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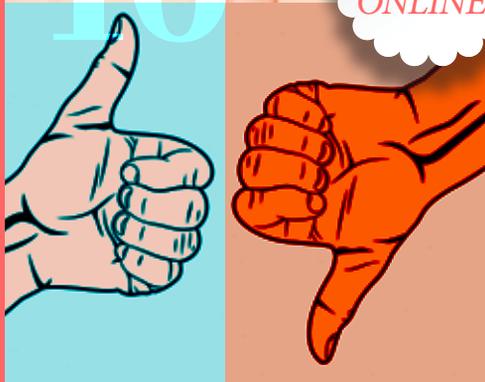
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EXPERIENCING A LIVE PHOTO SHOOT WHILE IN MAUI

THAT'S LIFE: *Vibrant and Colourful*

The entire office was hit by various strains of the winter travel bug. Like so many Okanaganites, who are affected during the dreary gray months from October through February, we embraced the only possible remedy for our ailments – we travelled.

The travel bug my husband and I caught was the Maui variety and it kept us away for 64 days. The sun treated my Vitamin D deficiency and turned my skin a healthy bronze. That, along with the vibrant colours of tropical flowers and fish and fashion, uplifted my spirits daily.

It took a solid three months touring Asia for creative director, Tina, and her husband to recover. Other members of our team came down with less severe versions of the bug, but we all caught it.

There are dozens of good reasons for travelling to faraway lands, like once-in-a-lifetime adventure, seeing new sites, meeting interesting people – but I think the most important is to gain perspective. Travel teaches you in ways that reading about a place simply cannot.

We know everyone does not share our world view, but travel forces us to experience a small part of other cultures and see “*how the rest of the world lives*” so we understand why we all think differently.

In this issue of *Okanagan Woman*, writer Shannon Linden examines a sub culture right here in the Okanagan – the drug culture and how addiction impacts the lives of women. It’s a not a glamorous story, but it is one of hope.

I was telling an editor friend about this story and he asked why we would run such a gritty piece in a fashion magazine. Wasn’t it drifting away from our focus?

I didn’t think so. Sometimes fashion is gritty. Sometimes it is glamorous.

But he had raised an interesting question: what is fashion, really? I found this quote from an unknown source and I think it sums it up exactly, “*Fashion is an art form, and as in most art forms it represents the current state of the world, society, and human culture as a whole.*”

While I was in Maui, I chanced across a New York magazine fashion shoot. It was at a location called “*The Dumps*,” a strange eerie place. An assistant told me the photographer had chosen this desolate lava rock landscape for the shoot because it represented futility, while the lively, colourful clothing represented vibrancy.

That is why women connect with fashion photography; it is art representing life.

Fashion changes because life changes, along with the seasons. Sometimes life is colourful. Sometimes it’s black and white. At times life is simple; at times it is complex and shocking and completely incomprehensible.

We hope the stories in *Okanagan Woman magazine* represent real women’s lives – sometimes adventurous and alluring, when necessary brave and unflinching, often emotional – and always colourful. *Okanagan Woman* is a fashion magazine because whatever life is in a particular moment, it is usually reflected in the fashion worn that day.



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LETTERS TO THE EDITOR

DEAR EDITOR OF OKANAGAN WOMAN:

Your article in the Winter issue about Sandra Babbel was exciting and helpful to all of us in the Okanagan arts community for raising awareness. I am a veteran member of the Okanagan Symphony and a colleague of Sandra's. I would like to call your attention to a correction that should be presented to your readers. **Opera Kelowna** is not the first opera company in this area (as stated in the article "Changing Lives Through the Arts"). In the '90's we had a very active company, Viva Musica.

The company had many fine presentations with wonderful soloists and live orchestra. These mainstage productions included multiple performances of: Magic Flute, Marriage of Figaro, Die Fledermaus, Suor Angelica, Down in the Valley, La Boheme, Gianni Schicchi and Elixir of Love. Among our local conductors were Bruce Dunn and John Unsworth as well as guest maestro Ty Patterson, current music director of Opera Lyra in Ottawa.

Thank you again for supporting the arts.

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TO THE EDITOR:

I was pleased to read the article in your most recent edition regarding **Opera Kelowna** and Alexandra Babbel. It is always great to see stories on the arts in Kelowna. There is a large and vibrant arts community here and it deserves attention. The article itself is well written but there is one factual error. This is the assertion that **Opera Kelowna** is "Kelowna's first opera company." In fact, it may not even be the second.

The Okanagan Opera Society was founded in 1991 by award winning Artistic Directors Roslyn Frantz and Neal Facey. The group was eventually renamed **Viva Musica Society** and provided an opera performance venue primarily for Okanagan singers and musicians. From the humble beginnings of workshops it grew into touring shows of fully staged operas. Both professional and non-professional singers participated. In the ensuing decade Viva staged highly acclaimed productions of such **WORLD FAMOUS OPERAS AS:**

Die Fledermaus, The Magic Flute, The Marriage Of Figaro, La Boheme, The Pirates Of Penzance and The Elixir of Love.

Although the group switched to producing musical theatre in 2000, it stayed in touch with its opera roots by bringing **Vancouver Opera In Schools** to the Kelowna Community Theatre for the enjoyment of elementary age students in School District 23. It also sponsored the tour of award winning soprano Layla Claire, who is originally from Penticton and performed in several Viva Musica productions. Now a successful and very talented professional opera singer, Ms. Claire is an inspiration to local opera students.

Viva Musica recently changed its name to Kelowna Summer Theatre Festival and is now producing professional repertory theatre and musical theatre outdoors. This year they will be located at the Island Stage in Waterfront Park.

There are undoubtedly other examples of opera groups in Kelowna over its 109 year history, although they may have not had official society status. The Okanagan Historical Society may be the answer to that question.

Regardless, I am thankful that a magazine such as yours is covering the arts. Please continue to do so. I look forward to reading more articles about artistic women in the Okanagan.

Peter Kasach, President
Kelowna Summer Theatre Festival
(formerly Viva Musica Society)

TRANSITION HOUSE - A PLACE FOR HOPE

*"THE SHADOW WHISPERS, YOU NEED
MONEY AND YOU NEED IT FAST."*

SILENCING THE SHADOW

HOW THE VOICE OF HOPE IS SAVING
OKANAGAN SEX WORKERS

BY: SHANNON LINDEN

TRANSITION HOUSE - A PLACE FOR HOPE

The shadow whispers, you need money and you need it fast.

She knows it'll beat her down to nothingness, keep her coming back like a skeletal dog, begging for scraps from a cruel master, but she listens.

Your rent is due. Your kids are hungry. You need your fix. Where are you going make a thousand bucks, huh? You're damaged goods. But you're good at this.

She used to be a little girl with big dreams.

The shadow screams now: *Surrender your body to the insatiable appetite of the man with the money. Step into his car, his hotel room, behind a dumpster—it doesn't matter. You can't make this kind of cash serving up always-fresh Tim Horton's but you're stale anyway. You can only sell yourself.*

She listens. And obeys.

Ah, but the price you'll pay, the shadow taunts.

Not a sex worker out there aspired to her life. Hooking was hardly her plan but neither was

growing up sexually assaulted, numbingly neglected, or emotionally abused.

Endless kinds of trauma can destroy a woman's self worth, leading to the drug addiction that lands her on the streets, but even girls with healthy childhoods can heed the shadow's call.

Meet Kelowna's Angie Lohr.

A sales representative with Quantum Graphics (where this magazine is printed), she grew up in Winnipeg, in a loving, Christian home. *"My parents were German immigrants," she says. "I was taught work ethic. We had big family dinners."*

College educated, Lohr went into marketing, got married. Life was good until the husband she dearly loved was repeatedly hospitalized for mental illness. When the marriage ended, Lohr began a downward spiral.

Never a big drinker, she was 28-years old when one evening, surrounded by friends, she accepted an offer to get high. She knew the source, thought she was

safe. Later she would learn she was freebasing cocaine—now known as smoking crack.

One night led to a decade of addiction, petty crime to pay for her habit, and eventually prostitution.

