OKANAGAN WOMAN

MAGAZINE | FALL 2014 CLEVER / CLASSY / CONFIDENT

MEANINGFUL WORK:
A PROFILE OF KAREN MASON, KELOWNA WOMEN'S SHELTER

CHANGING THE FACE OF AGRICULTURE: FEMALE FARMERS IN THE OKANAGAN

A SAN FRANCISCO *BIRTHDAY PARTY*

FALL FASHION *Photos*

CAPONE'S UNDERGROUND AFFAIR: A KELOWNA EVENT

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OKANAGANWOMAN

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FALL IS THE SEASON OF gratitude

Here at *Okanagan Woman Magazine* we have certainly been blessed. We're moving into our fourth year of publication with a wonderful team of ladies who make the magazine happen. We have the pleasure of working with talented writers, designers and savvy marketing and business people.

With Thanksgiving just around the corner and Christmas in quick pursuit, it's hard not to feel humbled by all that we have and all that we can give.

The 2014 United Way Campaign kicks off with *the Third Annual Penticton Lakeside Resort /United Way Drive-Thru Breakfast.* At 6:30 am on Wednesday September 10th 2014, the Penticton Lakeside Resort main entrance will again transform into a drive-thru experience like no other to officially kickoff the 2014 United Way Campaign! Over 850 breakfast bags, sponsored by Valley First Credit Union, will be delivered by volunteers to *"drive-thru guests"*, in exchange for donations in support of the local United Way. Look for a copy of *Okanagan Woman Magazine* in your breakfast bag!

In Kelowna, Maxine DeHart will hold her *17th annual Ramada Drive-Thru Breakfast for United Way* in October. Watch for updates in local media, then get yourself some brekky! Drive, walk, blade, or bike through the front or back Hotel driveway and make a donation to the United Way.

And keep an eye open for the Smart Betty team and smart car at the Drive-Thru breakfast, too, because they are giving away vouchers for discounts on all sorts of goodies, including discounted *Okanagan Woman Magazine* subscriptions! You already know that 100 % of the proceeds of our subscriptions go to local charities, but here's the thing…

We've partnered up with Smart Betty to increase our contribution even more! If you subscribe through Smart Betty's voucher, the proceeds benefit the United Way – AND Bruce Maki from Smart Betty will match the donation! How smart is that??

Later in October, the Heart and Stroke Foundation's *The Heart Truth Campaign* is holding its annual Fashion Show Fundraiser event at the Kelowna Art Gallery, October 18th.

Okanagan Woman will be there again in a brand new red dress – and shoes to match!

Heart disease and stroke is a leading cause of death for women in Canada, but most don't know it. Heart disease is not just a *"man's disease"*: women are more likely than men to die of a heart attack or stroke. The good news is that if women put their own health first by making lifestyle changes, they can reduce their risk of heart disease and stroke by as much as 80 percent.

The Heart and Stroke Foundation's *The Heart Truth Campaign* calls on women to put their own health first by assessing their risk for heart disease and stroke, talking to their doctor, and making heart healthy lifestyle choices in order to enjoy a long and healthy life with their loved ones.

Find out more about this event and how to purchase tickets at *heartandstroke.bc.ca* and look for *The Heart Truth Kelowna*, under Events.

We hope to see you there! Happy Thanksgiving!

TJ

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LETTERS TO THE
EDITOR

EDITOR'S NOTE:

Thank you, readers, for your continued support of Okanagan Woman Magazine. We love receiving your letters and emails. Your feedback gives us valuable information and helps us plan future issues. Please keep letters to 200 words or less for brevity. Please include your phone number (it will not be published and is used only for verification purposes). The first letter below, is a small excerpt from a much longer letter.

… Thank you for another wonderful issue … When it arrives at work, the boss (man) puts it in the staff room for us "girls." Our boss, bless him, always refers to the female staff as "girls." But when he gives us the magazine, he says, "This is for you 'women.'"

We joked to him that we should cut out the title from the cover and pin "Okanagan Woman" to our shirts. We suggested he should buy us all subscriptions, too, but he didn't go for it. …

Name withheld by request

DEAR EDITOR

DEAR OKANAGAN WOMAN:

I was thrilled to learn that your organization supports local women's groups. Thank you for giving the Okanagan a quality publication that has a purpose. I have signed up for a two year subscription for both myself and my sister, who moved away last year. I know she will appreciate reading about women from her home town. I especially enjoyed Women in Transition, a House of Hope from the Spring 2014 publication. Keep up the good work.

