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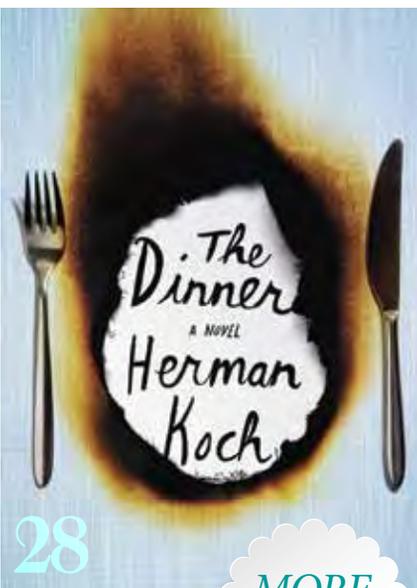
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ALOHA

SEASONS GREETINGS

When I was a child, my parents' pet name for me was "skinny Minnie." I ate like a bird, except at Christmas time, when I snuck into the pantry to gobble up my mother's home made shortbread cookies, leaving a trail of crumbs back to my bedroom. That short-term gluttony of shortbread sustained me till spring and perhaps that is why my mother never admonished me for dipping into her Christmas stash; she was simply glad I was eating.

I have never been able to duplicate my mother's shortbread and I have given up trying. Over the years, my appetite has matured along with the rest of me and I have learned to enjoy food beyond Christmas baking. Look for some delightful holiday recipes – traditional and innovative – on our foodie pages.

In the last issue of *Okanagan Woman* we brought you the Makeover story, Patti and Dot's Outstanding Day. This issue, we've found another best friend twosome to pamper for a day! Follow along (page 24) with Charrie Hyatt and Heather Bridge while they are treated to extra special fun!

We spent a lot of the fall season gallivanting around the Okanagan. In October, we were thoroughly entertained at Vernon's Dancing with the Stars Fundraiser for the North Okanagan Hospice Society, sponsored by Cheek to Cheek Dance Studio. We spent a fun afternoon at the House of Rose Winery for the Okanagan Grape Stomp for the Canadian Cancer Society. And we dropped in on the annual Body and Soul Wellness Fair at Parkinson Recreation Centre, as well as the Women's Fair at the Prestige in Vernon. Then, in November, we had a fabulous evening with our friends from The View Winery and 100 or so *Okanagan women* at The Heart Truth Kelowna's Red Dress Event at the Kelowna Library.

And now, we welcome the snowy season and all it offers the Okanagan! While some relish the anticipation of opening day at our world class ski resorts, others thank their lucky stars for our international airport that offers flights to tropical destinations. I am one of the latter, which brings me to our travel story on page 20, which features a unique business that helps people plan visits to Oahu, Hawaii.

I, myself, will be writing and blogging from Maui this winter. *Okanagan Woman's* administrative and sales offices are open as usual, but if you're interested in this editor's adventures in Hawaii, "LIKE" us on Facebook, or follow the editor's blog. There's a link to it on our website!

Aloha!

TJ

PS

If you enjoy this magazine, we invite you to subscribe for yourself or a friend. Not only will Okanagan Woman be delivered right to your home, proceeds from subscriptions and newsstands sales go to local women's charities.



VIV BONIN FROM MARY KAY & TJ WALLIS AT THE VERNON WOMAN'S FAIR, THE PRESTIGE HOTEL (RIGHT) GERDA ADERHOLD FROM JUICE PLUS AT THE BODY AND SOUL WELLNESS FAIR KELOWNA



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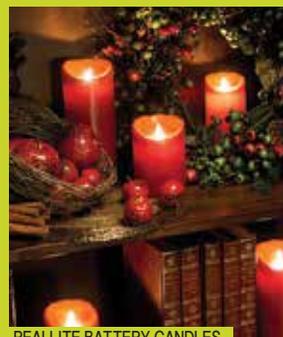
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LETTERS TO THE EDITOR

EDITOR'S NOTE:

Thank you to our readers who took the time to send letters/emails informing us of the boo boo in last issue's Famous Woman quiz answers. If you were confused, too, this letter from Melody Irmen sums it up nicely.

Just to first let you know I have been enjoying your magazine. It has been improving with age like so many of us women. It gets delivered here to work and I like to scoop it right away and read all the articles before giving back to share with others.

I thought you may want to know there is a bit of mix-up in the Famous Women Quiz – which you may already of heard. No 3 is not Maya Angelou she is No 5 and there is no description for No 5. No 3 is JK Rowlings and No 7 is Madeline Albright – which you have 2 number 7's.

Thanks ladies keep up the wonderful articles. It makes me want to go out and try all these restaurants, wineries, and shops.

Best regards,

Melody Irmen

Vernon Women's Transition Society

Dear Okanagan Woman

I wanted to complement you on an exceptional magazine. I found it at the doctor's office and bought a subscription for myself and my daughter. We both love the recipes. We loved the story about Women of the Okanagan Culinary Scene but would love to see more stories about the local arts scene. We really like what you are doing and can't wait for the next one.

Yours truly

Harriet and Amanda



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HAS GIFT WRAPPING Become a lost art?

HAVE WE BECOME A SOCIETY THAT IS TOO BUSY FOR GIFT WRAP? WHEN A BIRTHDAY ARRIVES OR THE HOLIDAYS COME AROUND IN FULL FORCE, WHERE DO MOST PEOPLE TURN? TO THE ULTRA-CONVENIENT GIFT BAG, THAT'S WHERE.

Gift bags have largely taken over the party aisles at most stores, where rows and rows of gift bags in all shapes and sizes are not uncommon. If you're trying to find a roll of wrapping paper, good luck. For birthdays, anniversaries and even baby showers, paper designs have essentially become obsolete.

It's true that wrapping paper seems to make a rebound come the holiday season, when stores begin to devote aisles of space to holiday supplies. But even when shiny foils and smiling Santas beckon customers from the tightly packed rolls, many people still choose gift bags.

Gift bags do have many advantages. They are easily portable, generally inexpensive and come in some very clever designs. They're also touted as a "green" product because they can be reused.

But there are plenty of people who feel that the elimination of intricately wrapped presents takes some of the magic out of the holidays. Carefully wrapped gifts

show that a person put in time and effort to present a gift in a way that is sentimental and personal. Although it may take mere minutes to pry away the paper and find a treasure inside, there's something to be said for paper-wrapped gifts. It means the gift-giver sat down, pondered the paper design and carefully chose the bow or ribbon with the recipient in mind.

Before you eschew wrapping paper for a gift bag this holiday season, think about all of the advantages to spending some time and reacquainting yourself with the art of gift wrapping. Here are some reasons to save the gift bag for another time.

* Wrapping can be green, too. Wrapping paper can be reused if it is carefully removed from a gift. You also can create your own wrapping paper by decorating brown postal paper with a rubber stamp or having children color their own special murals. Don't overlook newsprint as wrapping as well.

MANY PEOPLE HAVE TURNED THEIR BACKS ON WRAPPED GIFTS IN FAVOR OF GIFT BAGS. HOWEVER, THERE'S SOMETHING TO BE SAID FOR INTRICATELY WRAPPED PRESENTS UNDER THE TREE.



WRAPPED
GIFTS TRAVEL
BETTER

* Paper is more cost-effective. You are bound to get more bang for your wrapping buck by choosing wrapping paper. Although there are scores of discount stores that sell low-priced gift bags, often the quality isn't the same, and the handles could tear after one or two uses. Wrapping paper per inch is definitely more affordable than gift bags, particularly when purchased on sale.