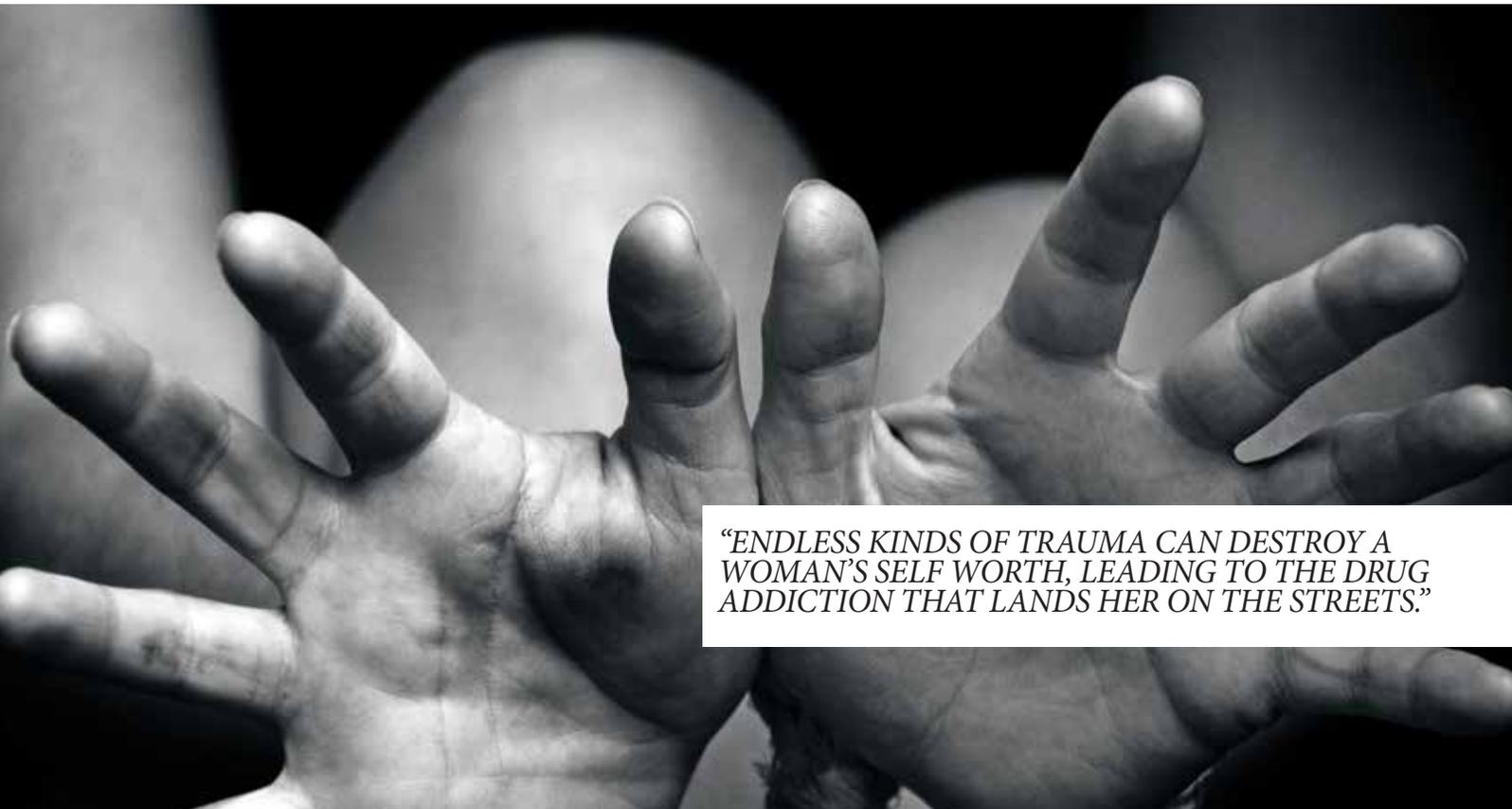
"The more addicted you become, the more criminals you get involved with, the more risks you take," she says.

Before long she was using daily but burying her habit in the ground beneath her seemingly stable feet. She held down a job and kept her drug use completely secret. *"I lived on my own," she explains. "My family was very naïve. People thought something wasn't quite right but they didn't really know what."*

After 13 years in an addiction she left Winnipeg for Calgary, determined to make a clean start. *"I thought I could do it without help," she says. "But if you're addicted, you can't just stop. There's detox and then depression sets in. You go through Post Traumatic Stress."*



ANGIE LOHR AT CHAPTERS NEXT TO OKANAGAN WOMAN MAGAZINE



"ENDLESS KINDS OF TRAUMA CAN DESTROY A WOMAN'S SELF WORTH, LEADING TO THE DRUG ADDICTION THAT LANDS HER ON THE STREETS."



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SUGGESTING
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She started selling herself before that, though. “What’s prostitution?” She gives a wry laugh. “You sleep with dealers for free dope. We single girls thought we were all that. How great is life? It’s such twisted thinking but that’s what happens.”

While Lohr’s story is not unique, the miracle that brought salvation is. “I awoke one day and had a massive spiritual experience,” she says. “A little bit of hope filled me,

that’s all it was. I was using \$1000 a day, smoking, then injecting to get a bigger bang, then suddenly the thought of sticking a needle in my arm made me sick. I’d been missing for six months but I knew if I just got home to Winnipeg, I’ve never use again.”

Clean for twelve years, Lohr doesn’t keep secrets anymore. “I’ve been on CBC so many times,” she laughs, “I’m well out of the closet.”

“Education, just talking about it, is part of the answer. People don’t know about it—and why would they?”

Suggesting movies (like *the Wolf of Wall Street*) glamorize drugs, Lohr knows how quickly addiction leads to desperation. “Why else would women sleep with ten men they don’t know in a day; semen all over their face. That’s not glamorous.”

She doesn’t know why she was saved, chosen even, but she is convinced saving other women is now her calling.

Recipient of the 2012 Courage to Come Back Award in the addictions category (awarded to someone who has overcome obstacles and given back to the community), Angie and her family were treated to a weekend in Vancouver for the gala event.

“RCMP used to arrest me,” she jokes. “Now they nominate me for awards.” (Kelowna constable, Jamie Moffat, put her name forward for the honor).

From walking the streets to strolling the red carpet; from abandoning her family to watching her mom swipe tears of pride in the audience; from losing love to meeting her knight in shining armor—her second husband of seven years, Bill—Angie knows anything is possible.

That’s why she started HOPE: Helping Out People Exploited.

For five years, every night of the year, HOPE volunteers have hit Kelowna streets, handing out care packages that include toothbrushes, condoms, tissues, wipes, and candies to street workers. The ladies love chocolate most. “They’re hungry, they don’t have any money left for treats. They don’t think they deserve them,” Lohr says.

Lohr trains her volunteers (some

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TRANSITION HOUSE - A PLACE FOR HOPE

60) and says the ladies are very receptive. *"They know who we are. We're not threatening or judgmental, we just meet them where they're at."*

"We provide information, where shelters are, where to go for detox. We also Bad Date reports and work with RCMP?"

A woman committed to change might even make her way to the House of Hope—a transitional home for women in recovery, run by Lohr and house manager, Kelly Lim. Warm and welcoming, spotlessly clean, the house is supplied by compassionate landlords.

To become a resident, women must enroll in the 12-step Program; get a sponsor, and drug and alcohol counseling through Interior Health. Doctors' visits are mandatory, with Lohr and Lim looking in daily. *"We're hard on these girls,"* Lohr says. *"But we've been there. We know what it takes."*

Some are on waiting lists for treatment centers. Some are fresh out of detox, awaiting residence in a full-time facility. Some have come back following treatment until they can find jobs, get apartments.

"It's usually about a 6 to 12 month process," Lohr says.

"It's hard to keep them here," she sadly acknowledges. *"Once you stop using, all of your issues come to the forefront."*

For Lohr, faith keeps her headed in the right direction; the voice of love has silenced the shadow—for good. 

HOPE is non-profit and relies on the generosity—and understanding—of the community. To get involved or for more information go to:
www.hope-outreach.com

“

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The book club comes in from the cold - Three great spring reads

BY: SHANNON LINDEN

Searching the shelves for the LOL's latest novel, I got sidetracked by Chapters' home décor.

A particularly plump, soft, grey cushion called to me, the shimmering gold scroll etched across it declaring, *Baby It's Cold Outside*. I loved the touch of festive whimsy it added to my family room. Now, having survived the nastiest cold snap winter has woven, it seems more prophecy than playful sentiment.

But magazine writing means looking months ahead so while we are knee-deep in winter, when this issue hits your hands, we'll be preparing to skip through the tulips.

No matter the season, books take us somewhere inviting and the ladies on literature book club, meeting monthly.

Join us at shannonlinden.ca, where you can chime in on what we're reading, sipping and savoring—and maybe even decorating.

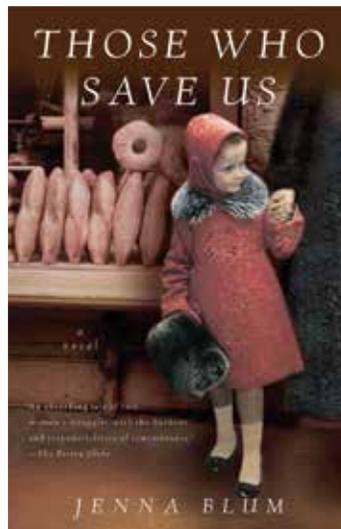
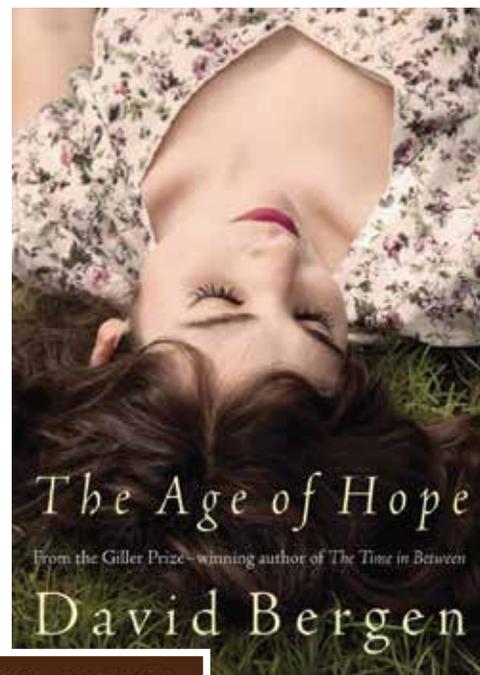
THOSE WHO SAVE US

Jenna Blum

Of Jewish-German descent, Blum worked as an interviewer with Steven Spielberg's Shoah Foundation—clearly what guided her creation of characters and gut-wrenching scenarios in this memorable book.