Sincerely,
Linda W.

Karen Mason:
Kelowna Women Shelter's New Executive Director

"Meaningful work that makes my heart sing!"

BY: DONA STURMANIS

"There's nothing better than working at my computer on budget reports to funders only to be interrupted by an adorable toddler who wanders into my office for a chat about her sparkly, new shoes, or a mom who stops by to tell me that the Shelter, and its amazing staff, saved her life!" says Karen Mason about her job as executive director of the Kelowna Women's Shelter. *"Family violence is an ongoing issue, and the fact that I get the opportunity to play even a small part in the work that's going on to stop it is incredible."*

Since April of this year, Karen has been in her position at the Shelter, which provides emergency transitional housing, counseling, support and preventive education to women and their children who've experienced domestic violence. *"My job involves overseeing every aspect of operation, from food and shelter, counseling and education programs to a second-stage housing facility and thriving thrift store business."*

Karen ended up in this challenging job after over 20 years in broadcast journalism and PR/marketing because of a *"mid-life career crisis,"* as she terms it. *"I didn't need a shiny sports car, but I knew I needed a new job,"* she says. *"Being passionate and committed to the work I do has always been a key driver and that seemed to be missing more and more."*

"Moments after I finally voiced to someone my fantasy of becoming an executive director at a non-profit I was passionate about, I learned the Shelter was conducting a complete organizational restructuring and would soon be posting an executive director position." At that point, Karen had been volunteering at the Kelowna Women's Shelter for about a year. *"On some level, I knew at that moment I was meant to have this job, and I set out to make it happen!"*

Karen spent the first decade of her career working as a news reporter, anchor and producer for CBC TV and radio in Ottawa, Halifax, Vancouver and Kelowna. The next dozen years were spent in public relations and marketing with a variety of organizations including Disney Club Penguin.

"During all of this, I was an active community contributor," says Karen. *"I volunteered with the United Way, as a Big Sister, as a baby cuddler at my local hospital, and dog walker with the SPCA before I began working with the Kelowna Women's Shelter on their social media campaigns."*

Karen's new job utilizes all the professional and people skills she was fortunate to develop during her past career and lets her apply them in new, creative ways. *"It's certainly useful to be comfortable with public speaking when I'm called on to represent the Shelter in the community and in meetings with funders."*

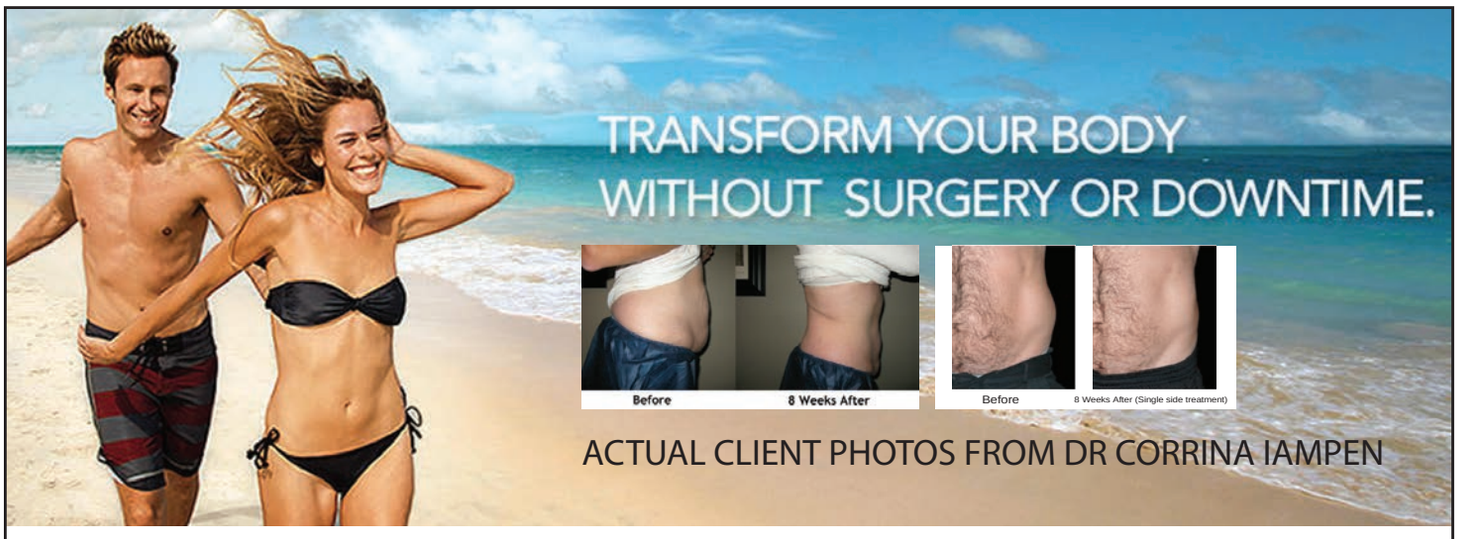
Karen now says she can't imagine any other profession after this. *"I have never been so challenged at work, nor so satisfied with the result at the end of the day. To be at mid-life and doing truly meaningful work that makes my heart sing is a delightful situation I never could have imagined."* W

