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## Getting Ready for a Party An Xtra Special Time of Year

She carefully unwrapped the silk stockings from the package with soft gloves that covered her hard working hands. My sister and I sat on the purple and silver brocade bed spread in my Mom and Dad's bedroom as she prepared for an evening out with my Dad. She had drawn a deep, hot bath and infused the whole house with the smell of bath oils and now we sat waiting for the baby sitter and watching Mom get ready. Fresh, clean underwear, a white girdle with garter belt, and Chanel No 5 perfume rained around us as she carefully pulled the stockings up her legs and attached them with quick accuracy and confidence. Next came the slip, silk and lacy, and with the same confidence she slipped the dress over her still wet hair and turned to one of us to zip her up. A quick trip to the bathroom, where she applied some make-up, put some earrings on, ran her hands through her short curly hair and she was ready.

Dad came in next, wiping the steam off the mirror so he could shave clean. We would climb up on the bathroom counter and sometimes he would let us shave the white foamy stuff off. His suit, carefully pressed, lay on the bed ready for him. I remember the sharp smell of Aqua Velva and the sound of him slapping it on his face after he was finished shaving. As Dad got dressed Mom came back for her shoes. Slipping them on, she would then do a twirl just for Dad. They were ready.

By then the babysitter had arrived. It would be dark outside and the glow of the kitchen light seemed warm and comfortable. The five of us kids would stand and watch as Dad carefully put Mother's fur coat on her shoulders and they were off, happy, and excited knowing all was perfect with the world.

Looking forward to see you this party season. Many Happy Days, Kathleen

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# Winter 2012 - 2013

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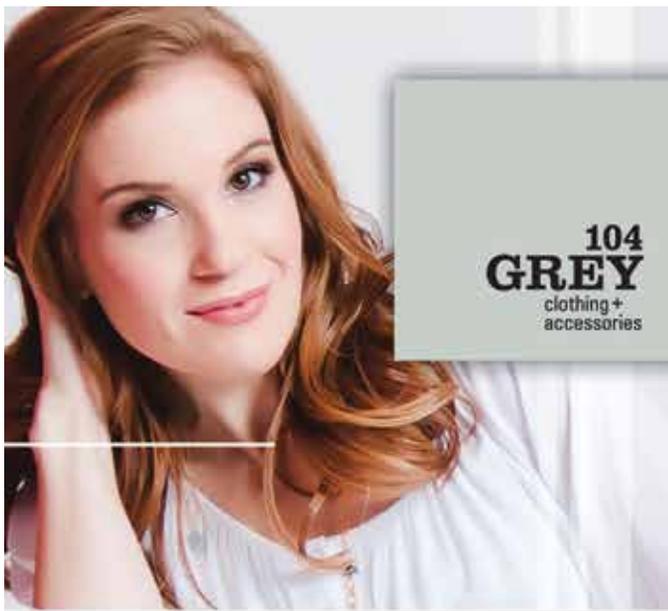
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# FIRST THOUGHT



Just because I won't be putting up a Christmas tree in my home doesn't mean I'm not in the Christmas spirit!

It won't be a traditional Christmas for my family this year, but we're looking forward to trading in a white Okanagan Christmas for the white sand beaches of the Western Caribbean. We're packing up our Christmas spirit and taking it south this year, for a holiday cruise aboard the Carnival Legend.

I love cruising, and this one is extra special because we will be spending the holiday with our oldest son and his family in a beautiful part of the world. It's been less than a year ago since my husband and I cruised the Eastern Caribbean during a particularly cold spell here at home. At that time I hoped I'd be able to return to Florida some day, but had no idea it would be this soon. (Check out the story of my shopping spree in Orlando last January on page 36)

Since Kelowna's International Airport opened, it has become so easy to explore far away places. We are so lucky to have the big city convenience of direct flights, with the comfort of hometown hospitality and attitude. Compare going through security at YLW against any big city airport and I can't help but appreciate how easy it is to travel from here.

Still, there's plenty of Christmas events to attend before we head south. Entertaining is a huge part of this time of year and that usually requires some food preparation. This year I was looking for something different, not the same old same old hors d'oeuvres. I found more than expected, so we've added extra recipe pages for this issue - after all, 'tis the season. We've included a couple of holiday drink recipes courtesy of Okanagan Spirits, too.

Kelsey Serwa, Kelowna's unstoppable ski star, is our cover girl this issue. She may be best known for excellence in sport, but there's a lot more to 'K-ser'; you can read about this amazing young woman on page 8. Since we are on the topic of elite athletes, see how many Canadian winter athletes you recognize in our "Who's That Girl Quiz?" on page 22. Many are from right here in the Okanagan. We also bring you the story of inspirational triathlete and singer, Dawn King. She's our SheRoe this month (pg.20).

And don't forget that Okanagan Woman magazine is much bigger than what you read here. Please visit us online - [www.okanaganwoman.com](http://www.okanaganwoman.com) - for even more great stories.

Best wishes to you and your family!

# Merry Christmas

Have you made a dent in your holiday shopping yet? Run out of ideas? Fear not. Peruse the pages of *Okanagan Woman* for lots of inspiring ideas.

Merle Norman and Mary Kay both have great girly gifts. Each carries a huge line of cosmetics and skin care products. Think gift certificate if you can't choose!

Village Green Mall has plenty of ski related events this year, and you won't have any trouble finding some great gift ideas for the skier on your list.

For something completely unique, take a trip to Turtle Island Gallery Located in the Heart of Kelowna's arts and cultural district. This Native Art Gallery features beautiful Northwest Coast Art created by the Haida, Kwagwiltz, Tsimshian, Coast Salish and various other tribes of B.C. as well Metis, Cree and Ojibwe artists' works from across Canada.

If you're considering jewellery for that special someone, check out Furmanek Jewellers in Vernon. They've got over 250 informational articles on their website to help you choose that perfect gemstone. Or take a drive out to Enderby Jewellers. They carry premium cut Canadian diamonds that are mined in Canada and certified conflict-free. They also offer Bradford Exchange products and, of course, Pandora beads. Since you're already in Enderby, keep going the extra few miles to Salmon Arm and check out Get That Jewelry and Gifts. They make laser etched photo pendants and finger print charms.

Kelowna's Georgie Girl and Armstrong's Frugal Frocks both have huge selections of vintage clothing and jewellery and are well worth the visit.

Cherryville's Earth Elements creates organic soy wax candles which are free from genetically modified materials, pesticides, herbicides, and fertilizers, and even meet Kosher and food grade standards. Their soy products are in stores, and you can visit their website to find out more.

How about tickets to a show at the Vernon Performing Arts Centre? Look at their schedule of events on the web. Or for the adventurer, pick up travel vouchers from Sun Country Travel in Kelowna.

You can get some wonderful ideas from our holiday gift guide on pages 16 and 17. Spa treatments, gift baskets, specialty soaps, unique jewelry, gourmet cheese, jewellery, hand-painted silk scarves and good old fashioned spirits! Still stuck for the perfect Christmas gift idea? How about a gift subscription to *Okanagan Woman Magazine*? (easy peasy form on page 5)

But enough about everyone else! What about you?

Want a stylish pair of new shoes for the upcoming Christmas party? Both Hollywood Shoes in Kelowna and Discovery Shoes in Vernon can help you out!

Looking for an outstanding outfit for the holidays? Kathleen Logan from The Boutique at Newport Beach on Westside Road has recently returned from a buying trip in Italy and has brought home some stunning accessories. Did you know that 104 Grey Clothing in Vernon gave away leather cuffs with purchases over \$100 last month? Make sure you keep up with store news and special events by following Nicole on twitter. @104greyclothing. Silhouette Fashion Boutique in Armstrong has brought in some blingy holiday wear, too. All three boutiques have Facebook pages. If you "like" them on Facebook, you'll always know when new stock has arrived!

And when you drop by any of these fabulous retail outlets, don't forget to tell them that *Okanagan Woman* sent you!