* Wrapping paper lets you be creative. Cover a box with a patchwork of different paper scraps, choose to stagger colors of paper with boxes towered one on top of another or tie on the biggest bow you can find.

* Paper is traditional. Look back to the classic stories of yuletide and you are bound to find images of Santa Claus pulling wrapped boxes out of his enormous gift sack. Also think about how department stores used to (and some still do) offer complimentary gift wrapping.

* Wrapped gifts travel better. When carrying your bounty of gifts to friends and family, carefully wrapped boxes tend to stand up to travel better than gift bags. No one wants to receive a gift bag that has been wrinkled and crushed into some amorphous shape. Plus, wilted tissue paper can be off-putting.

* There's something magical about wrapping paper. The anticipation, the drama, the build-up to peeling aside wrapping paper and revealing the gift has brought smiles to children's (and adults') faces for generations. It is hard to improve on something that has been successful for years and years.

Although the public may be swept up in rushing from here to there, there are traditionalists who appreciate sitting down and spending time creating holiday magic by way of beautifully wrapped gifts. 



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KEEPING FIT & ACTIVE DURING THE OKANAGAN WINTER

BY: DR. CRISTINA CAPERCHIONE, BHK, MHK, PHD.

SNOWSHOEING
CAN BURN
BETWEEN 420-
1000 CALORIES
PER HOUR!

As the days become shorter and the air crisper, we are quickly reminded of the winter season fast approaching. During this time, many of us find it difficult to stay motivated when it comes to being active or eating well, and why not, as sitting in front of the fireplace sipping hot chocolate or enjoying a beautiful pinot noir from the Okanagan Region, seems much more enticing than braving the winter elements. However, we need to remind ourselves that those behaviours have lasting effects and are usually the bane of our existence come Spring time when we are trying to fit into last summers' favourite shorts or skirts!

Being physically active in the winter will not only benefit our physical health, but it will also invigorate our mental health. Getting outside helps rid us of the dreaded "cabin fever" we feel over the cold winter months and provides us with the opportunity to breathe in some fresh air, helping to clear our minds and reduce our stress. Not to mention, getting outdoors and being active also gets our heart pumping and help us keep off any excess weight we might be harbouring due to the yummy treats we all love to indulge in during the festive season!

We already know how lucky we are to be living in the Okanagan Region, given its breathtaking scenery and access to so many summer outdoor activities; such as boating, swimming, hiking, golfing, wind surfing, etc. However, let's not forget about the abundance of winter pursuits on offer. Most appealing, is that many of these activities provide both physical and mental health benefits, as well as being user friendly, family friendly, and budget friendly.

Snowshoeing for example is a great activity that is challenging, yet fun! It can be done on your own, or with family and friends. Although there may be some small costs associated with snowshoe rentals and trail

passes (if you want a groomed trail), snowshoeing is an excellent activity choice as it can be done at anytime, anywhere, and at any skill level. Not to mention, this low impact safe activity is one of the best ways to burn calories. According to researchers at Ball State University and the University of Vermont, snowshoeing can burn between 420-1000 calories per hour! Dr. Connolly from the University of Vermont further specified that, "Snowshoeing utilizes major muscle groups which, when combined with a higher metabolic rate in cold weather and the added resistance of moving through snow, results in a high energy activity".

Snowshoeing and other popular Okanagan activities such as skiing and snowboarding are great winter activities to keep us fit and healthy during the cold winter months. Yet, some of these more structured activities just don't do it for all of us. I know that most of you remember how fun winter was as a child, being outside with our friends, building snow people and making snow angels, just being able to "play". So why not go back to that? Why not get out there with our children, grandchildren, and friends and learn to play again! What makes "play" so exciting?? Well, it doesn't feel like you are actually working hard, yet it provides a great way to get active, burn calories, and feel great! Building

"BEING PHYSICALLY ACTIVE IN THE WINTER WILL NOT ONLY BENEFIT OUR PHYSICAL HEALTH, BUT IT WILL ALSO INVIGORATE OUR MENTAL HEALTH."

a snowman alone can burn up to 285 calories per hour, while making snow angels or having a snowball fight can burn up to 214 and 319 calories and hour. So, what are you waiting for? Bundle up, put a smile on your face and go play in the glorious Okanagan! ❄️

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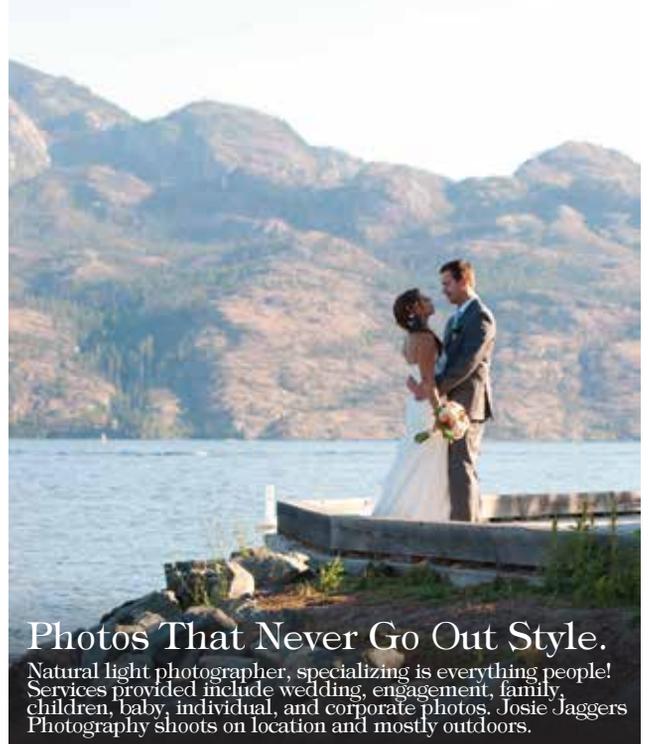
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BRING ON ANOTHER
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"I DON'T PLAN ON
QUITTING.
I LOVE IT!"

PHOTO BY JESSIE VOSS PHOTOGRAPHY

The Unstoppable PEGGY KASSA

BY: PATTI LEFKOS

Ask anyone who knows her, Peggy Kassa is a force to be reckoned with. Summer or winter, don't blink or you'll miss this dynamo on the way to her next event. Whether it's waterskiing and stand up paddling on Okanagan Lake in summer, cross-country and alpine skiing at Silver Star in winter, or volunteering all year round, the flame-haired whirlwind is always on the move.

Want to be on a team for the Carter Classic to raise money for Silver Star Adaptive Snow Sports?

See Peggy. Think it might be fun to join a team to golf in Wine, Women and Woods at Predator Ridge in support of the fight to end breast cancer? Give Peggy a call. Or maybe you're just up for a casual costumed Halloween stand up paddleboard tour of Okanagan Lake. Whatever the occasion, adorned with fuschia tutu's or neon indigo boas, her teams always have fun. "We've won most years for the best costume at both events," says Peggy, wrapping a wide gold belt, slated to be part of her Wonder Woman costume for the next event, around her enviably shapely waist.

Calgary native and florist in her past life, Peggy, is certified to teach alpine, cross-country and telemark skiing as well as snowboarding. She's been at it for 40 years. "I love it. It keeps you young," she says. When not on the slopes you'll find her out on the trails at Silver Star with her snowshoeing buddies, dogs Kona and Kula.

Peggy began her ski career at the age of 18, instructing at Happy Valley, Sunshine, Lake Louise and Mount Norquay. After moving to Vernon, she and her husband, local realtor Don Kassa, coached Snow Mites, the four and five year olds, with the Vernon Ski Club.