Told from the unique perspective of Anna, a stunning young woman who sacrifices self and soul to keep her daughter alive during WW II, readers learn of life from the German perspective. Denied love, stripped of their homes and livelihoods and rationed so severely they too were skeletal, many risked their lives to protect Jews and other Germans alike. While Anna and her daughter are eventually liberated by an American soldier, Anna is ostracized in America and stubbornly silent about her dark past.

Told in alternating voices with her now adult daughter, Trudy, the women are guided by guilt and oddly devoid of intimacy. A professor of German studies, it is only when Trudy takes on the project



of interviewing German Holocaust survivors that she faces her reoccurring nightmares of a troubled childhood in Nazi Germany, better understands her distant mother, and learns a great deal about herself.

Disturbing, graphic, but engrossing, Cindy G's choice was an enlightening read.

3.75/5
CHEERS!

LEAN IN
Sheryl Sandberg

When Gail chose *Lean In*, the bestseller by Facebook COO, Sheryl Sandberg, I had my doubts. I have seen her TED talk. I understand her message. But I wasn't sure I entirely agreed.

Don't women struggle as it is? Do we need a super successful, wealthy woman with full-time help telling us we don't do enough at work?

Sandberg urges women to lean into the boardroom table and pursue more leadership roles in their careers, suggesting we examine our own behavior and question why we hold ourselves back. Her message is repeated and reinforced with ample statistics, data, and stories, none unexpected. What did surprise me was her honesty about her own faulty progress; her humble admission she struggles with insecurity and has questioned her own potential as a woman (and wife and mother) in a very powerful position.

Suggesting external barriers erected by society (blatant and subtle sexism, discrimination, sexual-harassment, little flexibility for childcare, too few mentors) hold women back, what Sandberg drives home are the self-imposed barriers women erect around work. We continue to do the majority of the housework and the childcare once married and we

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LEAN IN

WOMEN, WORK, AND
THE WILL TO LEAD

compromise our career goals, even before we have met our partners, if we're still single.

I was surprisingly inspired by her message: We can reignite the revolution by internalizing the revolution. I certainly agree with her opinion: A truly equal world would be one where women run half of our countries and companies and men run half of our homes.

The people at Sony pictures are intrigued. They've recently acquired film rights to a future adaptation of the book as a fictional story.

3.75/5 CHEERS!

AGE OF HOPE

David Bergen

Named a top ten contender for Canada Reads 2013, this book about a housewife born in 1930, living in small town Manitoba, is simple but stunning. The author's writing style is easy yet deeply insightful, seemingly effortless but utterly engaging. His ability to capture the voice of a suppressed woman living at the end of an era—too old to really join the women's movement, yet too young to be relegated to the role of domestic goddess—is mesmerizing.

The book opens when Hope is nineteen and beautiful. While Hope enjoys the attention it brings her, she never really owns her beauty and as the novel progresses, the reader comes to understand that in fact, Hope never really owns any of her attributes.

Feisty, quirky, cheeky even, Hope is wrought with insecurity. She drops out of college to marry the very stable Roy Koop, a Sunday school teacher and car salesman. Roy fulfills all of Hope's needs and adores her but at most she musters gratitude and a deep friendship for him. While she eventually comes to love him dearly, the reader is always left with the sense that like dropping out of nursing school, Hope perhaps did not risk enough in the realm of love.

She goes on to have three children and lead a relatively peaceful domestic life, other than regular visits from her feminist friend, Emily, who both inspires and annoys her. It is when she becomes pregnant with her fourth child, however, that life begins to unravel for Hope. Rocked with depression, some pivotal points evolve in her life.

Nonetheless, the LOL agreed, nothing extraordinary really happens here. It is a wonder Bergen keeps the narrative flowing and the reader happily engaged in his creative world—but he does!

4 CHEERS!

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UPSIDE/DOWNSIDE: SOCIAL MEDIA

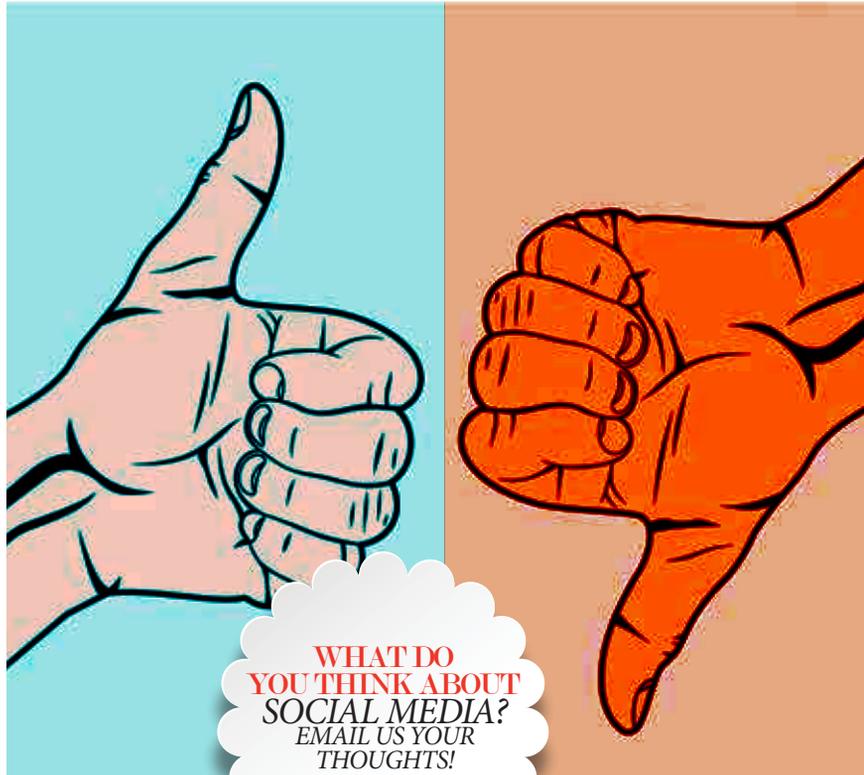
BY: LISE SIMPSON



Great things are happening in the world because of social media. I have a friend recently diagnosed with leukemia. Through Facebook, friends have raised money (nearly \$20,000 in just two days, as I write this) to help this young family cope with the financial burden of repeated trips to Vancouver.

On and on it goes... Moms are finding the children they gave up for adoption. Dishonest businesses are being revealed and shamed. People undergoing treatment are connecting with thousands of others who give encouragement and a sense that they aren't in it alone. On even grander global stages, social media has enabled protestors to connect and organize massive demonstrations that have helped to topple corrupt governments (Egypt, and others). These things are truly awesome, and examples of the amazing upside potential of social media.

But I worry about the other side, the dark underbelly of social media. When I see some of the raunchy pictures young people post of themselves and their friends on Facebook and Twitter, I say a silent prayer of thanks that social media did not exist back in my day. My



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friends and I pulled our fair share of moronic stunts in our youth, and memories of our behavior are shameful enough, but it would be much worse if pictures taken to capture those moments of stupidity were ignominiously dumped onto the Internet for all the world to see. Knowing that my youthful idiocy remains relatively private helps me sleep well at night.

Some young people today apparently have no such desire for personal privacy. I have seen pictures on Facebook of people who are clearly very drunk or bewildered by some other intoxicant. Gleelessly, they or their friends post these images onto a vast and powerful social media site that connects millions of people around the globe. Apparently it's a measure of social success when an image or video of oneself being a complete idiot goes viral to be viewed by legions of admirers.

But look what can happen when, for example, a video of a sixteen year old boy guzzling obscene amounts of alcohol through some kind of drinking apparatus goes viral. When young and impressionable people view this on social media, they might assume that this behaviour is OK,

because after all, it's on mainstream social media. Thus the behaviour becomes validated, admired and eventually emulated. Following the lead of the fool on the viral video, others drink even more, all the while being recorded by their buddies. As the behavior becomes more and more extreme, so do the risks. Teenagers have died from alcohol poisoning because they have copied the behaviour seen on social media.

Would young men still be drinking too much and endangering their lives without Facebook and Twitter and Youtube? Of course they would, but I would argue that extreme behaviour is happening more and more, as some young people emulate the actions they view on socially acceptable social media sites.