# Kelowna's Own Kelsey

story by Shannon Linden

*She's an athlete with an international profile, but this Okanagan woman is most at home where she grew up, in the orchards of East Kelowna.*

She may be only 23-years old, but Canadian superstar ski cross racer, Kelsey Serwa, has collected a lifetime of experiences.

She's stood tall atop podiums, the weight of winning medals draped around her slender neck; she's stood shoulder to shoulder in support of teammates she calls family; and she's withstood the gut-wrenching grief of losing one of them in a tragic racing accident.



World Cup champion, X Games gold medalist, and 2010 Olympian, Serwa's impressive titles are telling of an ambitious athlete shaped by the sport of skiing, but her natural ease, sweet smile, and upbeat attitude, speak of a girl who remains grounded.

Close to her parents and committed to her boyfriend (former Canadian ski cross competitor and current big mountain skier, Stan Rey), she is the granddaughter of Cliff Serwa, co-founder of Big White Ski Resort.

Named a member of the Canadian Women's National Development Team in 2007, she successfully raced down slick slopes, but it was a switch to the freestyle sport of ski cross that made her heart sing—and the world take notice.

Ski cross competitors employ strength, agility, endurance, and speed to negotiate naturally occurring and artificially enhanced terrain. Racers take turns and jumps of different sizes, flat sections and traverses, as well as rolls, banks, and ridges—all of which are found on any other ski slope. But while recreational skiers can stop, leaning on their poles to admire the view while alleviating the scream of lactic acid surging through their quivering quadriceps, ski cross competitors can't quit. After a qualifying round, 32 of them

move on to compete in what are known as "knockout" rounds, in which groups of four fly from the gates to the finish line, the top two advancing to the next round, until four or five races later, a winner is finally declared.

---

**“Embrace being a woman, it's a powerful thing. Be beautiful, be confident, be strong, be brilliant, be assertive, be the better half....be you!”**

---

Since skiing onto the scene, Serwa has been unstoppable. Spurred by the roar of the hometown crowd, she was awed by the energy and enthusiasm of Canadians who crowded to watch her finish fifth at the 2010 Olympics in Vancouver, while teammate, Ashleigh McIvor claimed the gold.

Serwa carried over her Olympic success with a spectacular start to last season, winning the X Games one week, followed by gold at the 2011 World Championships. Sweetness turned sour, however, in the final of the Alpe d'Huez World Cup, when Serwa suffered a bad landing, rupturing her anterior cruciate ligament (ACL).

Surgery and recovery forced her to sit out the remainder of the World Cup season and then early spring brought

sadness of another kind when teammate, mentor, and friend, Nik Zoricic died in a terrible crash while racing in Grindelwald, Switzerland.

“I miss him,” Serwa says. “I looked up to him.” A charming, handsome man with an infectious smile, Serwa recalls that even at his funeral service, people joked there were a lot of women in the crowd.

In a profoundly touching blog post ([kelseyserwa.ca](http://kelseyserwa.ca)), she says, “I think what I have learned from this is that you can't take the people around you for granted. If you love them, tell them everyday. ...Live your life to the fullest each day, leave nothing on the table, and fall asleep each night with no regrets.”

Certainly Serwa strives to honour this lesson. “Sometimes I'd rather curl up on the couch with a peppermint tea, my kitty and a cozy blanket, than battle -30 degree blizzards.” But then she remembers: life is too short not to give her all.

During the summer she settles into physiotherapy studies at Okanagan College, mountain and road bikes, swims, catches up with friends, dines out, and “takes advantage of everything Kelowna has to offer.”

Of course that includes the fabulous



Photos: courtesy Alpine Canada

Kelsey Serwa  
con't from page 9

fermented grape, but what's a glass of wine without a little cherry tomato and bocconchini salad with balsamic reduction?

"That's my all-time favourite food," Serwa concedes. "Although I'm proud to admit I am a sucker for ice cream, especially vanilla if I can garnish it with some fresh raspberries and blackberries picked from the garden."

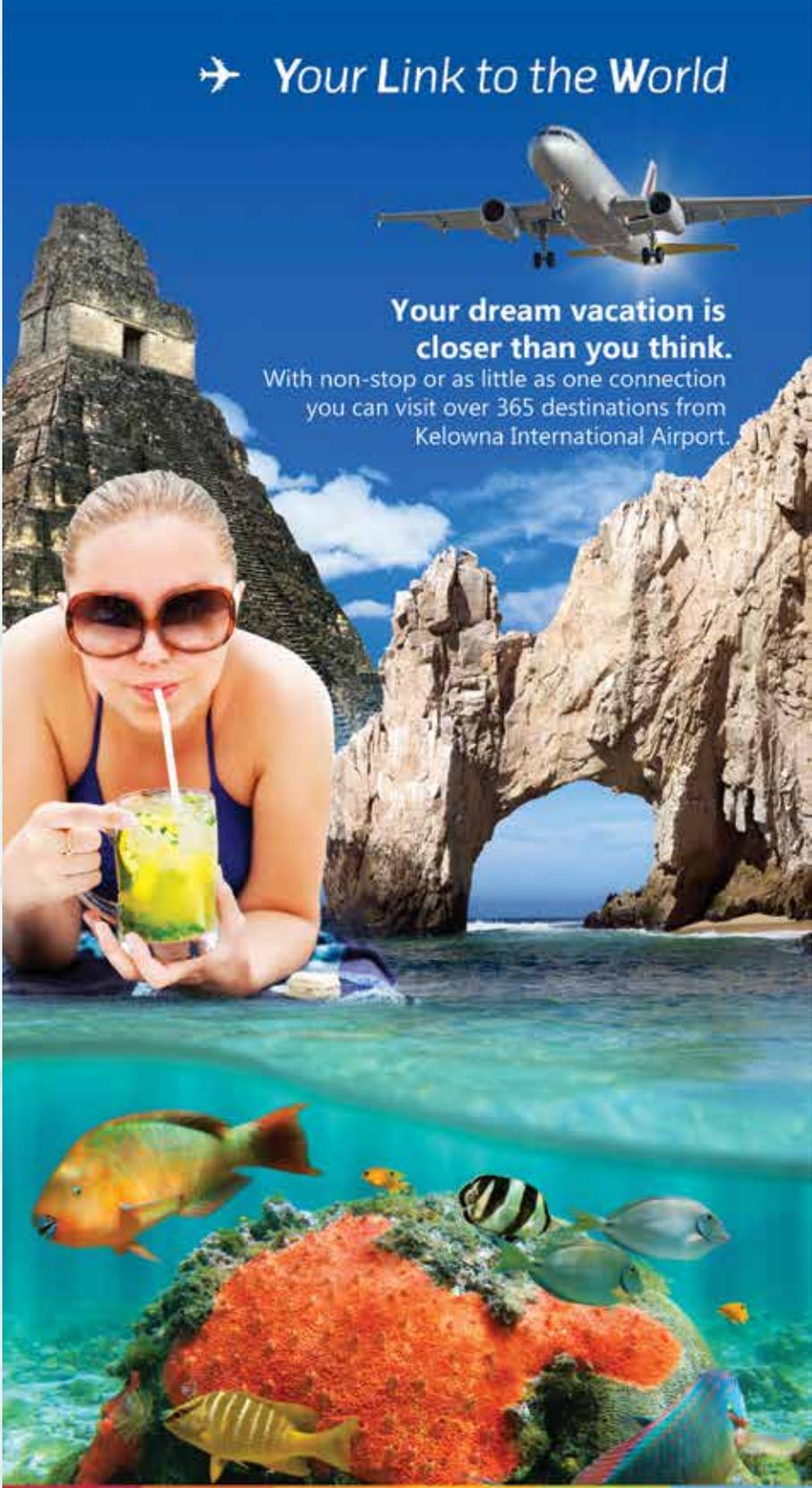
Ever active, Serwa's not too concerned about her weight; Naturally pretty, she doesn't indulge in a detailed beauty regime.

While she admits she always has Chapstick in her ski jacket ("nobody looks good with dry, cracked lips!"), Serwa takes a "less is more" approach to glamor.