Now her most rewarding volunteer role is as head of the Ladies and Men's Day programs at Silver Star. "Fifteen years ago Darren Richmond, then head of the snowsport school, asked me if I would like to take it on," she says. "I'd already been involved as an instructor for 10 years. I said yes. I knew it was something I'd enjoy doing."

The Silver Star Ladies Day program is the longest continually running program of its kind in BC. Silver Star's first ski school director, Austrian Willie Leitner, originally advertised it as Housewife's Fun Day, and

wondered if anyone would show up. He needn't have worried. That first Monday in 1961, thirty-five women arrived as well as two men wearing dresses over their ski suits who wanted to join the fun.

When Peggy took over the Ladies Day program, there were 50 participants. Now more than 100 women gather on Tuesdays for morning group lessons followed by lunch, fashion shows, guest speakers and countless door prizes like Ousia Spa sessions, Flower Spot Coupons, nights at the Vance Creek Hotel or private ski lessons, all donated by local businesses. "The Ladies love the prizes," she says. "Some win more than the price of the program," she says. Wednesday Men's Day started with 11 men. Peggy has raised the count to more than 70.

All a bit too energetic for you? Consider this. In 1986 Peggy suffered a serious head injury in a small plane accident. After ten days in the hospital, she recovered much better than the neurologist expected. "It's due to my stubbornness," she says. "And Don's support. I had two small kids at the time." Three years ago she had brain surgery again to deal with the pain that has continued to plague her over the years. "Dr. Lefevre in Kelowna changed my life. It has been an absolute turnaround for me."

Peggy's currently ramping up for another round of Ladies and Men's Day in 2014. "I love watching women and men learn to ski," she says. "And I think one of the most important aspects of the programs is women and men finding new friends at their same level of skiing and boarding they can ski with on other days. That's happening a lot."

Bring on another season. "I don't plan on quitting. I love it," she says. ❖

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The BRAMBLE

INGREDIENTS:

- 2oz Okanagan Spirits GIN
- 1oz Fresh lemon juice
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- 1/2oz Okanagan Spirits Blackberry Liqueur



DIRECTIONS:

In a cocktail shaker filled with ice, shake together the first three ingredients and strain into a rocks glass filled with crushed ice, mounded high. Drizzle Blackberry liqueur over the top and garnish with a slice of lemon, two blackberries and a short straw.

Note: Crushed ice is important in this drink for the dilution. You can either smash your cubes in a clean dish towel or make cracked ice by whacking each cube with the back of a heavy spoon.

And, to make simple syrup, stir together equal measures of hot water and sugar, cool to room temperature and store in refrigerator until ready to use. [w](#)



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WINTER PHOTO CONTEST

There is no shortage of phenomenal talent and photographic genius right here in the Okanagan / Shuswap and *Okanagan Woman's* quarterly photo contest is designed to showcase exactly that.

Thank you to all the outstanding photographers who submitted images for this Winter issue. It is never easy to choose, but our cover shot from award winning Kelowna photographer Suzanne le Stage, truly inspire us! Suzanne's work has earned her several awards including, Finalist for Photographer of the Year 2013 of Professional Photographer of Canada B.C., Winner of PPOC-BC Fashion Portrait of the Year 2013, Winner of PPOC-BC Figure Study Portrait of the Year 2013 and Winner of PPOC-BC Fine Art Portrait of the Year 2013

Submit your photos:

We are looking for your most creative fashion photo submissions for the Spring issue! Sure, we're looking for technical quality, clarity and composition, but even more, we are looking for the unexpected – the creative – the WOW factor.

So, get your creative juices flowing! The criteria is simple: The team members – the model, make-up artist, photographer – must have an Okanagan Shuswap connection! For more details on how to submit and prize information, please visit our website: www.okanaganwoman.com

THE DEADLINE FOR THE SPRING PHOTO CONTEST IS FEBRUARY 10TH, 2014!

1st

1ST PLACE: PHOTOGRAPHY//CREATIVE DIRECTOR SUZANNE LE STAGE
EYES OF LE STAGE PHOTOGRAPHY WARDROBE PRONOVAS
MAKEUP ARTIST SUZANNE ATTEW OF SUBLIME MAKEUP ARTISTRY
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2ND PLACE: PHOTOGRAPHY JESSIE VOSS PHOTOGRAPHY MAKEUP JESSIE VOSS WARDROBE 104 GREY CLOTHING MODEL MONTANA ROBINS





3RD PLACE: PHOTOGRAPHY SONIA PHOTOGRAPHY MAKEUP ARTIST SJB MAKEUP HAIR STYLIST AMP HAIR MODEL EDEN GALE



When Coldstream's Sharlene L'Arrivee puts her mind to a task, you can be assured she will go at it "full on, hair straight back." Those are the words Sharlene's friend and colleague Sylvia Altwasser uses to describe Sharlene's business acumen and ethic. Sharlene makes things happen.

And it is exactly that kind of professionalism and business ethic that makes Prestige Concierge Hawaii, Sharlene's specialty travel planning and home management service, so successful. As the name implies, Prestige Concierge Hawaii assists vacationers and corporations plan unique visits to the Island of Oahu.



Sharlene and Sylvia share an office in Hawaii with the Hawaii International Film Festival, giving them the inside scoop on special events. **Prestige Concierge Hawaii also has access to secret island paradises, including luxurious vacation rental homes frequented by celebrities and presidents during their stay.**

While Prestige Concierge Hawaii caters to an elite clientele like celebrities and corporate leaders, their mission is to give every traveller an exclusive "experience."

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ALEXANDRA BABEL: CHANGING LIVES THROUGH THE ARTS

BY: MELISSA LIGTERWOOD

Alexandra Babel leads a joyful and inspired life, complete with tragedy and revelation, a rich family history, some deep, genuine belly laughs, and adventures both across the globe and into the figurative unknown.

Her latest adventure combines a lifelong passion with more than two decades of professional success and a dream to redefine opportunities and possibilities for operatic arts in the Okanagan.

As Opera Kelowna's founding artistic director, Alexandra is determined to see lives changed through the arts.

"Opera is the perfect vehicle for bringing arts together, and it's for the average Joe. Even if you can't relate to the sounds, maybe you can relate to the costumes or the hair or the makeup. You will walk out of the show feeling filled."

She learns, she shares, she teaches –

and she can belt it out with the best of them from the highest mountain tops around the world. A lyric soprano with a list of credits and credentials that rivals most Hollywood actresses, Alexandra admits starting her own non-profit organization has been the biggest challenge yet.

"I had a very unique upbringing and the whole perspective on life was that you can make it if you go for it. If you don't know what you want to be, just keep getting educated," says Alexandra, reflecting on the wise words of her parents.

"I think I've had more education in the last year than all of my post graduate studies combined," she laughs.

Opera Kelowna's inaugural season, aptly named *Primo Respiro*, or *First Breath*, serves as an intentional metaphor for her journey in more ways than one.

Alexandra is the youngest and first American-born member of her large German-Ukrainian family. Growing up, she always knew there was something strange about the way she perceived sound.

"I had this habit of lying in bed and making every noise I could think of. It was like sounds came to

me in colour," she says of those unusual first sensations she later learned were a form of synesthesia.

"Sounds and colours came to me in a way I could not explain."

Although she grew up around music and shared in the booming, jubilant delivery of traditional European folk songs with her family, it wasn't until university that she first discovered her own voice and her love of opera.

"I went to my first opera at 17 and I bawled the whole time. The music is emotional and it's the moving breath that gets visceral for me. When someone is spending their breath to give me a sound, it moves me," she says.