I wish there was some way to prevent the harmful, dangerous images from appearing on the Internet in the first place. But of course this is naïve. The Internet has no filter through which content must be passed. So is the upside potential of social media worth the potential downside? Like a risky investment, are the possible gains enough to allow us to stomach the losses? **w**



PHOTOGRAPHY CAILLYN CHAPMAN PHOTOGRAPHY · MODEL BREANNA BERNDSEN OF KEY MODEL MANAGEMENT · HAIR ALEXIA HAZELDINE · MAKEUP DAN SWEDBERG

SPRING INTO FASHION PHOTOS

THIS MONTH'S COVER
SHOT COMES FROM
CAITLYN CHAPMAN,
WHO SAYS OF HER
CREATIVE VISION:

It may be spring now, but a few short weeks ago, the Okanagan was still blanketed in a layer of crisp white snow. The difficulty faced by photographers is how to shoot a spring-themed fashion spread in sub zero temperatures, when a single crocus has not yet poked out of the ground.

It may be a challenge, but these outstanding photographers know how to create and capture a feel, using the right props, creative lighting and thinking outside the box.

We had submissions from 9 different, talented photographers and their teams. We thank you all. It is never easy to choose.

"These images were dreamed up with spring in mind. I wanted them to look fresh, dewy, and bright, elevating a typical spring/summer wardrobe staple, the floral dress, to a higher level. Working closely with hairstylist Alexia Hazeldine and makeup artist Dan Swedberg, we were able to create a look on the very talented model Breanna that fit my vision perfectly! I had a blast using lighting to bring a colourful punch, tying together the awesome work done by Alexia, Dan, and Breanna. My dream team!"

Caitlyn Chapman is a Kelowna-based photographer specializing in pet, commercial, and fashion photography.
www.caitlynchapman.com

Okanagan Woman's quarterly photo contest is designed to showcase the talent of Okanagan Shuswap photographers and models, and their hair, make-up and wardrobe artists.

Submit your photos:

We are looking for your most creative fashion photo submissions for the Summer 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, hair and 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 summer photo contest is May 1, 2014! ▼



PHOTOGRAPHER VICTORIA ROWBOTTOM | MU MISSY MACKINTOSH | MODEL CIERRA DEBORTOLI | FLORIST JANICE ROBILARD FROM GROGUS FLORAL (ENDERBY, B.C.)
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SPRING INTO ACTION

“WE HAVE BEEN PATIENTLY WAITING TO HEAR THOSE MAGIC WORDS THAT INSTANTLY RAISE OUR SPIRITS, AND REMIND US THAT WINTER HAS FINALLY COME TO AN END. THOSE THREE SIMPLE, YET WONDERFUL WORDS; SPRING HAS ARRIVED!”



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

With the lingering idea of longer days, filled with warm sunshine and fresh air, many of us are getting excited for what lies ahead! We have been patiently waiting to hear those magic words that instantly raise our spirits, and remind us that winter has finally come to an end. Those three simple, yet wonderful words; **SPRING HAS ARRIVED!**

Interestingly, one of the most common thoughts many of us have at the start of each spring season, is this concept

of spring cleaning. Out with the old and in with the new. As a child, I remember my mother being a very avid spring cleaner. It started with the windows, then the backyard, the garage and finally a complete overhaul of everyone's bedroom. She was on a mission and did not stop until she was satisfied that every molecule of dirt was forever gone. When I look back at the concept itself, I see some relevance to her madness. But, as a health professional, my thoughts about spring cleaning shifts



*EATING FRESH
AND CLEAN IS
ESSENTIAL FOR A
HEALTHY
DIGESTIVE
TRACT!*

*CONTINUE
ARTICLE ON
PAGE 22*

SPRING INTO ACTION



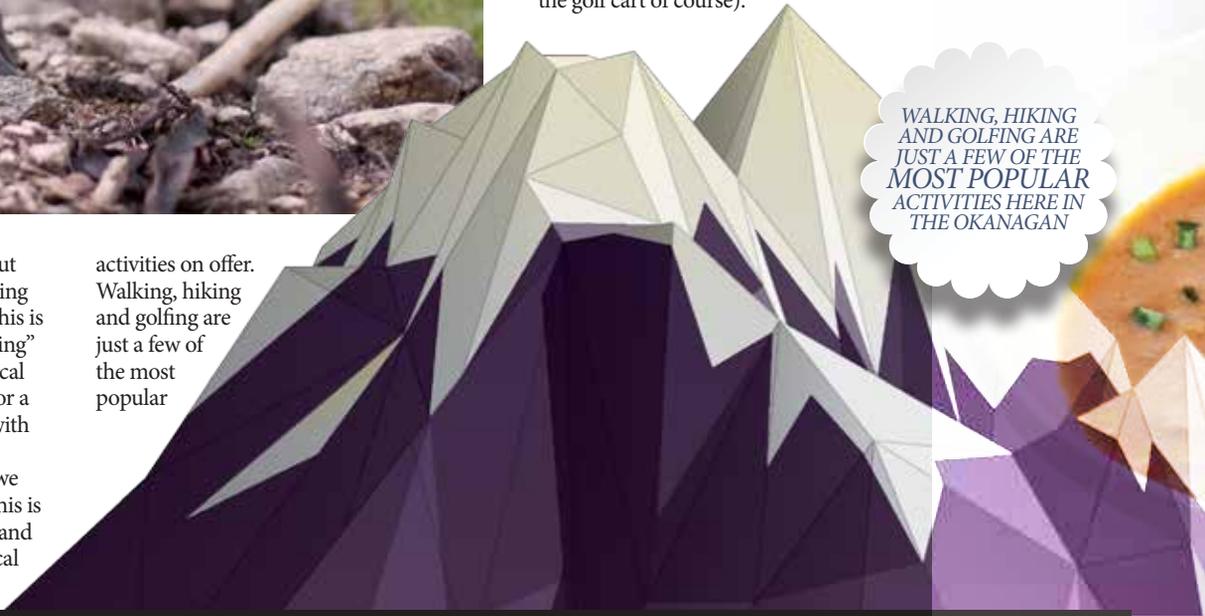
activities here in the Okanagan, and are some of the best options for kick starting our physical activity plans. Just 30 minutes a day of moderate level walking (working up a bit of a sweat but still able to carry on a conversation) can burn up to 160 calories, while hiking with some uphill efforts can burn an additional 100 calories per 30 minute session. Golfing, one of the most popular activities in the Okanagan region, can burn up to 1000 calories for 18 holes of play (minus the golf cart of course).

WALKING, HIKING AND GOLFING ARE JUST A FEW OF THE MOST POPULAR ACTIVITIES HERE IN THE OKANAGAN

slightly, and I ask myself; What about spring cleaning me?? As we are getting ready to welcome the new season, this is a perfect time to think about "cleaning" ourselves, re-invigorating our physical and mental health, in preparation for a summer that is certain to be filled with family, friends and fun.

With the brilliant spring weather we are blessed with in the Okanagan, this is our first opportunity to get outside and take advantage of some great physical

activities on offer. Walking, hiking and golfing are just a few of the most popular




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UNDERTAKING OUR OWN SPRING CLEANING WILL NOT ONLY PROVIDE US WITH PHYSICAL HEALTH BENEFITS BUT IT WILL ALSO HAVE A POSITIVE EFFECT ON OUR MENTAL HEALTH, HELPING TO STRIP AWAY OUR “WINTER BLUES” AND PROVIDING US WITH AN OPPORTUNITY FOR RENEWED ENERGY AND A POSITIVE MOOD CHANGE.”

In addition to physical activity, practicing healthy eating behaviours will also help with your spring cleaning. Most importantly, think fresh, clean, non-processed foods. Often times during the winter months our fruit and vegetable selection can sometimes be limited, and we find ourselves buying canned vegetables and other processed foods, all of which contain excess sugar, sodium, other additives and preservatives. With greater access to fresh fruits and vegetables, whole grains and lean meats, all year round, eating “cleaner” is not such a challenge anymore. Dr. Willis-Stewart, Director of the Nutrition Education Center at the University of British Columbia, stresses the importance of minimizing processed food intake and increasing our fresh fruit and vegetable intake. Eating fresh and clean is essential for a healthy digestive tract. The fibre consumed by eating lots of fruits, veggies, whole grains, beans and seeds

helps maintain the strength and integrity of your colon while also helping to eliminate waste products. It is essential to increase your water intake as well as you increase consumption of these foods. Your liver enzymes also work better at detoxifying when one is well fed and nourished. Eating foods high in fiber and protein also supplies your body with slower releasing energy so we feel satisfied for longer periods of time, thus making us feel more energetic.....it puts a little “spring” in your step.

Undertaking our own spring cleaning will not only provide us with physical health benefits but it will also have a positive effect on our mental health, helping to strip away our “winter blues” and providing us with an opportunity for renewed energy and a positive mood change. With our bodies and minds fresh and clean we will most certainly be ready for something even more exciting.....SUMMER! ♡

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BRING IT ON

Two unsinkable Vernon volunteers ready for the next adventure.

STORY BY PATTI SHALES LEFKOS PHOTOGRAPHY BY PINSTRIPE PHOTOGRAPHY - FACEBOOK.COM/PINSTRIPE

Resi Nagler's infectious demeanor instantly brightens the interior of the shiny white 2014 Sorrento SX. The roomy SUV with European inspired design, was graciously loaned to Okanagan Woman by Vernon Kia, located on Vernon's auto mile. Sales manager Curt Jensen was honoured to help celebrate the magazine's third makeover day with the 2014 Sorrento SX, which was voted best new SUV by the Automobile Journalists Association of Canada. As Resi snuggles into one of the heated seats to share her story, we understand why. This is comfort.