"Most people gravitate toward happy individuals, so an easy way to look your best is to let your happiness show through your beautiful smile!"

The skier nicknamed K-ser is glowing these days. In love, feeling healthy, she has her sights set on becoming the overall World Cup champion and an Olympic gold medalist.

If her favourite quote by Eleanor Roosevelt is any indication—the future belongs to those who believe in the power of their dreams—Serwa is well on her way to the top, racing her way down the slopes of life.



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*Princess Silver Star Ashley Lazzarotto and Queen Silver Star Christianne Edblad (centre) are joined by candidates Michaela Hamilton (from back left), Brittinie Piazza, Samantha Joy, Emily Pfanschmidt, Shayla Lemond, Ali Kjsilevich, Katie Prosač and from front left: Cassidy Heska, Sakshi Malhotra, Amanda Breitreutz and Antonya Crosby. Photo by Brenda Hala's Photography*

## The Queen Silver Star Excellence Program teaches valuable skills

The Queen Silver Star Excellence Program accepted its first candidates in 1960, with the inaugural royalty crowned January 1961. The program has a long standing tradition in the Vernon community and has evolved over the years from a beauty pageant into an excellence and scholarship program.

The six month program provides opportunity and experience to young ladies in the community to give back through various volunteer programs and events and is available for young women ages 16 - 19 who live within the North Okanagan.

From September to February, candidates attend classes to learn speech craft, hair care, automotive, self defence, history of Vernon, mural and history tours, modeling, financial planning, Vernon tourism, health and fitness, dance, etiquette, make up and skin care, as well as interviewing skills.

Candidates will participate in a variety of community events, attend a City Council meeting and become a role model for Little Miss Winter Carnival candidates. Each year candidates leave the program having gained valuable skills

that will last them a life time. A number of scholarships are also awarded with an approximate value of \$6,600.

The three main events - a fashion show, talent show and the Proclamation are held over the winter months.

The Fashion Show is Tuesday December 4th, 7pm at the Performing Arts Centre. Tickets are \$15 and available at Ticket Seller or through the candidates. The Talent Show will be held at the Rec Centre on Sunday January 13th at 2pm. Tickets \$12 and available at the Winter Carnival office or through the candidates. Proclamation is Thursday January 31st, 7pm at the Performing Arts Centre. You can purchase tickets (\$20) at Ticket Seller and through the candidates. The Queen and Princess will be crowned at the Coronation Ceremony Friday February 1st in Polson Park at 5pm.

If chosen as a Vernon Ambassador, the Queen and Princess travel throughout the province from March to September promoting the City of Vernon. They also become role models within the community and attend a variety of events throughout the year.



*2012/13 Lady of the Lake Najot Takfiar and her Princess Jade Cowen.  
Photo by Michelle of Contract Photography*

## Who will be Miss Kelowna lady of the Lake 2013/14?

The Lady of the Lake is a young woman who has a personal presence that leaves a favourable impression, the integrity to meet anyone in an honest and genuine manner, the self assurance and judgement to converse intelligently, the finesse to meet dignitaries in any social setting, the natural warmth and grace of a young lady, as well as intelligence, talent, good health and fitness, and excellent public speaking skills.

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will be 16 by December 31st, 2012 and no older than 18 by August 1st, 2013 to obtain skills that will help them succeed in many aspects of life. The growth you and others around you will see throughout the training process will WOW you! You must also be a Canadian Citizen and a resident of Kelowna to participate.

If you are interested in becoming a candidate or have any further questions, please send an e-mail to [kelownaladyofthelake@live.ca](mailto:kelownaladyofthelake@live.ca). Please include your name, address, birthdate, phone number and e-mail address. We will contact you when we have a date set for an informational meeting.



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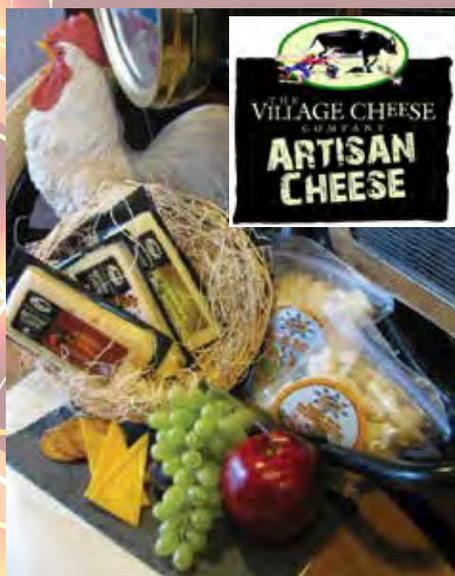


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# GIFT IDEAS FOR 2012

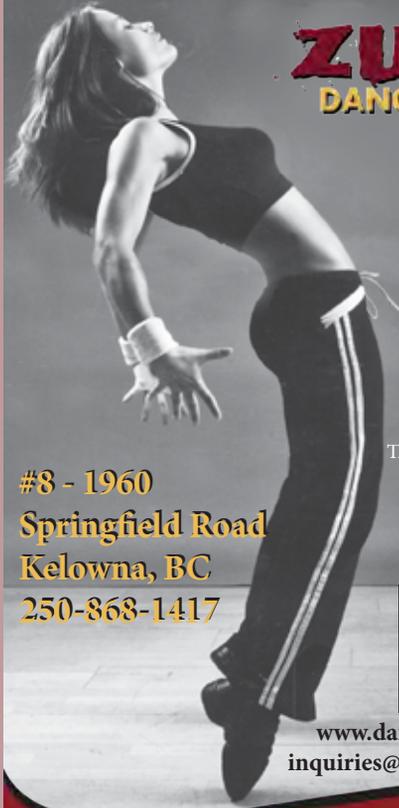


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Ballet Jorgen Canada celebrates its 25th anniversary season with a full-length production of the world's most renowned Classical Ballet, Tchaikovsky's Swan Lake at the Vernon Performing Arts Centre, Saturday, February 2nd at 8 pm.

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Canada so that everyone has the opportunity to see, experience and be touched by this most extraordinary of all ballets. Tickets available through [ticketmaster.ca](http://ticketmaster.ca)



## Miracle on 34th Street - the musical

now to December 16th at the Kelowna Actors Studio

Kris Kringle takes on the cynics among us in this musical adaptation of the popular holiday favourite. In his inimitable style, Meredith Willson (The Music Man, The Unsinkable Molly Brown) tells us the classic story of the year, a white-bearded gentleman claiming to be the real Santa Claus brings about a genuine Miracle on 34th Street, spreading a wave of love throughout New York City, fostering camaraderie between Macy's and Gimbel's Department Stores, and convincing a divorced, cynical single mother, her sombre daughter and the entire state of New York that

Santa Claus is no myth. Filled with humor, spectacle (the opening scene takes place at none other than Macy's famous Thanksgiving Parade) and such beloved songs as "Pinecones and Hollyberries," "It's Beginning To Look A Lot Like Christmas" and "My State, My Kansas," this joyous, heart-warming musical is pure family entertainment. It is the perfect holiday treat!

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**I? tæmxwula?xw i? txætñ/ The Land is Our Culture**

The Kelowna Museums, in collaboration with Westbank First Nation, is proud to present I? tæmxwula?xw i? txætñcutntæt – The Land is Our Culture; an exhibition celebrating the syilxw/Okanagan people and their interminable and vital connection to the land. Indeed, as the title states, the land is their culture.

Featured in the exhibition are the provocative artworks of Barb Marchand and Janine Lott, syilxw artists who express their personal and ancestral connections to the land through cultural and contemporary media and techniques.

Exhibition runs until April 6, 2013 at the Okanagan Heritage Museum, 470 Queensway Ave. Kelowna



**HEART come to the SOEC**

California born, Seattle bred sisters Nancy and Ann Wilson are HEART. They are behind some of rock's most iconic hits from the wild call of "Barracuda" to the epic lilt of "Magic Man" to the deranged shriek of "Crazy On You." Nancy's guitar and Ann's wail are practically part of the national archive, indelible elements of American pop culture. They bring their "Fanatic" Tour to the South Okanagan Events Centre, Friday, March 9, 2013. Tickets can be purchased at [www.ValleyFirstTix.com](http://www.ValleyFirstTix.com), by telephone at 1-877-SOEC-TIX (763-2849) or in person at the Valley First Box Office (at the SOEC) and Wine Country Visitor Centre

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# SHĒROES

a courageous woman who has the principle share in some exploit.