Kelowna's first opera company is in many ways a symphony of firsts, not the least of which include making world class classical music accessible to the public and tangible to young artists in the Okanagan.

Alexandra says her father always encouraged her to pursue teaching, but she was a performer at heart in the early days of her career. Now, ironically, she says her greatest reward comes from watching her students succeed.

"These kids can go on auditions with the experience of saying they sang or performed in a top level show with a full orchestra. They are paddling upstream to be classical singers, so that's huge for them."

The next step is to continually elevate the calibre of education at Opera Kelowna. Her mission, she says, is to recruit the world's best talent to train with her students.

On her hit list of prospective instructors is Barbara Bonney, an American-born soprano who now teaches at the Mozarteum University in Salzburg. Bonney is generally considered one of the greatest sopranos of her time.

For students to be able to say they trained under someone like Bonney, Alexandra says, is an incredible opportunity.

The ultimate goal, at least for the short term, is for opera to become a regular fixture in the Okanagan arts scene. Alexandra says she wants to see a main stage opera production passing through Kelowna at least once a year.

"I want to bring something to Kelowna that lifts the community up. It's good for us spiritually to have these life giving and life bringing events in the community. Why not the Okanagan? We can have the best of the best here."

For more information on Opera Kelowna and its upcoming productions and educational programmes, visit: operakelowna.com w



SUMMER OPERA PERFORMANCE DURING
STANDING OVATION

HOLIDAY *brunch*

FAMILY FEATURES

What a spread!

A holiday celebration at home should be as much fun for the hosts as for friends and family. With a little advance planning, the goal of effortless entertaining is suddenly within reach.

First, make it brunch, typically lighter and simpler to prepare than dinner. Buffet style is another smart choice — just arrange the dishes on pretty holiday linens and invite guests to serve themselves.

Half of the work is done when you go with full-flavored imported Italian cheeses like Parmigiano Reggiano, Grana Padano and Montasio, and air-cured hams like Prosciutto di Parma and Prosciutto di San Daniele. As PDO (Protected Designation of Origin) products, they belong to a special group of high-quality European foods that can be made only in specific geographical regions.

FOUR DISHES THAT ADD UP TO A NO-STRESS BRUNCH BUFFET:

- A frittata with the deeply savory flavors of Prosciutto di Parma and Parmigiano Reggiano cheese. It's equally delicious warm or at room temperature, which ever is more convenient.
- Thumbprint biscuits featuring melted Montasio cheese in the indentations on top — a clever touch for biscuits made with ready-made dough.
- Another brilliant two-ingredient recipe consists of eggs baked in Prosciutto di San Daniele "cups." They are crisp, creamy and irresistible.
- Festive garnishes for a salad of deep green kale leaves, tossed with orange vinaigrette, include Grana Padano shards, pears and pine nuts.

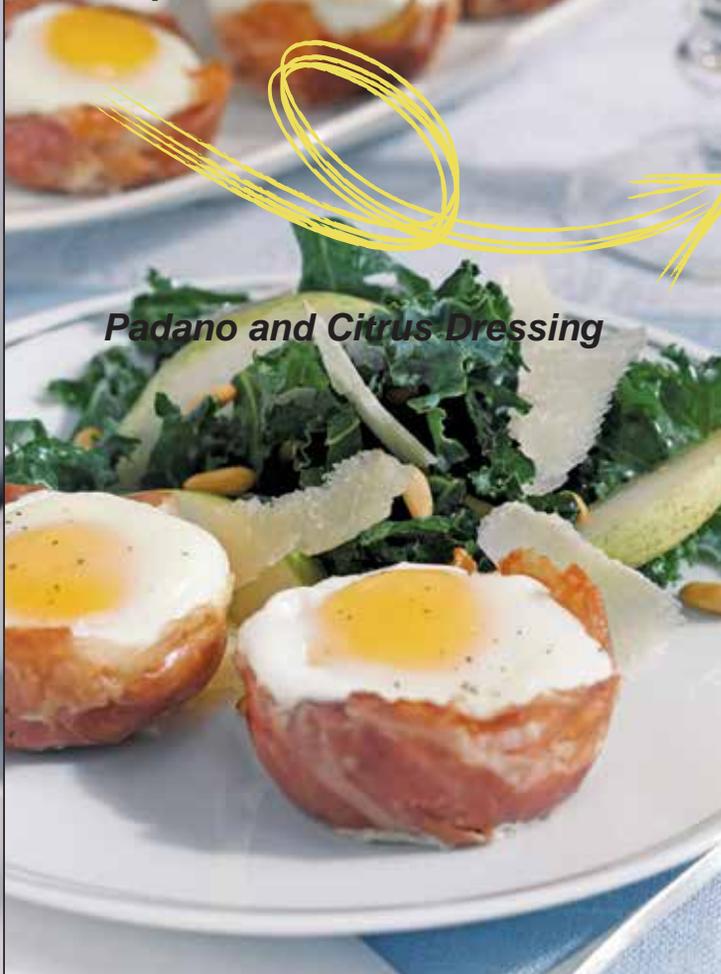
For more information on the PDO system and holiday recipes using these legendary cheeses and hams, visit www.legendsfromeurope.com.

THINK ABOUT DRINKS

One way to keep it simple is to settle on a house drink for your brunch buffet, such as a Poinsettia Cocktail made with one part cranberry juice and one part Grand Marnier to four parts prosecco. For the nonalcoholic version, combine the juice with sparkling water or lemon-lime soda.

PHOTO: MONTASIO CHEESE THUMBPRINT BISCUITS AND PROSCIUTTO DI PARMA AND PARMIGIANO REGGIANO FRITTATA

EGGS BAKED in Prosciutto di San Daniele Cups and Kale Salad with Grana



Padano and Citrus Dressing

Montasio Cheese Thumbprint Biscuits

Yield: 8 biscuits

1 package store bought ready-made biscuit dough
1 cup coarsely grated Montasio cheese

Preheat oven to 400°F. Separate biscuits onto a parchment lined or lightly greased baking sheet. With your thumb, press into center of each biscuit to form a small well. Fill each well with 2 tablespoons of the grated Montasio. Bake until tops are golden, about 8 minutes. Serve immediately.

Prosciutto di Parma and Parmigiano Reggiano Frittata

Yield: 4 to 6 portions

8 large eggs
1/2 cup whole milk
1/4 teaspoon black pepper
3 ounces thinly sliced Prosciutto di Parma, torn into 1-inch pieces
6 scallions, thinly sliced
1/2 cup (2 ounces) coarsely grated Parmigiano Reggiano
1 tablespoon extra virgin olive oil

Preheat oven to 350°F. In a large bowl, beat eggs and milk with an electric beater until frothy; add pepper. Stir in the Prosciutto di Parma, scallions and cheese. Heat oil in an 8-inch oven proof skillet; add egg mixture and cook over medium heat until edges are set, about 8 to 10 minutes. Place in oven and bake until firm, 15 to 20 minutes.

Eggs Baked in Prosciutto di San Daniele Cups

Yield: 12 portions

12 slices Prosciutto di San Daniele
12 large eggs

Preheat oven to 400°F. Fold one slice of Prosciutto di San Daniele in half crosswise to make a rectangle. Fit into a muffin cup. Crack egg into lined cup. Repeat with remaining ham and eggs. Bake 10 to 12 minutes to desired doneness.