Breaking the *grass* CEILING

Four Empowered Okanagan Female Farmers

BY: DONA STURMANIS

Anyone who thought the primary role of farm women was to clean the house, feed the family and hired help and put up the produce was dead wrong. Farm women did all of that – plus everything else required to keep the farm running, from paperwork to heavy chores.



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"Women have often been the unsung heroes in farming," says Jessica Klein, who with husband Joe, owns Peachland's Homestead Organic Farm. For 27 years, the couple have operated Homestead, which specializes in organic fruits and vegetables and hay.

"Women are sometimes the silent partners, but we're right there doing just as much as the men," she says. *"For example, I handled all the marketing and bureaucracy. And these days, there are women who doing it entirely on their own—they can do it all."*

Naomi Fournier, 25, started Enderby's Birdsong Farm on her family's land when she was 18. Specializing in Jersey cows and Nubian goats, she's not making money yet, but has great future plans—she wants to market the animals to dairy farms and make artisan cheese from their milk for sale. *"Women farmers are on the rise!"* says Naomi. Many first generation farmers now are young women who were raised in the city.

Meanwhile, at Arion Therapeutic Farm in Kelowna, Shawna Forrest and Michelle Warren perform a large portion of the farm chores, which includes looking after 20 horses and numerous other animals. They're also among several therapeutic riding instructors who teach dozens of people with special needs to ride the horses. *"Women always have and always will play an important role in farming as well as all other sectors of society,"* says Shawna.

Continue on page 10

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BREAKING THE GRASS CEILING

SHAWNA FORREST, FARM SUPERVISOR AND MICHELLE WARREN, HEAD RIDING INSTRUCTOR AT ARION THERAPEUTIC FARM, PHOTO BY: WENDY MCALPINE

JESSICA KLEIN, CO-FOUNDER HOMESTEAD ORGANIC FARM, PHOTO BY: WENDY MCALPINE

THREE PRODUCTIVE DECADES OF PRODUCE

"Besides hay, we grow fruits, nuts, berries, root crops, salad mix, everything that can be grown," says Jessica Klein of 25-acre Homestead Organic Farm. Horse-owning locals buy the hay; the produce, mostly berries, is sold at the farm, mostly by word of mouth.

Homestead Farm, one of three Peachland homesteads built in the 1890s, produced apples and hay before Jessica and Joe turned it into a certified organic fruit and vegetables farm almost three decades ago.

Jessica was fully engaged in Homestead from the start, as well as eight previous years on another farm they owned. These days she's stepped back a bit and spends time on her painting, while Joe carries on in a larger role.

Seasonal farm help comes from apprentices who are training in organic farming, placed by World Wide Opportunities on Organic Farms (WWOOF). In return for their volunteer help, "wwoofers" receive food and lodging.

Jordan and Vanessa, the two live-in farm managers, have also taken over much of what Jessica and Joe used to do.

"At this point, I'm like a mother," says Jessica. *"Joe and I have our own area with our own food, herbs and berries. I feed the 'wwoofers', and the whole farm once a week."*

Jessica and Joe were two of the founders of the extremely successful Penticton Farmer's Market. *"About 20 years ago, a group of us farmers would go down to the park and stand around hoping customers would come. We'd end up going home with each others' products!"*

Jessica was a director on the market's board when Homestead sold there. She also spent many years as a director on the boards of two certified organic groups.