## DAWN KING: MUSIC IN MOTION



Photo: [www.shimonphotography.com](http://www.shimonphotography.com)

It's long been understood that both music and exercise are mood elevators. And, in recent years, scientists have discovered a distinct correlation between listening to music and athletic performance.

This comes as no surprise to Vernon's Dawn King, who excels at both.

Dawn and husband, Bob have been mainstays on the Okanagan music scene for more than fifteen years, performing as "The Kings."

The couple met at a kinesiology course in Kamloops where they became study partners.

*"Robert and I were friends for quite some time before we became a couple. Our dates consisted of intense racquetball games, riding our motorcycles, running, and of course fine food and wine! Robert's still says "You're my favorite cook." After all these years and with all the challenges and triumphs that go along with 20 years of marriage and family, we are still very much in love."*

Already passionate about sports, Dawn got hooked on triathlons about three years ago. This past October, King joined a contingent of athletes to represent Canada at the 2012 International Triathlon Union's Age-Group World Championship in Auckland, New Zealand. For Dawn, the race was not about competing, but about personal best and following her dream.

During the week of training before the race, a brutal weather front hit New Zealand. Torrential downpours created potentially dangerous conditions on the steep cycling hills. The elite athletes were challenged by 40 to 50 kilometer headwinds / sidewinds. The ocean offered up 1 ½ meter waves for the practice swims.

The grueling physicality of the training might have dampened the spirits of those less determined. But Dawn King has an incredible positive attitude on her side. She trained with the Robbins Research Institute for 10 years and earned the Anthony Robbins Life Mastery Award. She is a woman who undeniably 'walks the talk.'

Then there's the music. The same characteristics required to be successful in music – time and dedication – are required to be successful in sports and Dawn does both at an elite level. In Auckland, her music helped her stay focused and motivated despite the challenging

conditions. While she trained, she sang.

Her “race” song, written by Bob, is titled *The Real Me* and is a very powerful song about rising to a challenge, breaking free and liberating yourself from limitations.

*The Real Me* also happens to be her first single – to be released January 1st, 2013 - from her upcoming album, titled, *It’s Time to Shine*. Eight of the album’s nine songs were written by Bob, while the ninth is a cover of a classic Captain and Tenille song. Ace Vancouver producer Jeff Dawson (Daniel Powter, Andrew Allen) lent his touch to Dawn’s recording project, which features some of the west coast’s premier musicians. The album does offer some inspiring songs that celebrate the human spirit – and it also has some toe-tappers in a wide range of styles from ska to r & b to country.

Dawn King has come a long way since performing her first song – Let’s go Fly a Kite – in an elementary school play. She has been honing her craft her entire life. Since the age of 16, Dawn has taken

vocal lessons on and off and is especially grateful for the time she studied with Renee Grant Williams, vocal coach to many Nashville and pop recording artists.

As a teenager she loved Supertramp, Boston, April Wine, Styx and the Eagles and the mellower sounds of Carol King and James Taylor, but she admits that Canadian superstar Celine Dion served as her greatest inspiration.

“I always thought it would be awesome to build a career singing love songs and even broader than that - songs that really made a difference in people’s lives ... Songs that reached your heart and soul ... I appreciate a well-crafted song (melodically and lyrically) with a meaningful message. I also love music with a groove!”

And there is no better description of Dawn’s debut album – *It’s Time to Shine*. Shortly after returning from New Zealand, Dawn King received a notice in the mail ... “Congratulations!! In

“The meaning of life  
is to find your gift.  
The purpose of life  
is to give it away.”

- Joy J. Golliver

one year’s time, you will be representing Canada at the 2013 ITU World Triathlon Championships in London England !Joined by the best triathletes in Canada, you will be racing against the top age group triathletes from around the world.”

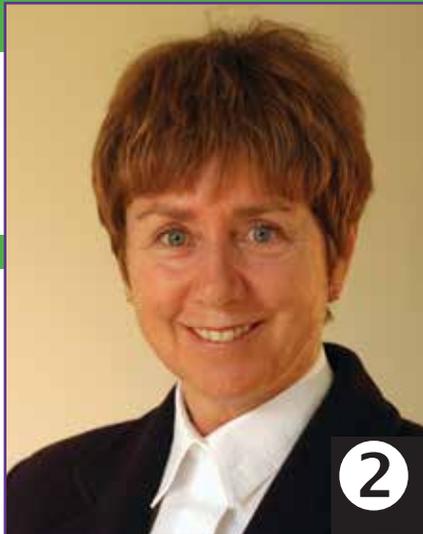
You can bet she’ll be there – another item to check off her bucket list – and you can bet she’ll be singing. You can check out Dawn’s music at [www.dawnking.com](http://www.dawnking.com)

*The Canadian Team in New Zealand*



# Who's That Girl?

**Quiz:** How many of these famous Canadian athletes can you name? Answers on page 38



## TREE LIGHTING TIPS

Lighting a Christmas tree may seem like child's play, but time and again people struggle with the task.

Untangling wires and wrapping them around boughs can be nerve wracking, but lighting a tree doesn't have to be a chore when you follow some tips from the professionals.

First, keep in mind that wrapping lights around the tree horizontally is more work and often doesn't produce a multi-dimensional effect.

Rather, string the lights from the trunk up to the top, working vertically. This is actually how the tree decorators at Rockefeller Center in New York City do the famous tree year after year. This method helps eliminate tangled wires and empty spots.

Remember to plug in the strands of lights before you begin to check for burnt-out bulbs and to adjust the spacing of lights to prevent dark spots. Think about varying light bulb sizes to add more dimension.

String an inner layer of small LED white lights to produce an inner glow on the tree before adding larger, colored lights on top to increase visual appeal. Just be sure to match the same wattage of the lights so that you do not have power surges and can prolong the life of the bulbs



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melts into  
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While we  
Wait on  
Winter...



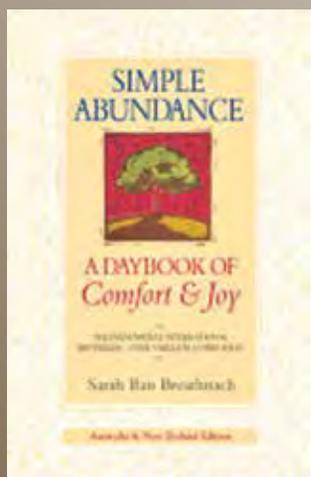
# LOLL

## LADIES ON LITERATURE

After a highly successful inaugural year, the Ladies on Literature have embarked upon our second season together. Fourteen women who gather once a month to discuss literature, which inevitably turns into other kinds of talk, our lives are enriched by the sharing of fantastic food and sumptuous sips, and a kinship that comes from laughing out loud.

Though we broke for summer, I continued to blog about books, but not the kind I foresaw. While I pictured myself soaking up the sun, sipping Gewurztraminer from a stemmed glass and reading absolute rubbish, no one was more surprised than me, to find a basket of non-fiction books by my lounge.

### Simple Abundance by Sarah Ban Breathnach



This book has been one of the most influential tools I've ever owned. While I confess a collection of self-help and spiritual literature lines my bookshelf, Ban Breathnach's book maintains its place of honor in my bedside table. Her writing is so lovely and the daily readings short but significant. I happily embrace her concept of moving through the seasons, practicing the six threads of abundant living beginning with gratitude, which gives way to simplicity, which brings order, then

harmony and beauty, which leads to joy.