Kale Salad with Grana Padano and Citrus Dressing

Yield: 5 cups

1/2 pound kale
1 large Anjou or Bartlett pear, sliced
1/2 cup Grana Padano shards
1/4 cup pine nuts or sliced almonds, toasted
2 tablespoons orange juice
2 tablespoons white wine or balsamic vinegar
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Remove ribs from kale and cut into 1-inch ribbons; place in a large salad bowl. Add pear, cheese and nuts. Whisk together orange juice, vinegar, olive oil, salt and pepper. Pour over salad and toss.



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makeover

STORY BY SHANNON LINDEN
PHOTOGRAPHY BY JOSIE JAGGERS



CHARRIE REVEALING HER NEW LOOK!

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NEW DAY CALLING

Three years after losing her daughter, Charrie Hyatt looks at everyday as an opportunity to try something new.

What kind of a woman needs a makeover most? Is it the potential candidate for What Not to Wear, running around town in her PJ bottoms and dirty ponytail? The classmate who shows up at the reunion looking exactly like the day she graduated—in a big hair kind of way?

Or could it be the average woman, trying her best to look great—but putting her work and family first, rarely indulging in luxuries like a new outfit or a spa treatment?

And what if that everywoman had endured a tragedy so unfathomable, a day to recharge with a friend, to be pampered and honored for her lovely femininity and formidable strength, might be a small token toward healing?

Welcome to *Okanagan Woman's* second makeover session featuring Charrie Hyatt, a Westbank woman catapulted into national news, when her 16-year old daughter, Ashlee, was stabbed to death by another teen girl at a Peachland gathering in June of 2010.

Charrie and Heather: Holding Each Other Up

I wonder how to be when I meet Charrie. After all, I have a 16-year old daughter and can't possibly pretend to understand the depths of Charrie's anguish. It scares me—this pain and this possibility; the truth that our children are vulnerable to the evils that befall our world and even the weight of our love is not armor enough to protect them.

Yet the first thing that strikes me when she steps into the car—a new Corolla S



CHARRIE AND HEATHER DURING THEIR VISIT TO BELLA CLOTHING BOUTIQUE AND PARTNER STORE, DANDY DIVA

generously donated by Kelowna Toyota Sales Manager, Steve White—is her infectious enthusiasm, her contagious laughter.

She's thrilled to be embarking upon this day with her dear friend, Heather Bridge.

The two met when Charrie was working at a Shell gas station.

"I always came in my Suburban and we would chat," Heather explains. *"One day I pulled up in my little Jeep Cherokee and Charrie said, 'What's with this?'"*

"I told her I was separating from my husband," Heather says. *"Charrie immediately became a mother hen, wagging her finger in my face and telling me to come in for regular oil changes. She always looked out for me."*

Heather worked hard, establishing her own business, Borrowed and Blue Bridal Boutique in Westbank. Mother to two daughters and a son, she's now in love and step-mom to another daughter.

Charrie also has a loving partner, Brody, and two daughters, Ashlee and younger sister, Brooklyn. When she met Heather, life was good. But the night Ashlee was taken, Charrie's world completely crumbled.

Heather was ready to hold her up through the devastating loss, ensuing media circus, and gut-wrenching trial.

"Heather cries at everything," Charrie jokes, *"But she was my rock."*

Every Woman Feels Better in a Little Something New

A new day calls for a new outfit and accessories, courtesy of Bella Clothing Boutique and partner store, Dandy Diva.

Charrie is stylish in black pants and shell, topped with a long, black cardigan, the lapel set in sparkling silver. Her outfit is comfortable and easily goes from smart casual to sexy with the addition of a lacy shell or tank top and a pair of heels.

Heather looks fabulous in black tights topped with a long, printed blouse in one of this season's hottest colour combos: coral and animal print. With cut out shoulders and gold chains serving as straps, it's a fun and fashionable walk on the wild side.

"I wanted to add some punches of colour to my black and grey wardrobe," Heather says.

"I picked black because it hides things," Charrie quips.

She is particularly pleased with her butterfly and heart bracelet. *"Since Ashlee was taken, I see butterflies everywhere, they follow me, swarm me,"* she smiles.

"See my tattoo?" Tugging her pant leg, she reveals a butterfly on her calf, the words, Fly free my angel, engraved within.

Onto Odette's, Where Skin Care is Soul Care

Odette Baumgartner knows beauty. Offering a range of esthetics including waxing, spa and laser treatments, as well as holistic health counseling, she pampers clients at her tranquil wellness clinic in Ellison Estates.

Heather is in heaven as Odette gently applies a Diamond Microderm abrasion to



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M makeover

her face, ridding it of dead skin cells. The procedure allows products, like Lumilift cream, to be more deeply absorbed.

Meanwhile Charrie oohs and aahs as holistic practitioner, Kylie Kranabetter, performs reflexology on her feet.

Both ladies are treated to body wraps, a process that sees their midsections mummified in something like Saran, encouraging essential oils and herbs to travel into fat cells and detoxify them. The results, according to Odette, are astounding: up to three inches off the waist in as little as 45 minutes.

Marketing Executive, Gemma Walsh, photographer, Josie Jagers, and this writer, want to know where to sign up.

All She Wants to do is Dance

The day has flown by but Gemma knows Charrie and Heather love to laugh so she's planned a little something that comes as a surprise to us all.

The look on the ladies' faces when we arrive at the dance studio—fully

“

I'M USING MUSCLES THAT HAVE BEEN EXTINCT FOR A LONG TIME!”

equipped with shiny floor to ceiling poles, not unlike the kind firefighters shimmy down—is not-so-subtle shock.

Charrie laughs. *“Pole dancing! Well, I did say I wanted to try something new!”*

Okanagan Pole Dance owner and instructor, Erin Smith, has to laugh too—after all, she's used to this reaction.

Litely enveloping herself around her pole, spinning in one direction while her long, brown hair flies in the other, the rest of us stare, perplexed.



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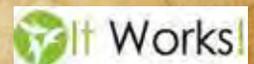
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We awkwardly wrap legs, clench with slippery hands, heavily hoist ourselves and clumsily fall around the thing.

Pole dancing is not what one might imagine. Sure it has a certain reputation, but it requires the strength of an athlete combined with the grace of a dancer to become a poetic expression of sexy. As such it is moving into the realm of recreation, becoming a fitness trend.

After only a few tries, Heather has the basic spin down, quickly adding the knee spin with success.

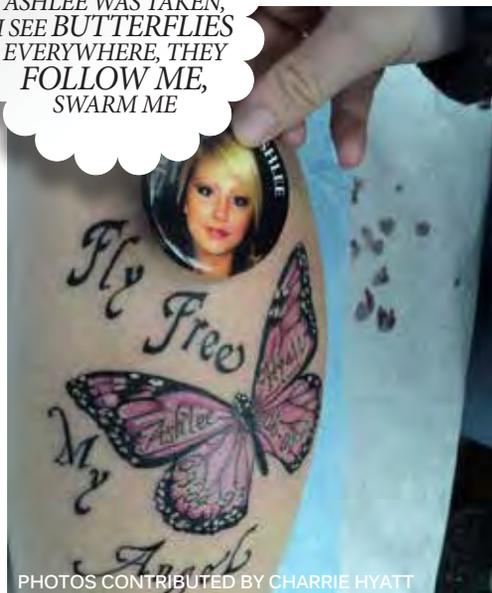
"I'm using muscles that have been extinct for a long time!" Charrie says.

"I'm getting dizzy," Heather admits.

A dancer for seven years, Erin has been teaching pole dancing for half that long and running her business for almost a year. Talented and light-hearted, she offers lessons and group instruction for good times, like stagettes and birthdays.