Jessica is the first to admit that farming has its challenges and is hard work. *"At its peak, we would work sixty hours a week. But it's extremely rewarding. It's important to Joe and me philosophically to grow good food...what we grow tastes better than any food I've ever had. It's all been worth it, the people we've met over the years, especially the young ones."*

HER NEW FARM IS A FAMILY AFFAIR

"My parents and I are first generation farmers," says Naomi Fournier. In 2002, her family purchased the 18-acre Enderby property which is home to her Birdsong Farm. As well as raising her registered Jersey cows and Nubian goats, Naomi makes cheese for her family and teaches cheese making classes.

She received her first milk cow from her parents, a nine-month-old Jersey cross named Blossom, in 2003 when she was 14. Naomi fell in love with Jerseys, and started Birdsong Farm four years later. Since then she's sold three milk cows to families.

Naomi is the oldest of nine children—nine to 23—who all live at home with her parents, John and Heather. *"Mum and Dad don't charge rent; we invest in the farm instead. In 2013 my brother Peter, my sister Anna and I purchased a brand new Kubota tractor. It's win-win for the whole family—and farm!"*

Naomi, her parents, and five of her siblings all have jobs off the property, too. They aren't making a full time living on the family farm...at least not yet.

Naomi has worked six hours a day, four days a week, as the curator of the Enderby & District Museum & Archives since July, 2012. *"Working off the farm makes it a lot harder to get farm work done, and I'm often tired after spending a day at the museum,"* she says. *"I feed, water and milk twice a day; and trim goat hooves, clean pens, or make butter and cheese on my days off."* Milking is her favourite chore.

PHOTO BY: WENDY MCALPINE

NAOMI FOURNIER AND BIRDSONG GOLDEN BUTTERCUP, BIRDSONG FARM, ENDERBY, PHOTO BY MIRIAM FOURNIER

Naomi's siblings help her on the farm with tasks from feeding animals to jobs she's *"too short to do" (She's 5' 5").*

As if she weren't busy enough, the young farm owner shows her Jerseys at the Armstrong Interior Provincial Exhibition (IPE), and is actively involved in community groups and sports.

Naomi believes new skills are required for today's farmers—especially women.

"I've learned a lot from my mentors, and wouldn't be where I am today without them."

SPECIAL FARM FOR SPECIAL NEEDS

"Therapeutic riding, also known as adaptive horse back riding, offers benefits to children and adults with varying special needs," says Michelle Warren of Arion Therapeutic Farm in South East Kelowna. *"These include learning to ride, developing core strength and balance, and social activity."*

Founded in 2009 by Heather Henderson, Arion Therapeutic Farm was a small therapeutic riding pilot project, advertised through the Kelowna recreation guide, taking place on rented property with a couple of donated horses.

The next year, the newly-formed non-profit society had its own South East Kelowna farm on Saucier Road with a lease-to-own agreement. Twenty-four employees work at the 12.5 acre Arion Therapeutic Farm, assisted by more than 140 volunteers. Arion is able to host 13 different programs for those with disabilities and those who simply want to learn about and enjoy farm life. In addition, the farm is home to six people, some of whom are supported by Community Living BC.

In December, 2013, Arion completed construction on its $150,000 year round indoor riding arena thanks to donations from volunteers, businesses and sponsors.

As Arion's senior therapeutic riding instructor, Michelle Warren, an LPN and certified instructor, has worked at Arion for five years. *"My two children are young teenagers who both have autism, impacted by anxiety and mental illness."* Their special needs are what first brought Michelle to Arion as a volunteer; they both still attend programming and therapeutic riding at the farm.

She works 25-30 hours a week, including with executive director Dustin Drader, and riding program director Shawna Forrest on day-to-day therapeutic lessons and farm duties as she directs—everything from assessing animals to administering their medication.

Shawna, formerly an addictions treatment centre social worker, is responsible for scheduling riding lessons and teaches 15 hours a week. She's also the one who oversees care of Arion's animals. Besides 20 horses, there are also two sheep, six goats, two llamas, two alpacas, five pigs, and one donkey. *"It's a big job making sure everybody is happy and healthy,"* says Shawna who has been at Arion (full time and then some) for two and a half years. It's up to her to make sure there's a good quality hay source and that the animals are getting the appropriate amount.