Resi's grin warms the hearts of the countless Vernon residents whose lives are improved by her volunteer activities. For the past seven years the energetic septuagenarian, who worked as a section cook on a stop of the White Pass and Yukon Rail Route in northern BC, before spending 30 years at the Royal Bank Data Centre in Vancouver, has served one day at week



2014 KIA SORRENTO SX.



RESI & JOYCE'S RELAXING DAY

VERNON VOLUNTEERS, RESI NAGLER (RIGHT) & JOYCE PRUSS (LEFT) GET READY FOR A DAY OF PAMPERING.

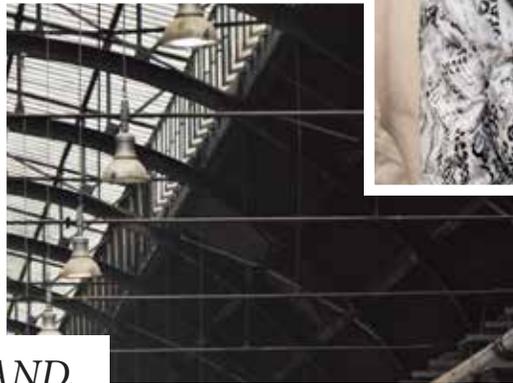


for Vernon Senior Services. "I work as a receptionist, water plants, whatever needs to be done," she says. "I also sell tickets and deliver advertising for Vernon Winter Carnival and campaign door to door for cancer fundraising." Throughout the day, bit by bit, I learn more about her generous spirit. "I visit hospital patients, residents of Noric House and church members at home," she says. "And, as a Eucharistic minister for St. James Catholic Church I administer communion to people who can't get to church."

But, I'm stopped short by her positive attitude in the face of personal tragedy. Resi's husband, the love of her life she had followed to Canada from Germany in 1958, passed away eleven years ago. Then, four years ago, their only son was

killed in a truck accident. How can she go on, I ask myself. Somehow she does, in grand style.

Resi has invited fellow volunteer Edmonton born Joyce Pruss, aka the Pension Queen, to join her for this makeover day. Every Thursday, for the past 16 years, Joyce has helped pensioners fill out forms for income tax, old age security pension and whatever



“

**RESI'S HUSBAND,
THE LOVE OF
HER LIFE SHE
HAD FOLLOWED
TO CANADA
FROM GERMANY
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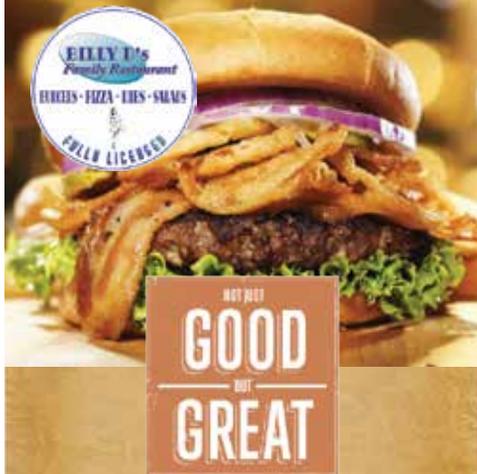
RESI & JOYCE'S RELAXING DAY



**RESI HAS
INVITED FELLOW
VOLUNTEER
EDMONTON
BORN JOYCE
PRUSS, AKA THE
PENSION QUEEN,
TO JOIN HER FOR
THE DAY."**

AT CRAVE MASSAGE, RESI AND JOYCE
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else they need. Twenty years working in Sparwood's BC Access Centre armed her with ample form filling expertise.

By the time I've heard Joyce's story I know these two pals deserve an extraordinary day. Joyce's husband passed away two years ago, but she's not really alone. A poster woman for the sandwich generation, Joyce helps to care for her 95-year-old mother as well as keeping up with her three children, five grandchildren and five great grandchildren. "Five generations. I'm loaded with family." Both work hard to take care of themselves. Resi works out at Curves and does Nordic Pole walking with TOPS, while Joyce bowls and golfs with friends.

How do you show appreciation for long-term dedication to volunteer service?

Could it be time for two friends to catch up on each other's lives over a relaxed lunch away from their responsibilities with Vernon Senior Citizens Services? Or a bit of pampering at a spa? Maybe a stylishly flattering new outfit enhanced by a revamped haircut, makeup and glittering fingertips? The answer: all of the above. Into the mix add the tall, debonair British chauffeur/photographer, Okanagan College student Jamie Cottington, and you have the ingredients for a magical day.

We begin at Crave Massage in Vernon's Fruit Union Plaza. Registered Massage Therapist and Crave owner, Sarah Hobbs, welcomes Resi and Joyce. "I've been inspired by their stories. Being part of their day is a nice way to reach out to community." About an hour

later, the ladies emerge from the dimly lit room, where they have relaxed under a warm blanket, been calmed by gentle music and revelled in a custom Emminence facial with Estheticians Cara McConnell and April Nolan. "I feel renewed," says Joyce.

Around the corner on Vernon's Main Street, the next surprise is a haircut, style and makeup at Gabriella's Hair and Tanning Esthetics Studio. "Gabriella explains what she is doing and why while she is cutting your hair," says Resi. "She's a patient communicator." Yelana Vilnius, who came to Vernon from Lithuania via San Francisco, heightens the ladies' natural beauty with makeup. "I hardly ever wear lipstick. She makes us step out of our comfort zone. I chose the burgundy to complement my shoes," says Resi.

Next we head across the street to Billy D's Family Restaurant. Owner Kim McKiernan, still high from her successful open house the past weekend, greets the ladies with warm hugs. Kim teamed up with Vernon and District Immigrant Services to provide free pizza to those in need. "The line up went around the block," she says.

Both devilishly order white wine and decide on the barbecue ribs. "We're on the same wave length," says Resi. "The ribs are awesome," says Joyce. "They fell right off the bone." Too full for dessert, Kim invites them to return for dessert and coffee another day.

Rejuvenated, we cross the street to Canyon Clothing to meet with Lynn Wurtele, co-owner with husband Glenn, for the final



CANYON CLOTHING, BILLY D'S FAMILY RESTAURANT AND GABRIELLA'S HAIR STUDIO DONATED OUTFITS, DINNER AND BEAUTY SERVICES TO ENSURE RESI AND JOYCE HAD AN AMAZING DAY.

touches of the day. Resi chooses a gray pant suit designed in Canada by Pretty Woman. Lynn accessorizes the hoodie with a Joli scarf picking up the fuchsia of the Niki Biki camisole. For Joyce it's a white and silver top with black leggings, by another Canadian designer, Frank Lyman, paired with a La Llama scarf and NikiBiki tank.

Each takes a turn in the peaceful niche in the back of the store for a manicure with Esthetician Adeleen Mill. She uses long lasting Orly Gel FX Shimmer Glitter to strengthen and glamorize their nails.

Jamie re-enters, ready for the shoot. Reminiscent of the moment from Sunset Boulevard when actress Gloria Swanson says, "All right, Mr. DeMille, I'm ready for my close up," Resi lounges on the settee. "Bring it on," she says. "I am learning to accept the attention with grace." ♡

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BEAUTY WITH A PURPOSE

POOJA ANAND'S HUMANITARIAN SPIRIT

PHOTO BY: SUZANNE LE STAGE

Pooja Anand has a simple platform: Inspire and help others to spread kindness, increase confidence and empower youth and young women to stay true to themselves. Pooja strives to be a positive role-model and finds her passion in leading others to reach their full potential. This exotic beauty was born in India and moved to Canada when she was five years old. As a graduate in Psychology honours, entrepreneur, and aspiring author, Pooja embodies both beauty and brains. In 2009, Pooja was the Ambassador for her city and as Miss Kelowna represented her community with pride and poise. She has taken

part in parades nationally and internationally, has given numerous speeches and presentations while volunteering for several charities and organizations—the Canadian Cancer Society, Juvenile Diabetes, United Way, and more. In 2011, Pooja raised \$10,000 for Variety-the Children's Charity and is thrilled to continue to endorse them. Aside from academia and being an inspiration for young women, she has over seven years of retail and customer service experience, models for local photographers and is open to the fashion and film industry. Her humanitarian spirit and genuine desire to help others defines the phrase "Beauty with a Purpose." ♡



~*MISS WORLD CANADA VARIETY SPARKLE GALA*~

ORGANIZER:
Pooja Anand, Miss World Canada 2014 Delegate

WHEN:
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Event Facebook Page: facebook.com/PoojaAnandMWC2014

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Photographer: Eyes of Le Stage Photography
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Miss World Canada official Facebook page
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Please help Pooja win the People's Choice Award by voting for her on the Miss World Canada website www.missworldcanada.com



KELLY SHERET FLYING



TEACHING FIRST OFFICER

Kelly Sheret, 53, of Lumby, has been a member of the Ninety-Nines since 2003. *"I had applied to the Ninety-Nines for a scholarship... I used the money towards getting my Multi Engine Rating."* She also won the Amelia Earhart Scholarship which she used to renew her Multi Engine Instrument Rating.