SINCE
ASHLEE WAS TAKEN,
I SEE BUTTERFLIES
EVERYWHERE, THEY
FOLLOW ME,
SWARM ME



PHOTOS CONTRIBUTED BY CHARRIE HYATT

A Fresh Face and Phenomenal Outlook

Though so much was taken from her, Charrie is determined not to succumb to the bitterness that would steal anymore of her life. She relishes new adventure, like this makeover day.

"People say you have to move forward," Charrie says, *"So that's what I do. I just take Ashlee with me."*

She's established an annual bursary in Ashlee's name, awarded to a peer-mentor graduate at Mount Boucherie. She has a memorial garden for her daughter in her backyard. She talks to her everyday on Facebook. She posts new photos of now 14-year old Brooklyn and even old ones of Ashlee.

"Some pictures she would tell me to take down," Charrie grins. *"Mom!"* she'd say. *"You take the worst photos!"*

"She'd worry that all her friends would see them. Little did she know all her friends would end up on my Facebook anyway." Charrie grows serious for a moment but soon smiles. *"She'd want me to keep living my life and so I do. She'd want all of us to keep living life."* ♥

TOP:
 LADIES FROM KELOWNA TOYOTA,
 WITH SALES MANAGER, STEVE
 WHITE (RIGHT), INTRODUCE
 CHARRIE AND HEATHER (LEFT) TO
 THEIR RIDE FOR THE DAY, A 2014
 TOYOTA COROLLA S

MIDDLE:
 CHARRIE HYATT MEMORIAL TATTOO
 FOR HER DAUGHTER ASHLEE

BOTTOM:
 ASHLEE FALL 2009



PHOTOS CONTRIBUTED BY CHARRIE HYATT

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PHOTO SHANNON LINDEN

Fall Reading with Fifteen Friends

BY: SHANNON LINDEN

With golden sunlight dancing across the changing landscape and a little nip in the Autumn air, I love to dive down under a duvet, out on my deck, a fat glass of red wine or creamy cup of coffee in one hand; a good book in the other.

What really enriches my reading is when the LOL get together to discuss our current novel. Now into our third season as a book club, we continue to relish one another's company (and happily devour the delectable spread of fine food and sumptuous sips) every monthly meeting brings.

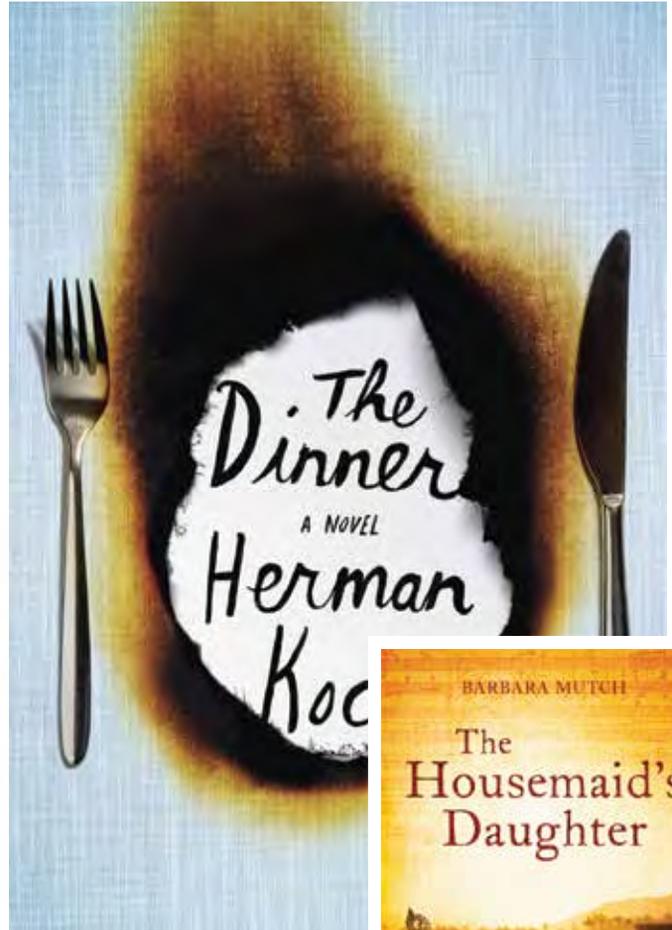
Take a look at what we've read this fall. Join us online (shannonlinden.ca) or follow us on Twitter (@LadiesOnLit). We'd love to hear

what you think of our books—and what you're reading. Pass along your passions for literature—and food and wine, too!

THE DINNER By Herman Koch

LOL member, Laura Gosset, is more than an avid reader; she's an awesome writer. With a mystery novel in the works, she takes time to really weigh in on our reads—and write into my blog. She (and all of the LOL) had a lot to say about this controversial, international best seller by Dutch author, Herman Koch.

A superb pick for a book club, the story is set when two families meet under the pretense of dinner,

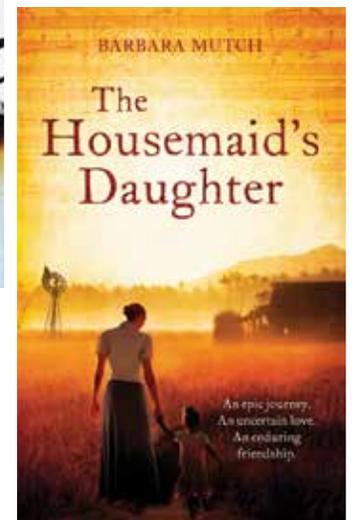


but are really there to discuss their sons' heinous crimes—video taped recordings of them brutally beating homeless people. Here's what Laura had to say:

This dark and disturbing read, with a cast of increasingly nasty fictional characters, brings a whole new meaning to, "Guess whose coming to dinner?"

During the aperitif, I admit I was on the side of the protagonist, Paul. I could identify with him as he

ruthlessly skewered the pretension of the swank, trendy restaurant and his seemingly shallow, insincere brother. His mocking and meandering musings were almost comical, although some of the other gals found them to be more tiresome than



funny, particularly that ominously hovering pinkie finger of the Maitre'D.

Other LOLers also claimed to have seen the real, loathsome Paul from the very first bite. But I did not. I naively believed him to be the persona he initially presented – a devoted husband and father and a rational, moderate individual. But even before the "main course" was served, I was beginning to doubt my preliminary judgment. And that is how it went through the entire book. Continually, I was forced to re-evaluate my conclusions in light of further evidence, masterfully revealed, layer-by-layer, by Herman Koch.

By the time the dame blanche had melted into the fancy linen tablecloth, and the ending had unfolded, there were still many questions left unanswered. And I think perhaps that is exactly what Koch intended – food for thought!

Personally, I think this book was about the measures a person is

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prepared to take to protect his or her family. You love your kids. You want to instill in them a strong set of values. But what happens when things go awry? How far are you willing to go to sweep things under the mat? To keep secrets? To protect them from appropriate consequences for their actions, particularly if those consequence will devastate them the rest of their lives?

I can't say that I enjoyed the book. But I can't say I wish I hadn't read it either.

4.5/5 Cheers!

THE HOUSEMAID'S DAUGHTER

By Barbara Mutch

This book is an epic journey of friendship between two unlikely women: Cathleen Harrington, an Irish immigrant settled in South Africa in 1919, and her housemaid's daughter, Ada.

Bright, inquisitive, and eager to learn, Ada is a charming child and Cathleen takes to her, teaching her to read and write, and indulging

“

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Ada's immense talent for music with piano lessons. Before long Madam feels more connected to Ada than she does her own children.

