, like root vegetables and legumes are decreasing while soft drinks, sweetened juices and sweetened foods like cookies and ice cream have increased" says Kate Comeau, Registered Dietitian and Spokesperson for Dietitians of Canada. The study showed an overall decline in calories from unprocessed and minimally processed foods and ingredients (33%) and a corresponding increase in processed foods. "In response to these trends, Dietitians of Canada has hosted public campaigns and produced tools and information to support Canadians to make home-cooked meals from basic ingredients."

*Visit Dietitians of Canada website for healthy recipe ideas and information on healthy eating including a smart phone app that provides you with a healthy eating tip everyday!*

#### ABOUT DIETITIANS OF CANADA

Dietitians of Canada is the national professional association for dietitians, representing 6,000 members at the local, provincial and national level. As the voice of the profession, Dietitians of Canada strives for excellence in advancing health through food and nutrition.







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