A woman after my own heart, Ban Breathnach's belief that a reverence for beauty and a quest for balance are kindred sisters, always makes me smile. This book never fails to reset my compass for compassion, happiness, and thankfulness. Encouraging readers to begin a "Gratitude Journal", Ban Breathnach has inspired millions of women to find and follow their bliss, even through the blah-blah that is the carpool, dirty dishes, bill paying portions of our day.

5/5 Cheers!

# wild

FROM LOST TO FOUND ON THE PACIFIC CREST TRAIL



Cheryl Strayed

## Wild

by Cheryl Strayed

As the serenity of summer swept along into September, days continued to dazzle with bright sunshine and high temperatures, but the pressure was on. My turn to select a book and host the start of our second season, I took the old fashioned approach to finding something: peruse the shelves, waiting for something to strike my fancy or stir my soul simply from its cover, title, or back-of-the-book description.

Maybe it was the beat up boot on the front or the catchy, one word title, all in lower case letters, or maybe it was because it was smack in the center of the table of “Heather’s Picks” at Chapters, but I was drawn to Cheryl Strayed’s memoir, Wild.

Never mind it was Oprah Winfrey’s pick, the true story of a 26-year old woman devastated by the loss of her mother, the scattering of her family, and the break down of her marriage, who sets out seeking reconciliation by hiking the Pacific Crest Trail—alone—intrigued me.

The LOL had high praise for the author’s writing but we were also critical of her self-indulgence; her reckless forays into the world of heroine, her promiscuous sexual

encounters, and her nearly heartless treatment of her seemingly saint-like husband. The foreshadowing of dramatic events that never really result in much (like encounters with snakes and dangerous animals of the wild and human kind) came off as a bit of a “ploy” to keep people turning pages. At times it seemed not much was happening out there on the trail...or was it?

What I learned at the meeting at my home (other than I hate pumpkin and should never have made a cake with it, even if it was in season) was that the death of a loved one touches us all differently and we simply cannot judge how someone else grieves. Cheryl Strayed was completely and utterly destroyed when she lost her mother during some very developmentally vulnerable years. That alone grants her forgiveness for the crazy stuff she does as a result. No one saw it coming, but our first meeting of the LOL evolved into the deepest of discussions. Members shared intimate details about loss of loved ones and how painful it is to let go, yet how much better off we would be if we could embrace the dying process as a natural part of living...if we could see it for the beautiful moment of release, the ultimate freedom it is.

Member, Gail—a physician—has been present at many deaths and says it’s an absolute privilege, much the same as it is utterly magical to witness a birth. Just as birthing is a painful process resulting in the ultimate reward, so death is often a long, drawn out, humbling and painful affair, but the result is some sort of untouchable bliss.

The complex but blessed business of living...it’s a wonderful thing. And we came away believing Wild is worth the read.

3.5/5 Cheers!



## Something Fierce

by Carmen Aguirre

Ah, ostentatious October! How I love this show-off month when the earth delights in decorating herself in jewel toned accessories like a mother of fashion, embracing her new fall line. The air is crisp and clean and clear, the sunlight shimmers, in this season of transformation. Fitting, then, that the LOL read Something Fierce, a funny but shocking first-hand account of one Canadian woman’s journey through change—completely transforming—as the daughter of Chilean revolutionaries during the Pinochet era.

Don’t ask me how we ended up reading a second memoir, hot on the heels of the first, but Cindy W’s choice, winner of Canada Reads 2011, is an informative and fascinating, as well as entertaining read. Told in everyday language, blunt and basic, yet captivating, the story is touching and endearing without being sentimental. It’s often funny as hell, too.

3.75/5 Cheers!

Join us over the coming months as we read a range of fiction. Pick up the books! Log into [shannonlinden.ca](http://shannonlinden.ca). We’d love your comments—and your company.

# Lise Simpson

## Ah-choo!



Although fall is my favourite season, there are a lot of things about winter that I love. The first serious snowfall is always a special occasion, and I take the dog out for a walk in the woods and listen to the soft hissing sound of the flakes touching down on the trees.

We ski, and I love being out in the sunshine of Silver Star or Big White, up above those low oppressive clouds that tend to gather in the valley. In the early weeks of winter I even enjoy shovelling the driveway, although if truth be told the thrill is gone by January. But I particularly like the moments where I get to snuggle in the house, feeling warm and cozy as the wind howls outside. I enjoy being outside braving the elements because I know that soon enough I'll be inside, and the warm glow of our lights will shine out from our windows. A cup of tea or glass of wine, a crackling fire, a special blanket, the warm glow of candles... all these things combine to make for special winter moments.

Knowing this about me, you can well imagine my dismay at knowing how these tranquil moments can be utterly shattered if a dreaded winter monster invades our lives. The crackle of the fire, the warm glow of the candlelight...none of it matters if we fall victim to the relentless grasp of the monster. It can barge uninvited right into our home and destroy an otherwise peaceful week

of winter. I am speaking, of course, of the Man Cold.

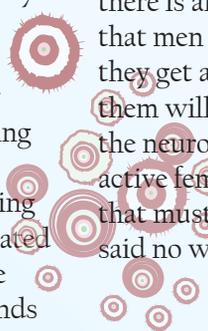
My husband is a strong, resourceful, hard-working man. Yet a simple head cold seems to bring out the little boy inside the man. It's really quite a mysterious force of nature. When he is attacked by a Man Cold, I am somewhat sympathetic and supportive in the beginning. I dutifully plod off to the store for Advil Cold and Sinus, Kleenex, ginger ale, chicken noodle soup, and a car magazine.

I make up a cozy daybed on the couch for him with fluffy pillows and warm blankets. I completely surrender the remote control and put up with endless episodes of Top Gear and Motoring. I tidy the used Kleenex, check his forehead for signs of a fever, and steep the tea.

However, by Day Three, Sympathy and Supportiveness have each packed a suitcase and stormed out of the building. The Good Nurse inside me has poured herself a glass of wine, put her feet up on the coffee table, and sits gazing at her patient with nothing but disdain. "It's just a cold," I state with icy frostiness. "Seriously. You'll be fine".

Exactly how the common cold is able to reduce otherwise manly men into helpless lumps of sneezing self-pity is completely unknown. And I know I am not alone in feeling slightly amused and deeply frustrated by the phenomenon known as the Man Cold. A quick survey of friends

on Facebook, and coworkers at the office, confirms that many men are actually able to handle a serious injury or a serious illness much better than they can deal with the common cold. A friend of mine saw her boyfriend accidentally slice off the tip of his finger in his table saw. He calmly muttered, "Well, crap". Yet when he gets a cold, this man whines with the relentless, annoying intensity of a disgruntled two year old. Interestingly, if you ask a man if there is any truth to the accusation that men behave like babies when they get a cold, every single one of them will dismiss the notion as being the neurotic rambling of an over-active female imagination. "Yeah, that must be it. I'm imagining it"... said no woman, ever.





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# Creating New Traditions

By Jessie Kaur



Canadian holidays are still a bit of a puzzle to the Lakkineni family, residents of Kamloops since 2007. Thanksgiving, Halloween, and a secularized Christmas are not celebrated in their homeland of India. But the family is embracing its new home and its traditions, especially since the children were born.

Sushma and her husband, Krishna met and married in London, UK in 2004. Amidst the hustle and bustle of Abbey Road and Trafalgar Square, they had little interaction with neighbours. In England, Sushma had an overwhelming longing for home; the food, the sights, and the familiar faces. She recalls that in London, "We lived with other tenants in the same building, but we didn't know each other. No one makes the attempt to meet one another in the big city."

But when the couple arrived in Kamloops and had their first child, son Ashrith, they discovered many

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# Traditions: Christmas for the Lakkineni family



Christmas in Canada. Says Sushma, “I want our children to learn everything because they live here and they are Canadian. I do not know if you can say that we celebrate Christmas, but we are trying. We buy gifts. We visit friends who make us turkey and fixings. We watch Christmas movies. And if it snows we pull the kids on the sled, make a snowman, and even have a snowball fight.”