When Ada grows into a young woman, becoming pregnant with a mixed race child, she fears she has betrayed her beloved Cathleen. Desperate to spare her Madam the disgrace that would descend upon her family if the truth were known, Ada flees the only home she's ever known, moving to the poor, black township.

The rising tides of apartheid conspire to keep Ada captive in poverty while ostracizing her daughter. Rampant racism gives way to escalating violence, yet Madam Cathleen never gives up looking for Ada.

Mutch's writing is lovely and lyrical, particularly descriptions of Ada's piano playing, and the way the music selections throughout the

book seem to echo the sentiments of the characters. I enjoyed this author's style and appreciated the immensity of the story, but I found her work too constant.

All of the LOL liked this novel, admired the writer's skill, and were moved by the women's friendship, but while the book is never boring, it's never exciting either. Given the drama of the day, I yearned for more spark in the story.

The characters are well developed and the division of blacks and whites is well described in Mutch's book. She masterfully weaves an intriguing plot, but for me, the passion of the place—and the people—was missing.

As the reader is taken through events like war and suicide, the shanty shacks of black townships versus the estate homes of the whites, the fierce fighting that erupted during apartheid, the

undercurrent that keeps it all together, is the story of Ada and Cathleen. Constant. Predictable. Despite the deep sadness and unending loss these women endure, their friendship lives on, surviving the most unforgivable odds.

It's quite beautiful. It's certainly thought provoking. It just isn't a page turner. But then again...good literature doesn't have to be.

3.5/5 Cheers!

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Complete the holiday season with **GINGERBREAD**

Whether leaving cookies out for Santa or simply spreading some holiday cheer among family and friends, the following recipe for "Soft Glazed Gingerbread" from Elizabeth M. Prueitt and Chad Robertson's "Tartine" is sure to please this holiday season.

SOFT GLAZED GINGERBREAD

Yields 12 to 20 cookies

DOUGH

- 3 3/4 cups all-purpose flour
- 1 tablespoon cocoa powder
- 4 teaspoons ground ginger
- 1 1/2 teaspoons ground cloves
- 2 teaspoons ground cinnamon
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 1/4 teaspoon black pepper, freshly ground
- 1 cup unsalted butter, at room temperature
- 3/4 cup plus 2 tablespoons granulated sugar
- 1 large egg
- 1/2 cup blackstrap or other dark molasses
- 2 tablespoons light corn syrup

GLAZE

- 1 cup confectioners' sugar
- 2 tablespoons water

RECIPE



To make the dough, stir together the flour, cocoa powder, ginger, cloves, cinnamon, baking soda, salt, and pepper in a mixing bowl. Set aside. Using a stand mixer fitted with the paddle attachment, beat the butter on medium-high speed until creamy. Slowly add the granulated sugar and mix on medium speed until the mixture is completely smooth and soft. Stop the mixer and scrape down the sides of the bowl with a rubber spatula as needed. Add the egg and mix well.

Add the molasses and corn syrup and beat until incorporated. Stop the mixer again and scrape down the sides of the bowl. Add the flour mixture and beat on low speed until a dough forms that pulls away from the sides of the bowl and all the ingredients are well incorporated. Remove the dough from the bowl, flatten it on a large piece of plastic wrap

into a rectangle about 1 inch thick, cover the dough with plastic wrap, and refrigerate overnight.

Preheat the oven to 350 F. Line a baking sheet with parchment paper or a nonstick liner.

Unwrap the dough and place on a floured work surface. If using a plaque with a design, roll out the dough 1/3-inch thick, lightly dust the top with flour, press your cookie molds over the dough, and then cut the shapes with a small knife and place on the prepared baking sheet, spacing them about 1 inch apart. Alternatively, using the mold as a guide, cut around it with a small knife, flip the mold over so the design is facing you, and place the dough over it, pressing it into the design. Unmold the shapes onto the prepared baking sheet, leaving about 1 inch between them.

If using a patterned rolling pin, lightly dust the lined baking sheet with flour and transfer the dough to the pan. Lightly dust the top of the dough with flour and roll it into a rectangle about 1/3-inch thick with a plain pin. Then, using the patterned pin, roll over the dough with enough pressure to ensure a clear impression of the design. Trim the sides with a small knife. It is not necessary to cut into smaller sizes before baking.

Bake the cookies until lightly golden along the sides but still soft to the touch in the centers, 7 to 15 minutes. The timing will depend on the size of the individual cookies, or if you have made a single large patterned piece that will be cut after baking.

While the cookies are baking, prepare the glaze. In a small bowl, whisk together the confectioners' sugar and water until smooth.

When the cookies are ready, remove from the oven and let cool on the pan on a wire rack for about 10 minutes. Then, while the cookies are still warm, using even strokes, brush a light coat of glaze on top of each cookie, evenly covering it. Let the cookies cool completely. When the glaze dries, it should leave a shiny, opaque finish. If you have used a patterned pin to make a single large plaque, cut into the desired sizes with a small, very sharp knife. The cookies will keep in an airtight container in a cool place for about 2 weeks. They do not freeze well, however, as glaze becomes watery when they are thawed. 



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IT'S NEVER TOO LATE – OR TOO EARLY – FOR A NEW YEAR'S RESOLUTION

BY: CATHERINE NEWTON

If you're like me, at the beginning of every year you strive to be stronger, faster, fitter and, oh yes, spend less time in the frozen dairy aisle. And if you're like me, the strength of those resolutions fades quicker than the smell of turkey, so by late January you're right back where you started.

Don't worry. We're only human and we're not alone.

It's well-documented that gym membership sales sky-rocket in early January and you have to literally leap-frog over someone, or throw a bribe, to get a spot in your favourite spin class. The enthusiasm sizzles; everyone is out to lose that stubborn 20lbs gained after marriage (or a break-up), or determined to "tone a bit of muscle" now that age is forcing certain body parts south. By mid-February however, those fresh and eager faces have drifted disinterestedly away and that spin bike is once again yours.

It's an old story and it's been told a million times. But why do we fall so easily off the Resolution train?

"People need a better reason for a goal than it's January 1st," said Manda Watt, Director Personal Training at The Woman's Place Fitness Group in Kelowna. "If you're waiting until January to make a life-style change, then you don't really want it. And if you don't really want it, then it's easy to quit."

Watt recommends instead of focusing solely on the final outcome, aim for small changes that



THE WOMAN'S PLACE FITNESS CENTRE TRAINERS

are easier to maintain. For example, if you're looking to shift those extra pounds, instead of starving or depriving yourself of everything you love, first aim to cut all added sugar out of your diet ... and then add a serving of greens.

"Eliminating that soda you drink on your break, or the sugar you put in your coffee is a huge first step," said Watt. "Then take a look at the foods you're eating and ignore all those that list sugar in its top five ingredients. You'll have better energy, clarity and focus, and these results can fuel the next step of your goal."

Baby steps are key. We cannot forget that many marathon runners started with a slow, painful jog around the block. Just start moving. Grab a friend and take a walk. Every day.

"Start small. Roll off the couch and do a few push-ups," says TWP Fitness owner, Cassandra Tompkins. "Set yourself up for success, not failure. Have a plan and remember, you are not alone. Many have walked in your path and are in front of you, and many are following."

But if your brow is still furrowed in skepticism, don't despair. If you're like me and grandiose resolutions at midnight are more your thing, January 1st is right around the corner for us. Chuckle.

FIRST AIM TO CUT ALL ADDED SUGAR OUT OF YOUR DIET... AND THEN ADD A SERVING OF GREENS.

Let your fitness journey begin!