The horses require their feet to be cared for so Shawna is in constant communication with the farrier, making sure the animals are ready when he arrives, usually twice a week or more.

She's also responsible for identifying animal health issues and treating them... especially the horses, of course. *"Some of the horses need grain and supplements on a daily basis due to arthritis, old injuries or age. People who are 'horsey' know how much work equines require – a lot!"*

"Arion is a special place—not only for its clients with special needs, but also for all the staff and volunteers. This is its own little community where everyone takes part in all aspects of the farm," says Shawna.

www.thehomesteadorganicfarm.ca naomisbirdsongfarm.webs.com www.arionfarm.org

MEET OUR INSPIRE STYLE WINNERS

In the late Spring Orchard Park reached out to find 4 women in our community that love style and inspire others. We received such an amazing response from incredible women that we couldn't possibly pick just 4! We chose 9 ladies that will be the faces of Orchard Park for the next 12 months. Each season, these women will shop for a look that reflects their style and share it with you on **Orchardparkstyle.com**. Be sure to check back often and stay connected to the latest styles and be inspired to create your own look from the over 170 retailers at Orchard Park.

KIMBERLY

I am a proud stylist in my own salon called MOI. In my downtime you will either find me lost in a bookstore or a vintage boutique or if I am lucky enough to be painting in my art studio above my salon. The best way to describe my style is eclectic; it's a mix of classic meets modern street style. I am definitely inspired by the looks of Parisienne chic. I also have a love for great food, to walk downtown and be able to indulge in places like Bouchons, The Salted Brick or Waterfront Wines… yum!

KATHLEEN

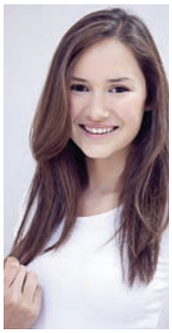
I am a travel professional business owner. I am a foodie whose passion is cooking and wines. I love to entertain family and friends. I love my husband who inspires me daily to be me and only me. My style is classy, classic with an edge. I love accessories to complete my outfit. I wear anything from a basic black dress to leggings and a rockin' tunic with shear sleeves and stiletto heels. My wardrobe is not about designer, it's much more about class and fun.

JENNY

I'm so fortunate to be a freelance makeup artist because I have an opportunity every day to have a meaningful interaction with my clients, and I'm always astounded how the simple act of makeup professionally applied can boost the esteem of absolutely anyone! I am married and have an almost 15 year old son. Statement pieces are something I love incorporating into a look. Color, color, color makes me happy and is something I'm generally wearing. I'm attracted to figure flattering on trend pieces and have a knack for mixing high end with some great bargains.

ANDREA

II am a Wife, a Mom, a Friend and a Legal Assistant by day and Blogger by night. In my spare time I enjoy spending time with my family; my husband Chase and my three year old daughter Madison. I also enjoy entertaining friends and family, shopping, gardening, crafting and camping. I spend least a quarter of my day online or in store browsing for inspiration and shopping for new pieces to add to my collection. I would describe my style as classic, trendy with a pop of colour. I love experimenting with new trends all while keeping a classic and polished look.



LAURA

I am a lover of life, of positivity, and of individuality. I believe everyone is beautiful and should dress themselves in a way which makes them feel comfortable and happy. My style is ever-changing. I have spent the past year living in Milan, Italy as an exchange student and being in one of the fashion capitals of the world has influenced my style a great deal. I tend to pick comfortable, trendy and stylish pieces, but functionality is always a factor.

JULIANNE

I love animals, photography, motocross, trophy trucks, shopping, and the outdoors! I am a total tomboy when it comes to what I am passionate about; however, no one would have ever guessed by physically looking at me. I love collecting clothes and make up, not to mention, getting ready in the morning is my favorite time of the day. My style includes floral, lace, and pastel colors. I love dressing up and going uptown, especially if it's going shopping! When I'm not covered head to toe in mud from dirt biking, you'll find me with my favorite drink wondering the mall.

CARLY

I have my Bachelors of Business Administration as well as a diploma in Fashion Merchandising. I have a 1 year old Pomeranian named Lacie. I love fresh flowers and home decor. I would describe my style as a boho city girl! Delicate, linear, accessories to add length when wearing my favorite oversized shirt is my go to! I would also describe my style as city because I love throwing on a pair of black tights, a denim shirt, and my favorite converse sneakers. Ever since I graduated a goal of mine has been to master mixing textures, patterns, and styles alike.