Five year old Ashrith is determined to have a Christmas tree. His mom admits she has no idea how to decorate one. “It is something I am going to have to quickly figure out for this year’s Christmas. I guess I will be Googling how to trim the tree or making a trip to the local library to find books on the subject.”

opportunities to get involved in the community and neighbourhood – a stark contrast from their lives in London. “Kamloops is such an inviting city. During the holidays, you hear music wherever you go and people seem happy and more spirited.”

Now the proud parents of a second child, daughter, Samhitha – the family has blended traditions of their native county with the new customs they have discovered here. Sushma notes, “There is a message of serenity and goodwill during the holidays. We are using this spirit to teach our kids about togetherness with family, friends and neighbors.”

While the family has its own traditions, it eagerly embraces

food specialities, like chicken biryani, which is usually made on special occasions, lamb, pooris, and lentil or eggplant dishes.”

While Sushma and all their friends enjoy taking an Indian food journey at the Lakkineni’s homes, young Ashrith thinks there is nothing better than Christmas feasts and Canadian food prepared by their family friends. “We have tasted turkey. The kids love it.” Sushma admits she has a spice loving palate, but she enjoys the scalloped potatoes. She hasn’t attempted to cook a traditional turkey dinner herself “because it takes seven plus hours to cook.”

Like many Canadians, the Lakkineni family clearly cherish the secularized idea of Christmas as a time to unite in peace and goodwill. Like many immigrants, they change - and are changed by - their adopted countries. The same can be said of Christmas celebrations. Canadian traditions open to embrace those brought by immigrants, who in turn include Canadian customs in their celebrations.

Sushma shares a recipe for Chicken Biryani with Okanagan Woman readers on page 32

Of course food is an integral part of Christmas here in Canada, and Sushma prepares dishes that keep her connected with her home in India. “Christmas to me is about an open table. Everyone shares a meal. While presents are nice, it’s spending time with our neighbours and friends that means the most to us.”

The Lakkineni family hosts dinners throughout the Christmas holidays. This is where Sushma has the opportunity to display the food and smells of India. “I make butter chicken, chicken curry, samosas and food that are friends are accustomed to, but I also cook South Indian





**N**ow is the perfect time to relax and invite friends for an evening of good food and great company. Entertaining can be as easy as preparing a few simple, yet impressive appetizers — and olives and olive oil are a great way to add life and flavor to any menu.

Olives and olive oil are incredibly versatile. They're bursting with flavor and health benefits, making them essential ingredients in every cook's kitchen. And with a few flavorful recipes in your back pocket, you'll always be ready to impress. Try one of these delicious, easy-to-prepare recipes created by the International Olive Council to make your casual evening one to remember. Visit [www.addsomelife.org](http://www.addsomelife.org) for more inspiration,

### Crispy Garlic Shrimp Skewers

Total Time: 30 minutes  
Makes: 32 appetizers

- 6 tablespoons extra virgin olive oil, divided
- 2 tablespoons fresh lemon juice, divided
- 1 egg white
- 2 large cloves garlic, minced
- 32 raw medium shrimp, shelled and deveined (about 1 1/4 pounds)
- 1 teaspoon finely chopped fresh dill or parsley
- 1/2 teaspoon grated lemon peel
- Dash salt, optional
- 3/4 cup panko bread crumbs
- 1/3 cup finely shredded pecorino or Parmesan cheese
- 16 pitted large green olives
- 16 pitted large ripe olives
- 32 grape tomatoes
- 1/2 medium cucumber, sliced lengthwise and cut into 32 pieces
- 32 (4 to 6-inch) appetizer skewers

Heat oven to 475°F.

Blend 3 tablespoons olive oil, 1 tablespoon lemon juice, egg white and garlic in small bowl. Add shrimp; toss to coat; set aside.

Blend remaining 3 tablespoons olive oil, 1 tablespoon lemon juice, dill, lemon peel and salt in small bowl. Set aside.

Mix bread crumbs and cheese on waxed paper; dredge shrimp to coat evenly. Place in single layer on baking sheet. Bake 8 to 12 minutes or until light golden and thoroughly cooked. Gently loosen shrimp from baking sheet; cool 1 to 2 minutes.

Thread a single shrimp, olive, tomato and cucumber piece on each skewer. Serve immediately drizzled with olive oil mixture.

**TIP:** Rub bread crumbs and cheese between your palms to create a uniform, consistent mixture. The mixture will adhere more evenly to the shrimp.

### Easy Scallop Appetizer Cups

Total Time: 15 minutes  
Makes: 15 appetizers

- 1/3 cup finely chopped pitted ripe olives, drained on paper towels
- 3 tablespoons garlic and herbs spreadable cheese
- 15 prebaked phyllo shells (1 9-ounce package)
- 1 tablespoon olive oil
- 1 clove garlic, slivered
- 3 to 4 ounces bay scallops, thawed and patted dry
- 1/4 teaspoon dried tarragon leaves, optional

Combine olives and spreadable cheese in small bowl; mix well. Spoon evenly into shells (filling 2/3 to 3/4 full); set aside.

Heat olive oil in medium skillet over medium-high heat until very hot but not smoking. Add garlic slivers; cook and stir 10 to 15 seconds until fragrant. Remove and discard garlic. Reduce heat to medium; add scallops. Cook and stir 2 to 4 minutes or until scallops are thoroughly cooked. Remove scallops with slotted spoon.

Place 2 to 3 scallops in each shell, pressing lightly. Serve immediately.

**FOOD, GLORIOUS FOOD**  
RECIPES FOR HOLIDAY ENTERTAINING



## Pork and Mushroom Sliders

Total Time: 45 minutes  
Makes: 12 sandwiches

- 1/4 cup sour cream
- 2 tablespoons coarse ground mustard
- 5 tablespoons extra virgin olive oil, divided
- 2 large cloves garlic, divided and minced
- 1 1/2 teaspoons dried thyme leaves, divided
- 1 pound pork tenderloin, trimmed
- 4 cups finely chopped shiitake mushrooms
- 1/2 cup chopped ripe olives
- 1/4 cup finely chopped shallots
- 12 small rolls, split (warmed, if desired)

Heat oven to 400°F.

Blend sour cream and mustard in small bowl; cover and refrigerate.

Combine 2 tablespoons olive oil, 1 clove garlic and 1 teaspoon thyme leaves in mini chopper or finely chop garlic and blend mixture in bowl with fork, mashing garlic.

Rub pork with garlic mixture; place in shallow baking pan and roast 25 minutes or until internal temperature is 160°F. Remove from oven; let stand at least 10 minutes.

Meanwhile, heat remaining 3 tablespoons olive oil in large skillet over medium-high heat. Add 1 clove garlic; cook and stir 30 seconds or until fragrant but not browned.

Add mushrooms, olives, shallots and remaining 1/2 teaspoon thyme leaves. Cook and stir 5 minutes or until mushrooms are tender. Remove from heat; set aside.

Thinly slice tenderloin diagonally across grain. Spread each cut side of rolls with mustard mixture. Spoon half of mushroom mixture (about 2 tablespoons) on bottom of each roll. Top rolls evenly with sliced pork and remaining mushroom mixture. Cover with top halves of rolls. Serve on coated sandwich wraps or bakery sheets if desired.

**TIP:** Meat can be roasted several hours in advance, then refrigerated and sliced before assembling sandwiches.

## Black Olive Pâté

*Delicious! Serve on toasted bread or as a cocktail snack on small rounds of friend bread. This pâté will keep chilled in an airtight jar for up to 2 weeks!*

Total Time: 10 minutes  
Makes: 4 servings

- 1 1/2 cups pitted juicy black olives
- 1 garlic clove, crushed
- Finely grated rind of 1 lemon
- 4 TBSP lemon juice
- 1/2 cup soft cheese
- Salt and pepper
- Lemon wedges, to garnish
- Thick slices of bread, to serve
- Mixture olive oil and butter

Roughly chop the olives and mix with the garlic, lemon rind and juice, bread crumbs, and soft cheese. Pound the mixture until smooth, or place in a food processor and work until fully blended. Season to taste with salt and freshly ground black pepper.