The Woman's Place Fitness Centre in Kelowna is your gateway to a healthy body, calm mind, and an energized spirit. As a leading full-featured gym, TWP provides you with the equipment, classes, education and inspiring motivation to improve your quality of life and achieve your weight loss goals.

Opening their brand new facility at 1851 Kirschner this coming January!

And THAT'S a resolution we promise to keep! ♡

THE NEXT FACE OF *BOOTLEGGER:* AMBERLEE ERDMANN



Amberlee Erdmann

Canadian fashion retailer, Bootlegger, launched a model search Facebook campaign at the beginning of 2013. The lucky winner, Amberlee, a Social Worker from Penticton, beat out 100 entries and won over a panel of judges to receive a once in a lifetime experience of taking part in Bootlegger's Holiday Photo Shoot.

The contest encouraged Genuine and Remarkable men and women in Canada to enter and gain votes from fans to make the top ten, from which a panel of judges deemed a winner.

"It was a very tough choice to make, there were some extremely worthy candidates, but Amberlee stood out to us. She just had the qualities that represent what Bootlegger is all about; she's the whole package, and overall a lovely person," explains Laura Norbury, Bootlegger.

Okanagan Woman Magazine isn't surprised! After all, it was a photograph from Chris Roberge, of Amberlee, that won first place in *Okanagan Woman's* fall photo contest!

Amberlee enjoyed a whirlwind trip to Vancouver; she shopped with a stylist at Bootlegger's newest Guildford Town Centre location to spend the \$1,000 GC which was part of her prize, and had a full day on set with Bootlegger's photo shoot team.

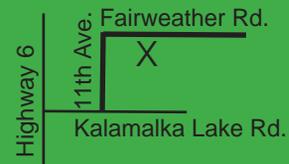
Amberlee's look book will live on Bootlegger.com, the Bootlegger Facebook page, and a poster of Amberlee's looks will be in Bootlegger stores now. [v](#)

PHOTOGRAPHER: EVAAN KHERAJ
HAIR AND MAKEUP: MELANIE NEUFELD
ART DIRECTION: MIA CUNNINGHAM
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(NC)—Using a butter puff pastry is the host or hostess's best friend. Try this delectable nibble for your next party and your guests will be coming back for more.

Turkey and Brie Puff Pastry Bites

Prep time: 20 minutes

Cook time: 22 minutes

INGREDIENTS

½ PC Butter Puff Pastry, thawed but still cold
5 oz (150 g) leftover roast turkey breast, finely diced
3 tbsp (45 mL) mayonnaise
1 pkg (200 g) PC Double Cream Brie, rind removed and cheese cut into 24 equal pieces
2 tbsp (25 mL) Dijon mustard
1 tbsp (15 mL) honey
24 fresh parsley leaves

INSTRUCTIONS

Preheat oven to 425°F (220°C). Place puff pastry on work surface. Roll pastry out in one direction to form a rectangle; cut into 24 equal pieces. Press each piece into the cups of a 24-cup mini muffin pan, allowing some overhang. Freeze for 10 minutes.

In small bowl, stir together turkey and mayonnaise. Remove muffin pan from freezer; divide turkey mixture among the cups. Top each with a piece of Brie, pressing down slightly. Bake in centre of oven for 20 to 22 minutes or until pastry is golden on bottom and cheese is melted and starting to brown. Meanwhile, in small bowl, stir together Dijon and honey. Transfer pastry bites to a long platter; drizzle Dijon mixture over top and garnish with parsley leaves.

Makes 24 servings 



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~Anticipation~

BY LISE SIMPSON

I've always been the kind of person who enjoys anticipating special events. OH, I LIKE SURPRISES TOO, and I can be as spontaneous as the next gal, don't get me wrong. But when there's something really special happening in my life, I love the build-up, the planning, the run-up to the event. Sometimes, depending of course on how good the actual event turns out to be, I derive more pleasure from the anticipation.



This isn't a good thing...reality should exceed expectation. But if an event fizzles for some reason, at least I had the pleasure of thinking about it! I know I'm not the only one with this Modus Operandi. I work with a lady who does a Countdown to Vacation every year. If she's having a tough day at the office she can always comfort herself by saying oh well, only 47 more days to holidays. We tease her about how long her countdowns are, but she doesn't care. It makes her happy, it gives her something to shoot for.

Another lady I used to work with decided to retire and she began a Countdown to Retirement. As she had nearly 30 years with the company I certainly understood her excitement. However she began her countdown when she had 125 days left. This, we all felt, was way too long. Every day she would plod in to her office, set down her purse and car keys, grab a black Sharpie and dramatically draw a huge black X on her calendar. Please note, she did this in the morning, before work had even begun, and it seemed to say that she considered the upcoming day to already be behind her. We suspected we weren't going to get a whole ton

of work out of her that day, and in fact we were right, for 125 days.

There are a couple of dangers with over-doing the anticipation thing. One is that if you become too focused on your long term goal, you can forget to be fully present and alive in your day-to-day life. We, none of us, know how much time we have on this earth, and it is so vital that we engage in and enjoy each and every day for what it has to offer, not just for the fact that it has taken you 24 hours closer to your goal. Another danger in over-anticipating something, let's say it's your wedding day, is that this can set the stage for making the actual day fall short of your dreams. When you dreamed and planned your day you, of course, visualized everything as being absolutely perfect. If something goes wrong or simply not according to plan, can you adapt, readjust, and carry on with happiness and joy? Or did reality have to equal fantasy in order for you to be satisfied?

As I write this I am hurtling across the Atlantic Ocean in a stunningly uncomfortable seat on a British Airways 747. My husband and I are on our way to Rome, to begin a 3 week vacation in Italy that we've been dreaming of for over a year. Have I enjoyed the planning, the discussing, the Rick Steve's book consulting, the choosing of hotels, the pouring over maps in the dark of winter? YES I have, but I don't think I've overdone it. I haven't done a day-by-day countdown. I haven't forgotten to be present in my life and present for the people who, for one reason or another, have needed me. And in fact this trip could not come at a better time, as this summer we suffered a loss in my family that has left me broken-hearted and fragile. So bring me to Italy, British Airways, and I promise to embrace the events and sights of every day I am there, with happiness and appreciation and not a single drop of disappointment. In the next edition of this fine magazine, I'll let you know how it goes. Ciao Bella! ♡



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MARY ELIZABETH "SISSY" SPACEK (1)
(born December 25, 1949) is an Academy Award-winning American actress and singer.

ANNIE LENNOX (2)
(born December 25, 1949) Annie Lennox was part of the Grammy Award winning British music duo, the Eurythmics. Remember "Sweet Dreams are Made of This."

CLARA BARTON (3)
(born December 25, 1821) a pioneer teacher and American suffragette, famous for her work caring for wounded soldiers during the civil war. We threw this one in to really challenge you. If you recognized Clara, you are amazing! ;-)

BARBARA MANDRELL (4)
(born December 25, 1948) is an American country music singer, best known for her signature song, "I Was Country When Country Wasn't Cool."

ALLANAH MILES (5) (born December 25, 1958) is a Canadian singer who shot to stardom with the blues hit, *Black Velvet*.

MEG TILLY (6)
(born February 14, 1960) is an Oscar nominated Canadian-American actress and the younger sister of poker player, Jennifer Tilly.

FLORENCE HENDERSON (7)
(born February 14, 1934) played Mom, Carol, Brady, in the Brady Bunch and was a recent contestant on TV's *Dancing with the Stars*.

LOIS MAXWELL (8)
(born February 14, 1927) was a Canadian actress who played Miss Monneypenny in the first 14 James Bond movies. ♡



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