Both her mother and father were pilots. Kelly says she was not hit by the flying bug until 1998 when visiting a lifelong friend who owns her own flying school and who was already a member of the Ninety-Nines.

"I decided that day I wanted to be a pilot." Eventually Kelly obtained both her private and commercial license, and then became a flying instructor. As a professional, she was teaching flying

WOMEN WITH WINGS

BY: DONA STURMANIS

Amelia Earhart likely pops into mind when you think about women flying aircraft. But nowadays, women are involved in every aspect of aviation, from hobby flying of small planes to corporate piloting, flying instruction and working as aircraft mechanics. In Canada, however, only 5.2 percent of pilots are women.

There are a number of women pilots in the Okanagan. Many



THERE ARE A NUMBER OF WOMEN PILOTS IN THE OKANAGAN; MANY OF THEM BELONG TO THE BLACK SHEEP, THE NICKNAME FOR THE CANADIAN ROCKIES CHAPTER OF THE NINETY-NINES."

belong to the Black Sheep, the nickname for the Canadian Rockies Chapter of the Ninety-Nines, an international organization established in 1929 by 99 licensed women pilots to promote aviation through education, scholarship, mutual support. The women shared a passion for flight and their goal was to honour a unique history.

Not surprisingly, Amelia Earhart was the first president. There are now thousands of members in 35 countries around the world.

lessons, flying boat counts, fire patrols and charters. Now, she is a freelance instructor and works as a first officer on a corporate airplane out of Kelowna.

Kelly also flies for pleasure. *"I take my husband Kevin up and we love to sight see over the mountains."* She does not own her own plane, but flies with a friend who owns a Cessna 172.

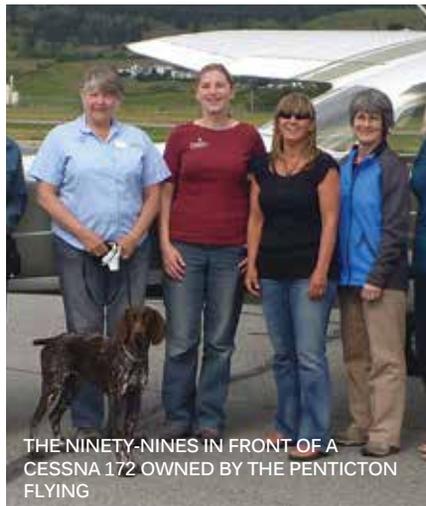
In 2010, Kelly flew to Haiti to deliver doctors and supplies from Florida on the corporate airplane where she is first officer. *"This was the most awesome experience,"* she says.

FLYING TO SEE WHAT'S THERE

Betty Lee Longstaff, 64, is based out of Vernon. She's belonged to the Ninety-Nines for 15 years and loves spending time with other women pilots. *"They are all so passionate about aviation."*

Betty Lee started flying 17 years ago. *"Of course I loved it and could not stop."* She is a private pilot who owns a Cessna 172. *"I enjoy flying to other airports to see what's there."*





THE NINETY-NINES IN FRONT OF A CESSNA 172 OWNED BY THE PENTICTON FLYING

Her fondest memory in the air was flying a Cormorant helicopter from Italy to Canada. *"We flew from Italy through England, Scotland, Faroe Islands, Iceland, Greenland, and Labrador. When we flew over the ocean, I was fascinated watching the whales swimming around icebergs."* The height of the Greenland glacier (over 10,000 feet) was equally impressive .

ASPIRING AVIATRIX

A 2012 social event for the Ninety-Nines in Winfield has inspired Pamela Nelson, 49, of Kelowna to become a pilot. *"I was hooked. These women are amazing."* She doesn't have her pilot license yet, but when she does, she'll become a "card-carrying member" of the group.

Her first flight in a small plane (Cessna 172) was with husband Daryl in 2002. *"Flying was his passion, and he introduced me to the thrill of taking off, landing and viewing our world from elevations ranging from 3500 to over 11,000 feet above sea level."* Now they own a Diamond DA40.

Together, they visit their grandson and his mom and dad in Grande Prairie, Alberta. They also love to attend fly-in social events and to go air camping, where they can pitch a tent at the airport or at a campground nearby.

Pamela and Daryl's "big vacation" in the summer of 2013 was to Port Hardy, flying through the Pemberton and Whistler valleys. *"Traversing the central interior valleys, then through the peaks of the rocks and then into the skies over the Johnston Strait was absolutely amazing."*

TAKE UP WINGS

"I feel that women have amazing opportunities in this field if they believe in themselves and work hard to achieve their goals," says flying instructor Kelly Sheret.

"I strongly encourage women to start a career in aviation," agrees Maryse Rajotte. *"A woman becomes independent and every day is a new challenge."*

As for the Ninety-nines, Pamela Nelson only has glowing comments. *"The camaraderie and support of the group is amazing. They are very knowledgeable, have such diverse backgrounds and generally a lot of fun to be around. I learn something every time I am in their company."* 



I STRONGLY ENCOURAGE WOMEN TO START A CAREER IN AVIATION." - MARYSE RAJOTTE

A high point for Betty Lee was when she was attending a Ninety-Nines section meeting in Walla, Walla Washington. *"There were about 20 airplanes sitting on the ramp. I was surrounded by other women pilots all doing the same thing. It was a very empowering moment for me."*

TO SEE WHALES AND ICEBERGS

Penticton's Maryse Rajotte, 50, a Ninety-nines member for three years, appreciates that the organization offers mentoring programs and scholarships to encourage women to pursue aviation careers.

She started to fly as a teenager with the Air Cadets. Later, when Maryse tried to enroll in the Canadian Forces as a pilot, she was turned down. At 115 pounds, she didn't weigh enough—the ejection seat would tumble if a pilot weighed less than 145 pounds. Instead, she joined the Forces as a mechanic and then as a flight engineer. This afforded her the opportunity to work on a variety of planes and helicopters in the realm of search and rescue.

Maryse also flies for fun. In Germany she learned hang-gliding and has flown at most of the top European sites for the sport.

Maryse own-shared the Penticton Flying Club airplane, a Cessna 172, and also flies one owned by a friend.

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VIETNAMESE

Butter Lettuce Salad Rolls

“SO HEALTHY
TOO AND ONCE
YOU GET THE HANG
OF ROLLING THESE
SUCKERS, THEY ARE
A BREEZE TO
MAKE!”



While Okanagan Woman's creative director, Tina, was traveling in Southeast Asia this past winter, she experienced a whole new diet! She's

contributed a couple of her preferred dishes here!" *"This is a personal fav of mine!"* says Tina, *"So healthy too and once you get the hang of rolling these suckers, they are a breeze to make! You can also add cucumber, cabbage and have just vegetables inside. They are so amazing with chili sauce (you can purchase anywhere)."*

INGREDIENTS

- 340 g package of frozen cooked & peeled shrimp, medium size
- 1/2 of a 227 g package of thin rice vermicelli noodles
- 1/2 head Boston or butter lettuce
- fresh mint (1 bunch & optional)
- 1 cup (250 mL) coarsely chopped fresh coriander
- 1/2 cup (125 mL) finely grated carrots
- 15 rice-paper rounds, about 6 inches in diameter

Find rice-paper rounds in the Asian or International aisle at the grocery store.

INSTRUCTIONS

-Follow the package directions to defrost shrimp. Using paper towels, pat dry. Place noodles in a large bowl and cover with very hot water. Soak noodles for 15 minutes. While noodles are soaking, separate lettuce leaves and slice in half. Remove mint leaves from stems. Cut larger ones in half. Stir coarsely chopped coriander and finely grated carrots into drained, soaked noodles.

-Cover a cutting board with a damp dishtowel. Have a large bowl with hot water nearby. Line the fillings up near board. Working with 1 rice-paper round at a time, dip the paper into hot water and leave for about 10 seconds or until workable. Carefully lay wet round on damp dish towel. Line up 3 shrimp along bottom third of the round. Top with a lettuce half and a tiny handful of noodles. Place a couple of mint leaves on top.

-Lift the sheet edge closest to you and tightly roll toward center to cover filling. When you reach center, fold in sides to partially cover filling. Continue to tightly roll up sheet to form a log. Seal by dipping your finger in water and rub over seam. Set roll, seam side down, on a platter. Repeat with remaining ingredients. It's OK if rice-paper rounds curl before being soaked. As soaking water cools, replace with hot water. Serve right away or cover and refrigerate up to 4 hours. Just before serving, slice rolls in half diagonally.

- These rolls go best with peanut sauce and chili sauce. Purchase at any store or make it yourself! ♡



SPRING HOME *Make-Over*

IT DOESN'T TAKE MUCH FOR THAT "LIKE NEW" TOUCH

BY DONA STURMANIS

Spring is a season of retransformation. Often, the first thing we want to do is change up our homes, whether it be cleaning, repairing, renovating, remodeling, or choosing new furniture and decor to transform its function, look and feel. Okanagan Woman Magazine searched for trends to help homeowners renew their homes for 2014.



“*WHILE THE REPAIRS ARE BEING MADE, WE’LL CLEAN AND STORE YOUR HOME CONTENTS.*”
 MARISA - TOTAL RESTORATION

From the Bottom Up

The first thing to do before buy furniture is take care of the serious, underlying home issues. Perhaps there was some recent damage from fire, water, storm and more. Total Restoration, with offices in Vernon, Kelowna and Penticton, addresses all these situations.