MARLA

I feel very blessed to call the Okanagan "home" and am enjoying a wonderful opportunity to take a mid-life sabbatical away from the work world this year. Since leaving the nonprofit sector this spring, I'm enjoying new ways to experiment with fashion - re-learning how to sew and trying silk scarf painting. I favour balanced silhouettes in drapey fabrics such as silk and rayon, neutrals plus primary colours, and using accessories to add punch. I'm a huge fan of scarves and know tons of ways to tie them as belts, tops, wraps, and (of course) around the neck. Whatever I buy has to be of great quality and practical within my wardrobe.

YURIKO

I'm a decor stylist, and own a wedding decorating and a rental business in Kelowna called, 'Vintage Origami'. My heritage is half Japanese and half Chinese, but I'm originally from Saskatchewan where I started dating my husband 16 years ago at age 15. Whether it's a 1950's vintage inspired dress or it's a fabulous pair of vintage cowboy boots, my style reflects my mood and is a form of art for me just as my decor projects are.

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HWY 97 AT COOPER, KELOWNA, BC

PHOTOGRAPHY: BLIND EYE PHOTOGRAPHY

CAPONE HITS KELOWNA

BY LAURA GOSSET

PHOTOGRAPHY: RED LACE PHOTOGRAPHY

Reminiscent of the prohibition era of the 1920's, Kelowna's Kip Jon Entertainment teamed with students from the Center for Arts and Technology, to serve up a (legally) intoxicating evening of fashion and the finest of Okanagan talent.

PHOTOGRAPHY: BONNE BELLE PHOTOGRAPHY

ABOVE : AERIAL PERFORMANCES OF COSMIC CO-MOTION ENTRANCED AND ENTERTAINED

PHOTOGRAPHY: BONNE BELLE PHOTOGRAPHY

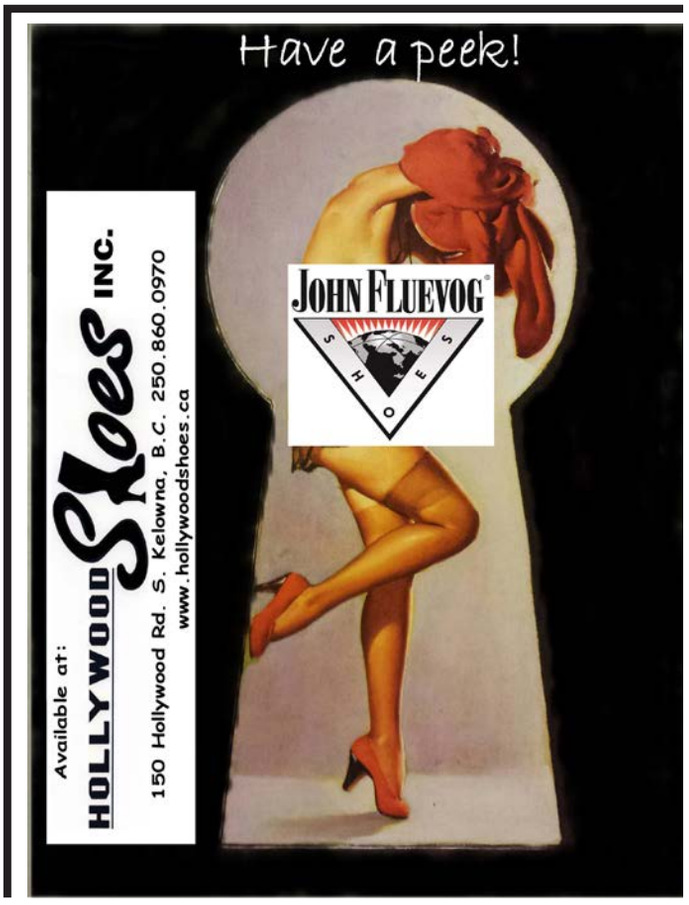
Economic prosperity, advances in technology and changing social roles characterized the Roaring 20's. But so did glamour, gangsters and gin. According to novelist F. Scott Fitzgerald, "The parties were bigger…the pace was faster… and the morals looser."