Store the pâté in a screw-top jar and chill for several hours before using – this allows the flavours to develop.

For a delicious cocktail snack, use a pastry cutter to cut small rounds from a thickly sliced loaf. Fry the bread rounds in a mixture of olive oil and butter until they are a light golden brown colour. Drain thoroughly on paper towel. Top each round with a little of the pâté, garnish with lemon wedges and serve immediately.

# Chicken Biryani

A biryani is customized by families in the southern regions of India and always impresses anyone, so it is usually made for large gatherings. The ingredient list is quite long, but don't be intimidated. This dish is worth it, especially for the holidays.

## Ingredients

- 2 1/2 cups basmati rice
- 4 tbsp vegetable oil
- 2 onions sliced
- 1 onion chopped
- 4 chicken breast (skin removed and cut into pieces) or 8 chicken pieces with bone (skin removed),
- 1 Tbsp Coriander Powder,
- 1 Tbsp cumin powder
- 1 tsp Turmeric powder
- Chilli powder to taste
- 2.5 cm piece of cinnamon stick
- 3 bay leaves
- 3 or 4 cloves
- 2 pieces of mace
- 2 black cardamom pods
- 1 pinch saffron strands (optional)
- 1/2 bunch fresh coriander, chopped
- 1 pinch salt to taste
- 1/2 bunch of mint, chopped
- 3 green chillies, chopped
- 2 cups of yogurt
- 1 lime, juiced

## Step-by-step

1. Wash the rice in several changes of warm water before leaving to soak in cold water for 30 minutes



2. In a bowl take chicken and all the above ingredients except Basmati Rice and mix them well and leave it aside for at least 30 minutes. (Reserve some of the coriander and mint leaves for garnishing)

3. Gently heat the 4 tablespoons of oil in a frying pan and fry the sliced onions until golden brown. Drain on absorbent paper.

4. In the same oil, sauté the diced onion for 5 minutes.  
5. Add 4 1/2 cups of water, salt and bring to boil. Add soaked rice and cook until they are half cooked. Drain off the water.

6. Take a big thick bottomed pot and spread the marinated chicken at the bottom now spread the half cooked rice over the chicken and add little coriander leaves, mint leaves, fried onion and few drops of food color (saffron). Close the bowl with air tight lid and cook on just above medium flame (6 on the stove) for first 15 minutes and lower the heat to (2 on the stove) and cook for another 15 min.

7. Garnish with fried onions and serve



Okanagan Woman Magazine's food blog, [www.okanaganwoman.com/food-blog](http://www.okanaganwoman.com/food-blog) is easy to find!

Go to [www.okanaganwoman.com/food-blog](http://www.okanaganwoman.com/food-blog) or follow the link from our website, [www.okanaganwoman.com](http://www.okanaganwoman.com). Or scan the QR code for a direct link to the blog.

## FOLLOW OKANAGAN WOMAN'S FOOD BLOG



There's more to food than just collecting recipes. Food is an art. Sometimes it's a kitchen disaster and sometimes it's a kitchen inspiration. Food gives us not only life sustaining nourishment - it gives us comfort, fun and a few life lessons, too. Did you know that Okanagan Woman Magazine has its very own food blog?

*Grits for Girls*

This is a great opportunity to add a couple of Christmas cocktail recipes using *Okanagan Spirits*. Listed below are my three suggestions

### The Season Celebrator

1oz Okanagan Spirits Cranberry Liqueur  
3oz Sparkling Wine

Served in a champagne glass with 3-4 frozen cranberries for garnish, this is the perfect way to celebrate the holiday season.

### Christmas Cobbler

1½oz Okanagan Spirits WHISKY  
½oz Okanagan Spirits Canados (Apple Brandy)  
3oz Okanagan Apple Cider / Juice

Shake all the ingredients in a ice filled cocktail shaker until well chilled. Served in a highball glass, this drink can be cup with cut with true ginger beer to add a touch of holiday spice.

### Orchard Sidecar

2oz Okanagan Spirits Poire William (Pear Brandy)  
1oz Tripe Sec or Cointreau  
½oz Fresh Lime Juice

Shake all ingredients in a cocktail shaker until ice cold and serve in a coupe glass. This well balanced cocktail will be sure to warm you on those cold winter evenings.



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# NUTRIA'S BOOK CLUB LUNCHEON:

a story for every cook guilty of ingredient substitution

by Linda Patricia Schaab

"One man went to mow...went to mow a meadow," Nutria sang as she headed out to her backyard with scissors and a large bowl. It was 6:00 a.m. on the day of her book club luncheon, just enough time to make one of Martha Stewart's most creative recipes – Ham Baked on Grass.

"Cut the grass very early in the morning, while the dew is still evident," the recipe instructed. Good, the dew is still on the lawn, Nutria thought. "Locate an area in advance with tender, young, organically grown grass that has not yet been cut," it said. Nutria had long ago decided that Martha was far too fussy. To her thinking there was no reason she couldn't use grass from her lawn. Also called for was chervil in bloom. Nutria didn't have any chervil growing, or any herbs. She skipped that ingredient.

"Four men, three men, two men, one man and his dog," Nutria continued singing. She selected an area of lawn in the prettiest spot in her backyard, beneath the post with the church-shaped birdhouse. She was snipping away at the grass when, over the singing of birds, she heard a dog clambering up the wooden stairs. A flight of stairs running from the driveway to the higher backyard was attached to the side of the house. Tina, the neighbour's Dalmatian, was coming up the stairs. Working in her kitchen, Nutria had often spotted Tina on her back lawn. She didn't mind. The dog would snoop around the yard and then squat for a quick whiz before leaving. Surprised that Nutria was outside at such an early hour, Tina ducked her head guiltily and went back down the stairs.

In her kitchen with the filled metal bowl, Nutria got out a roasting pan and lined it with the grass. She paused. Was she supposed to wash the grass? Martha had made no mention of this step in the recipe. Nutria decided the grass was to be used au naturel, with the dew undisturbed. She laid the ham on the moist, verdant bed.

To go with the ham, Nutria had picked up a macaroni salad and buns at the store. She now turned her attention to making a jellied salad. It had been decades since she'd made this salad with its shreds of carrot and diced celery suspended in lime Jello, but it seemed just the right thing to go with the ham. With the jellied salad chilling, and the ham baking, Nutria's thoughts focused on the book club meeting after lunch.

The main item on the agenda was a discussion of Stephen King's novels. Nutria had suggested the topic to Patricia, the self-appointed and at times overbearing president of the club, and it had received her approval. One evening that week Nutria had checked out Stephen King's website. On it was a list of King's Top 10 Fears, his "Ten Bears," as he calls his phobias. Fear of the dark, squishy things, rats, snakes, spiders, and death – the usual things. Deformity, closed-in places, fear of others, and fear for someone else were also on the list. There was no mention of being phobic of tainted or unclean food.

Martha's recipe for Ham Baked on Grass called for 5½ hours baking time. It was now shortly after noon and Nutria's book club friends were arriving. When they had congregated in the kitchen, Nutria proudly

removed the ham from the oven. Horrified, Patricia announced that she never ate pork. Equally suspicious about the origin of the grass, the other women one by one either seconded that they never ate pork, or stated that they had recently become vegetarians.

Sensing Nutria's disappointment, we all raved about the jellied salad – even me, Patricia. Then we had an interesting discussion of Stephen King's methods for creating terror. After we'd left, realizing we were right to refuse the ham and that she'd made a mistake, Nutria went outside and threw the ham over the fence for Tina.

## SAVOURY HAM NOT BAKED ON GRASS

1 whole Toupee ham  
2 bay leaves, broken in half  
3 tbsp. dried onion flakes

Special equipment:  
an instant-read thermometer

Ham will need approximately 1 hour per kilogram in a 325F oven. Place ham in a roaster with a lid. To 3 cups boiling water add broken bay leaves and onion flakes. Stir, and pour into roasting pan. Add more boiling water until water is halfway up the sides of the pan. Turn ham over about every hour, and bake until internal temperature reaches 140F. Remove ham to cutting board, cool and slice. Ham slices may be stacked and kept warm in a crock pot until serving time.