After a fire, they will visit your home and clean surface soot, remove everything damaged, and replace what is requested. “We’ll get you back to where you were before the fire,” says general manager Marisa Wilson.

Water damage includes burst plumbing, washing machine and toilet overflow, backed up drains, or leaking from outside. Total Restoration will bring their drying equipment, dehumidifiers and fans and can provide an estimate to replace everything damaged on request, contracting services from plumbers to dry wallers.

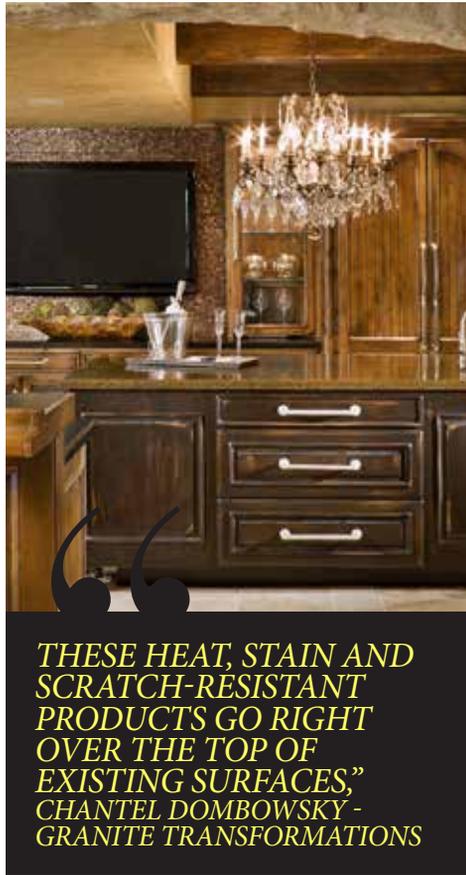
Perhaps winter caused your home some storm damage. If a tree landed on your house, Total Restoration will remove the tree. If there was a too-heavy snow load on a roof that made a building collapse, they’ll come and remove the debris, then provide a restoration estimate.

“While the repairs are being made, we’ll clean and store your home contents,” says Marisa.

Renewal Through Resurfacing

Perhaps your home needs a transformation... countertops, floors, cabinets and more.

Kelowna’s Granite Transformations manufactures and carries three unique products that quickly accomplish this. Trend Stone is sealed-for-life granite, stone and quartz, and Trend Glass is composed of 72% post-consumer recycled glass (very green), quality tempered glass and semi-precious man-made stones. Available in many colours, they are ideal for durable, high-performance kitchen and bathroom countertops, as well as floor resurfacing, fireplace mantels, tubs and showers. Enamel-decorated Trend Mosaic, a mix of transparent mosaic glass tiles, semi-transparent glass, Aventurina stone, is great for



“*THESE HEAT, STAIN AND SCRATCH-RESISTANT PRODUCTS GO RIGHT OVER THE TOP OF EXISTING SURFACES.*”
 CHANTEL DOMBOWSKY - GRANITE TRANSFORMATIONS

back splashes, shower walls and pools.

“These heat, stain and scratch-resistant products go right over the top of existing surfaces,” says manager Chantel Dombowsky.

Granite Transformations also offers kitchen and bathroom cabinet refacing, which involves refacing the cabinet box with new laminate or wood veneer and replacing original cabinet components like doors, drawer fronts, hinges and hardware.

“Countertops can be transformed in one day, cabinet refacing in five days,” says Chantel. “In fact, we can do a total renovation of your kitchen or bathroom.” Free in-home consultations are provided.

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The Floors Beneath Your Feet (& More)

You want to trust what's underfoot in your home. Many people think of Jordans in Kelowna as the place to buy quality furniture and furnishings. They also specialize in floor coverings, selling a wide range from laminate at \$1 per square foot and up—but also offer in-home consultation, professional installations, in-home estimates, cleaning and repairs.

"We've been around since 1929, owned the whole time by the Jordan family," says store manager Trevor Hardham. "This means extremely competitive prices."

Jordans also specializes in area rugs. *"We have the largest selection outside of the Lower Mainland, 1000 rugs in stock... from \$100 machine-made synthetic rugs to \$25,000 hand-knotted silk-and-wool rugs from around the world!"*

As for its famous furniture and furnishings, Jordans offers well-crafted styles and brands from traditional to very modern.

"We really hit all the markets," says Trevor. "Jordan's has a stigma of being expensive, but in flooring as well as other areas, we are more competitive than what people think."

Let's Get Modernized

Furniture and accessories are an instant way to update the look of your home.

"Some think we're all modern," says Dave Candola, owner of Kelowna's DK Modern Furniture, "but what we have is transitional—not traditional or modern. We're a contemporary store with some modern, transitional pieces with unique items and brands at affordable pricing."

Dave says DK Modern Furniture wanted to be different and bring Vancouver brands and products to Kelowna. Half the store's business is working with designers; the other half retail.

DK's most popular furniture includes sectionals and platform beds. *"Sectionals are great because they can be made bigger or smaller. They come in all brands, leather or customized fabric."* The platform beds don't require box springs, come in all sizes from single to king and are also available in leather or customized fabric.

Many accessories complement the unique furniture from paintings to lighting and rugs.

DK's furniture and accessories enhance some magnificent homes worth millions of dollars, including some penthouse suites in luxurious condo complexes.

That's only good news for homeowners who visit the store to buy something different, yet affordable.

"Nobody else does what we do," says Dave. ▾



PHOTO SUPPLIED BY JORDAN'S



PHOTOS SUPPLIED BY DK MODERN FURNITURE

WHAT MAKES YOUR DAD SPECIAL?

How has he inspired you? Tell us a story about your Dad in 300 words or less. Make us smile, laugh, cry or just say, COOL!

TELL US about YOUR FATHER

A girl's father is one of the most influential people in her life. Dads play a huge role in helping to develop their daughters' self-esteem and confidence. They guide their girls through life's obstacle course and help shape their world view.

We'll choose three stories for publication in the Summer issue, in time for Father's Day. Send your 300 word (or less) submission to editor@okanaganwoman.com by May 5th, 2014.

If your story is chosen for publication you'll receive a free subscription to Okanagan Woman Magazine, extra copies for sharing, and a gift basket (\$200 value) chock full of goodies for YOU, and something special for Dad! (\$200 value)



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Marvelous Maui BANANA BREAD



Editor TJ Wallis spent 2 months on the Island of Maui this past winter and she attributes her 10 pound weight gain to the marvelous banana bread readily available at farmer's markets and road side stands.



FOR EXTRA CRUNCH, ADD MACADAMIA NUTS!

Marvelous Maui BANANA BREAD

INGREDIENTS

- 1^{3/4} CUP ALL-PURPOSE FLOUR
- 1^{1/2} TEASPOONS BAKING SODA
- 3/4 TEASPOON KOSHER SALT
- 3 LARGE EGGS
- 1^{1/2} CUPS SUGAR
- 1 CUP MASHED RIPE BANANAS (ABOUT 2 LARGE)
- 3/4 CUP VEGETABLE OIL

INSTRUCTIONS

Preheat oven to 350 degrees.

Spray a 9 x 5 x 3 with vegetable spray.

Whisk flour, baking soda, and salt in a medium bowl. Whisk eggs, sugar, bananas, and oil in a large bowl until smooth. Add dry ingredients to banana mixture and stir just until combined. Scrape batter into prepared pan and smooth top.

Bake until a toothpick inserted into the center of bread comes out clean, 60-70 minutes. Transfer to a wire rack and let bread cool in pan for 15 minutes. Run a knife around inside of pan to release the bread. Turn out onto a rack and let cool completely. ▽

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Third Culture Kid

BY PATTI SHALES LEFKOS

Already a global citizen, Edmonton born Vernon Senior Secondary grade 12 student Ashtyn McKenzie has lived almost half her life outside Canada and is an intriguing mix of two cultures. One year in Hong Kong and seven in Malaysia with her missionary parents have contributed to the mixed culture presence she radiates as an artist, athlete, scholar and volunteer.

Dressed in ripped jeans, brown leather boots, her chestnut wavy hair cascading around her cowl necked shirt and loosely knit scarf, she is the image of an artist. Her brown eyes sparkle when she talks about her favoured creative outlets, acrylic painting and detailed, realistic black and white pencil sketches of people and animals. Her expressive hands move gracefully as she peels clear wrap off a plate of paint and talks about the layering she used for a recently completed startlingly intense painting of a wolf. *"I'm trying not to be a lazy artist. I mix my own paints. The art room is a safe place for me to experiment, paint, and learn what paint does with other mediums."*

It seems to be working. In recognition of her exceptional talent the Vernon Secondary School art department purchased her self-portrait last year. She currently has eight acrylic pieces showing at the Lake Country Art Gallery in Winfield and on her own time is creating a portfolio entitled *Animals, Abstract to Real* for a Ministry of Education scholarship competition.