Brash, cigarette-smoking, cocktail-drinking flappers redefined the notions of modern womanhood and fashion. This new breed of independent young women cast aside their corsets, raised their hemlines and bobbed their hair, while they flouted the social and sexual norms of their time. It was a female declaration of eyebrow-raising independence and shaped the role of women for generations to come.

Alcohol was illegal but the bootlegged booze flowed freely at underground saloons called speakeasies. Frequented by flirtatious flappers and thirsty men, business boomed, motivating profit-hungry crime bosses like Alphose "Scarface Al" Capone of Chicago, the most notorious of American mobsters, to deal in the demon drink.

It's the 21st century and we've come a long way, baby, but the glamour and glitz; the booze and beautiful women; the fun and fashion continue to captivate. On the evening of July 18th, 2014, the gangster's world was re-created at Kelowna's Bottega Farm Inn and Studio at Capone's Underground Affair.

The Affair transported attendees back to a sophisticated speakeasy. From the moment the Tommy Gun-wielding gangster at the door demanded a password for us to gain entry, to the retreating shapely backside of the last model on the catwalk, this fashion and arts event did not disappoint. The atmosphere oozed cool. Fellow writer and friend, Shannon Linden, and I felt like we were stepping into the euphoric life immortalized in movies like The Great Gatsby.



PHOTOGRAPHY: RAGI LABIB PHOTOGRAPHY

Kip Jon's events seem to be shrouded in secrecy. Mystery is part of the fantasy. Whatever concept Kip Jon and his creative team dream up, it will be an event to be experienced. . .not watched.

PHOTOGRAPHY: BONNE BELLE PHOTOGRAPHY

ABOVE : COSTUMED GUESTS CELEBRATED THE AGE OF THE FLAPPER

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Felt fedoras off to Kip Jon Productions and students from the Event and Promotions Management Program at the Centre for Arts and Technology, who produced this retro-experience and brought local talent and fashion to life.

Michelle Tinkley and Joy Campbell were the project managers; Breanna Driedger organized casting calls; Summer Johansen assisted with graphic design and even modeled on the runway; Savannah Nadeau helped with photography and videography for the show, while Paula Miller gathered sponsors and networked the event. Under the guidance of Kip Jon and his production company, the students gained invaluable real life experience at producing a memorable show.

The volunteer based production highlighted Kelowna's talent - dancers, musicians, and singers, while showcasing local models from Shine and DejaVu, choreographers, make-up, hair and fashion artists,

PHOTOGRAPHY: RAGI LABIB PHOTOGRAPHY

PHOTOGRAPHY: BONNE BELLE PHOTOGRAPHY

marketing and graphic designers, even local jewellery artisans, metal sculptors and a cigar vendor.

During the pre-show, we mingled with costumed guests in beaded dresses and slick, pin-striped suits while sipping spirits from St. Hubertus Estate, Hillside Winery and Urban Distilleries. While we savoured tidbits created by Gum Tree Catering, overhead the gals from Cosmic Co-Motion, performed Cirque du Soleil-like stunts with hanging hoops and silks to the strains of live jazz.

Opening the show was a steamy number, beautifully performed by Alexis Leycraft. Uniquely accompanying her was Kennedy Knopf, a tap dancer whose fancy footwork up and down the runway provided an element of percussion to the song.

Then there was the fashion! Ranging from everyday wear to more edgy lines, the latest clothing from local stores and created by Okanagan designers were on offer. Sexy yet classy collections from

THE EVENING "ROARED" ALONG IN 1920'S SPEAKEASY-STYLE, WITH HOT JAZZ AND EVEN STEAMIER FASHIONS

Sam Shakura (Rock House Style); the amazing Genessa Jackson (Le Rêve Boutique); Rachelle Dixon (Square One Apparel); Big Sun Beachware and Tanning; Bia Boro Boutique; and Influence Clothing rocked the runway, along with more musical performances and dancing.

Best of all, The Affair raised funds for local charities: the Kelowna General Hospital Foundation's *"Be a Lifesaver Campaign"* and the Okanagan Boys and Girls Club.

The second annual event Kip Jon has produced (last year's ROCK n'ROCOCO was a hit), the charismatic captain was pleased with The Undergound's

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PHOTOGRAPHY: BONNE BELLE PHOTOGRAPHY

success. *"This year's show went over really well,"* he said. *"If I could hold every event at Bottega I would. The team there was the most accommodating and professional I've ever worked with."*

Now the public must wait with baited breath for next year's extravaganza. *"I can't tell you what the theme will be,"* Kip Jon teased, *"But I've suggested a couple ideas."* Think: edginess (taken to a whole new level) and motorcycles (of the Harley variety).