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# Orlando



*No, this is not OUR OgoPogo. This look-a-like was lurking in the Orlando waters.  
Photo: TJ Wallis*

This past January, my husband and I were enjoying a glass of wine on the balcony of our suite at the Buena Vista Palace Hotel & Spa in Downtown Disney near Orlando, Florida. No one was occupying the poolside chairs below, never mind taking a dip. A chilly, harsh wind was whipping through the area and locals donned sweaters and windbreakers with collars turned up around their ears. But on our balcony, we were protected on three sides and it was easy to be smug about Canadian weather heartiness. We had foolishly overstated our immunity to cold weather, boasting to the hotel clerk that the Okanagan was under attack

from a nasty snowstorm just as we were leaving home. This bit of wind was comparable to a Chinook, we lied.

It's hard to believe that only the day before, I sat in the departure lounge at Kelowna International Airport, texting "Bon Voyage" messages to family and friends, who in turn, were making special requests for items from the Florida Outlet Malls they knew I would visit.

Now, on the balcony, we were planning our next day excursions. Of course, we had not come all this way to miss out on Disneyworld – because you never know if that opportunity

will come again – but first on the agenda was shopping.

Orlando is the 4th most popular shopping destination in the U.S. – a shopper's paradise. Rivaling the fun factor of Orlando's seven top theme parks, the destination's shopping offering is packed with the world's most popular names in fashion. No other destination in the U.S. offers fashionistas the world's most sought-after brands including Burberry, Chanel, Dior, Giorgio Armani, Louis Vuitton, Jimmy Choo, and Rolex among 100 other designer brands in such a compact shopping district.



*Live performers enhance the Disney experience*



*The Lake Buena Vista Factory Stores Mall is a 238,000 sf village-style centre with over 400 designer names within 50 spacious outlet shops (photo contributed)*

In all, greater Orlando encompasses 890,308 hectares, considerably larger than the Kelowna area, which is, according to Stats Canada, about 1/3 of that size, about 290,500 hectares. On the other hand, the entire Okanagan Valley has a total area of 5,146,880 hectares, dramatically larger than Orlando.

We've got some great shopping in the Okanagan, but Orlando's much larger population is very inviting to designer stores. There are 12 amazing shopping malls and factory outlet centers within a 15-mile (24-kilometer) radius in the heart of Orlando's attractions area. And it was my mission to visit

as many as humanly possible. Hence the 6 week daily treadmill training program before our departure. I knew I had to build stamina.

With luxury malls and outlet stores, unique boutiques, theme park stores, museum and art gallery shops, antique stores and farmers markets, I certainly got plenty of exercise.

Free shuttles to the outlets and malls are available at many hotels. We'd rented a car (without navigation) so the challenge was finding them all. Our first purchase was a GPS. Our second was a suitcase in which to pack home all my fabulous finds!

For the most up-to-date information on Orlando shopping, go to [VisitOrlando.com/shoporlando](http://VisitOrlando.com/shoporlando). To purchase an Orlando shopping package, visit [ShopAmericaTours.com/shoporlando](http://ShopAmericaTours.com/shoporlando).

**Editor's Note:** We spent three days in Orlando - visiting Disneyworld, the Indy Racing Experience, before embarking on a 7 day Eastern Caribbean cruise aboard Carnival Cruise lines, *The Dream*. Read more about our fantastic trip on our website: [www.okanaganwoman.com](http://www.okanaganwoman.com)



## Did you know?

Many Christmas traditions are older than some celebrants might think. The tradition of lighting up a Christmas tree, for example, dates back to the days before Christmas lights. Before electric-powered twinkle lights were invented and even before electricity was discovered, people used actual candles to adorn the Christmas tree. As one can imagine, having an open flame next to a dried-out tree was risky, so it was customary to keep a bucket of water next to the tree in the case of fire. As if fire wasn't enough, the tinsel used to decorate trees was made from strips of silver and even lead -- something that is now known to be a health hazard to adults and children alike. Although we've come a long way since candles and lead, even now trees that are overly dry and decorated with lights that have frayed wires can just as easily lead to fires. Plus, plastic tinsel can be a choking hazard for children and pets. One Christmas staple that has lost its status as a safety hazard is the poinsettia plant. It has long been thought that poinsettias are poisonous to people and animals. While there is some toxicity to the plant, it would require the ingestion of hundreds of leaves to get a toxic dose of a plant's poison.

Quiz:

# ANSWERS

Who's That Girl?

1. Hayley Wickenheiser was the first woman to play full time professional hockey in a position other than goalie. She is a member of the Canada women's national ice hockey team and has represented Canada at the Winter Olympics four times, capturing three gold and one silver medal and twice being named tournament MVP, and one time at the Summer Olympics in softball. She is widely considered the greatest female ice hockey player in the world. Source: Wikipedia
2. Nancy Raine Greene is a Canadian Senator for British Columbia and a champion alpine skier voted as Canada's Female Athlete of the 20th Century. Canada's most decorated ski racer in history with the most World Cup victories, male or female. In 1968 at the Winter Olympic Games in Grenoble, France, she captured a gold medal in the giant slalom, by one of the largest margins in Olympic history, and a silver medal in the slalom. Source: Wikipedia
3. Sandra Schmirler was a Canadian curler who captured three Canadian Curling Championships and three World Curling Championships. Schmirler also skipped her Canadian team to a gold medal at the 1998 Winter Olympics, the first year women's curling was a medal sport. She died in 2000 at 36 of cancer.
4. Catriona Le May Doan won the Olympic 500 m title at the 1998 Winter Olympics in Nagano, Japan and she repeated this feat at the 2002 Winter Olympics in Salt Lake City, Utah, giving rise to the title "the fastest woman on ice". At the Nagano Olympics, she also won a bronze on the 1,000 m. She was World Sprint Champion 1998 and 2002 and World Champion 500 m 1998, 1999, and 2001, and she won a 500 m bronze in 2000. She has also won the 500 m World Cup 4 times (in 1998, 1999, 2001, and 2003) and the 1,000 m World Cup once (in 1998).
5. Sonja Gaudet is a Canadian Paralympic curler. She was on the team that won gold at Wheelchair curling at the 2006 and the 2010 Winter Paralympics, as well as the lead at the 2011 World Wheelchair Curling Championship, also won by the Canadian team..
6. Beckie Scott is a three-time Olympian, participating at the 1998, 2002 and 2006 Winter Olympic Games. Scott won a gold medal in cross-country skiing at the Salt Lake City games. She originally finished third in the five-kilometre pursuit, but she was upgraded to the gold medal when the winner and runner-up were eventually disqualified for using a performance-enhancing drug. Scott was awarded a silver medal before receiving her gold medal in June 2004, almost 2 and a half years after the olympics ended. She became the first Canadian and first North American woman to win an Olympic medal in cross-country skiing.
7. Ina Forest was a member of the Canadian team that won the 2011 World Wheelchair Curling Championship, as well as the second at the 2010 Winter Olympics, where they took home the gold.
8. Barbara Ann Scott was the 1948 Olympic figure skating champion, a two-time World champion (1947-1948), and a four-time Canadian national champion (1944-46, 48) in ladies' singles. Known as "Canada's Sweetheart", she is the only Canadian to have won the Olympic ladies' singles gold medal, the first North American to have won three major titles in one year and the only Canadian to have won the European Championship (1947-1948). During her forties she was rated among the top equestrians in North America. Scott died in September 2012 at the age of 84.
9. Kristi Richards is a retired Canadian freestyle skier from Summerland, British Columbia. In 2003, Richards won the Canadian championships and in the same year she won the Apex Mountain BC Nor-Am Cup.

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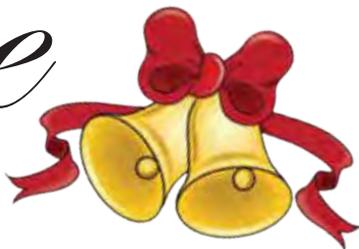




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