But Ashtyn doesn't spend all her time in the art room. At six feet 1 inch tall she is a force to be reckoned with on the Vernon Senior Secondary Girls' Volleyball team, ranked fourth in the province. Recently, she created and silk screened a new team logo on individual T-shirts for each of her teammates; all this while maintaining a scholastic average she refers to vaguely as *"in the 90s"*, citing math as her other favourite subject.

Generous and warm-hearted young woman, Ashtyn makes time to contribute to the community. A resident of Malaysia in 2003, she helped with Tsunami relief, working with the



"I WANT TO MAKE A DIFFERENCE IN THE LIVES OF OTHERS"

~ ASHTYN MCKENZIE

PHOTOGRAPHER: BARRY HODGINS

ASHLYN STANDS BELOW HER IMPRESSIVE SELF PORTRAIT ON THE ART ROOM WALL AT VERNON SENIOR SECONDARY.

Penang Alliance Church to get food to survivors and help them stabilize their lives. Here in Vernon she offers free babysitting to families in the Vernon Alliance Church.

Ashtyn plans to attend Trinity Western Langley Christian School next year to study Fine Arts, Developmental Psychology and Art Therapy. Apparently they have an excellent women's volleyball team. *"I want to make a difference in the lives of others,"* she says, with her eye on a career with a non-profit, travelling and teaching art to kids in other countries and helping them sell their art. In preparation for this next challenge she spent last summer as a Leader in Training at Eagle Bay Camp near Salmon Arm. *"I like to do the little extra things to brighten others' days, kids and adults, and give*

specific encouragement. They say it takes seven compliments to come back from one criticism."

At home, Ashtyn listens to Indie bands like Mumford and Sons in her basement cave. *"I'm really an introvert. I enjoy solitude. The music suits me; it's soothing, mellow and flows well when I'm painting."* She also likes to watch the UK version of *X Factor* or *Downtown Abbey* with her mom, sister Sydney, brother Jackson, and the family dog, Charlie, a Shitzu who came with them from Malaysia. She counts her mom as a great role model of a strong woman who is also fun. *"She has pink and red streaks in her hair."*

Ashtyn is thankful for the grounding and influence of her international childhood. *"There are huge positives and different*

perspectives to be gained by travel. One day I hope to have children who can have the same opportunities and experiences." 

FUN FACTS

- *FAVOURITE RESTAURANT
CHERRY SWEET, PENANG, MALAYSIA
- *LAUGH OUT LOUD
FRIENDS LINDSAY AND TAYLOR
INSPIRE ME TO BE CRAZY SOMETIMES
- *SUMMER FUN
STAND UP PADDLE BOARDING
AT KALAVIDA, ROCK CLIMBING IN
MALAYSIA
- *MAIN STRENGTH
RELATING TO PEOPLE, BEING NON-
JUDGMENTAL
- *THIRD CULTURE
A MIX OF TWO CULTURES

HOW A LITTLE FASHION BOUTIQUE IN ARMSTRONG LAUNCHED THE OKANAGAN'S ONLY GLOSSY WOMEN'S MAGAZINE!

Both Silhouette Fashion Boutique and Okanagan Woman Magazine were started as business ventures because part-time goat farmer, gift shop owner and full time accountant, TJ Wallis, saw a couple of opportunities -- niches that needed filling.

"As an accountant, my busy time of year is January through April. I wanted something to keep me busy during the rest of the year, so I opened a gift/candy store in the retail space next to my office in downtown Armstrong."

It didn't take long to realize that the bestselling items in the gift store were handbags and scarves. TJ's mostly female clientele often asked her to bring in more fashion items. It had been over 7 years since Armstrong had a women's clothing and locals were missing it.

So TJ put on her accountant's hat and crunched some numbers. She knew the boutique would have the support of Armstrong women, but she also knew she would have to draw in from other areas to make a viable business.

That would require a larger marketing budget than she could afford. But what if...?

What if she published her own magazine, one in which she could advertise her store, one that would appeal to the audience she wanted to attract to Silhouette Fashion Boutique? That just might work.

Women are the number one consumers and they are the number one readers of magazines! With 100,000 women over the age of 25 living in the Okanagan, TJ saw an opportunity -- a niche market. And so the idea for Silhouette Fashion Boutique and Okanagan Woman Magazine was born.

Both businesses are thriving and TJ credits that to their mutualistic relationship. They are so well suited, a perfect marriage, each supporting the other and each capable of standing on their own, too.

During this past January and February, the store expanded to make room for new spring stock. *"Now that the snow has disappeared, we'd love to show off our new floor space. We've doubled in size, from 700 to 1400 square feet! That means we've doubled our inventory of mostly Canadian made fashions, too."*

Silhouette Fashion Boutique's online presence lets shoppers from throughout the Okanagan peruse the store inventory right from their own homes.



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"Our online store (www.armstrongwoman.com) gives women a very good idea of what they can expect when they come out to Armstrong to shop. It gives them the confidence that it is worth the drive. And, of course, they don't have to make the drive if they don't want to because ordering online is easy."

"I think it gives on-line shoppers a feeling of security to know that we have a bricks and mortar store right here in the Okanagan and they can come visit us anytime! Well, at least, Monday to Friday 10 - 5 and Saturdays, 10 - 3," TJ points out with a smile.

Bring in or mention this story in Okanagan Woman Magazine and receive 25 percent off our entire new spring inventory during the month of March.

Shop on-line at www.armstrongwoman.com or visit the store at 2516 Patterson Avenue, Armstrong.

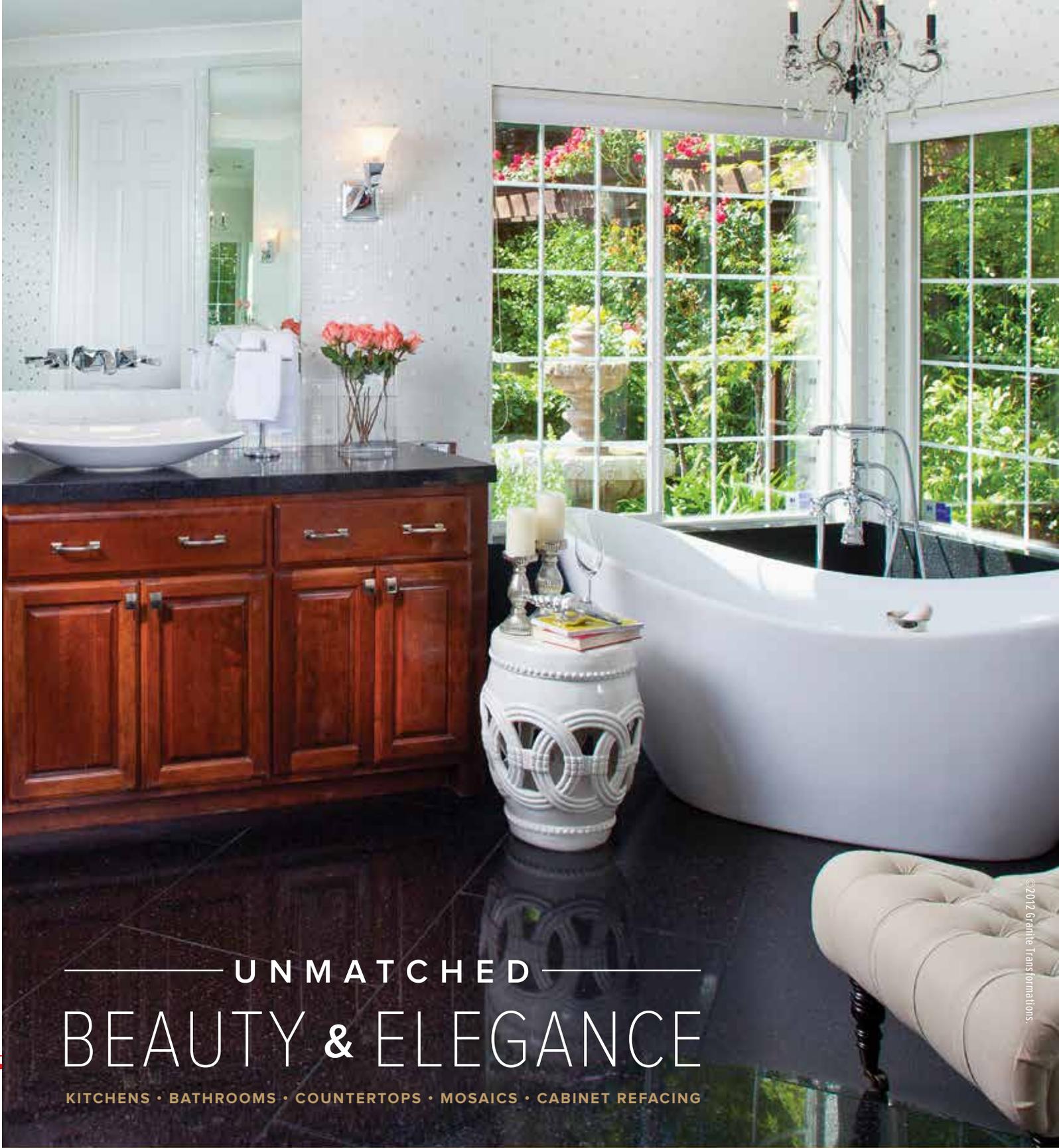
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