Kip Jon's events seem to be shrouded in secrecy. Mystery is part of the fantasy. Whatever concept Kip Jon and his creative team dream up, it will be an event to be experienced… not watched. W

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Leche Frita
(Crisp Custard Squares)

A tasty dessert is the perfect way to cap a meal. But with so many sweet possibilities, many may find it difficult to choose their favorite decadent delicacy. Custards and puddings often make a great ending to dinner because they are flavorful and can be customized depending on individual tastes. Puddings also are not very filling, meaning there will always be room for a little bit of a treat. The following recipe for "Leche Frita" from M. Teresa Segura's "Spain" (Fall River Press) is popular throughout northern Spain. It combines a meltingly creamy center with a crunchy coating. The squares can be enjoyed hot or cold.

Leche Frita
(Crisp Custard Squares) Serves 6

18	fluid ounces creamy milk
3	strips lemon zest
1/2	cinnamon stick
4	ounces superfine sugar, plus extra for dusting
4	tablespoons corn starch
2	tablespoons flour
3	large egg yolks
	Sunflower oil for frying
2	eggs, to coat
6	tablespoons bread crumbs
	Ground cinnamon for dusting

INSTRUCTIONS

Bring the milk, lemon zest, cinnamon stick, and sugar to a boil in a saucepan, stirring gently. Cover and leave off the heat to infuse for 20 minutes. Put the cornstarch and flour in a bowl and beat in the egg yolks with a wooden spoon. Start adding some of the milk until the batter is smooth. Strain in the rest of the hot milk, then pour back into the pan. Cook over a low heat, stirring continuously. It will not curdle, but does thicken unevenly if you let it. Cook for a couple of minutes until it becomes a thick custard that separates from the side of the pan. Beat it hard with the spoon to keep it smooth. Pour into a small baking tray, smoothing to a square, about 8 x 8 inches and 1/2 inch deep. Cool and then chill. Pour oil into a shallow skillet to a depth of about 1/2 inch and heat until very hot. Cut the custard into 12 squares. Beat the eggs on a plate and lift half the squares into the egg with a metal spatula. Coat, then lift them onto a tray of crumbs (big, stale crumbs are best, but dried will do), and coat all around. Lift them with a clean palette knife into the oil and fry for a couple of minutes, spooning the oil over the top, until golden. Reserve on paper towel while you fry the second batch. Dust with sugar and cinnamon before serving. They can be served hot as well, but are excellent when chilled. W

FALL FASHION *Photos*

Another heartfelt thank you to the photographers who submitted images for the Fall 2014 issue of Okanagan Woman Magazine. Sadly we cannot use them all; your work is outstanding; there simply aren't enough pages!

This issue's cover is once again from award winning Kelowna photographer Suzanne le Stage. Suzanne also did the cover for the Winter 2013 issue!

The first signs of autumn call for a return to effortless layering with cozy vests, sexy skirts and dreamy cable knits.

Dressing warm doesn't have to be frumpy... it has taken on a whole new meaning at this fall photo shoot with Suzanne from Eyes of Le Stage Photography. Suzanne is an award winning accredited photographer of the Professional Photographers of Canada.

Suzanne found it easy to get experimental and creative on location at Father Pandosy Mission. Her first subject, Heather E, models a fabulous Free People print skirt mixed with all the fun of a faux fur vest. Or slip into a sweater in a striking colour paired with a plaid trouser. Refreshingly down to earth, yet out of this world.

Submit your photos to Okanagan Woman Magazine. We are looking for your most creative fashion photo submissions! Sure, we're looking for technical quality, clarity and composition, but even more, we are looking for the unexpected – the creative – the WOW factor.

The criteria is simple: The team members – the model, hair and make-up artist, photographer – must have an Okanagan Shuswap connection!

Please visit us on line for prize information and to find out how to submit photos for the upcoming Winter issue. All photo submissions for the Winter issue must be in by midnight, November 3rd, 2014.

PHOTOGRAPHER SUZANNE LE STAGE EYES OF LE STAGE PHOTOGRAPHY WWW.EYESOFLESTAGE.COM **HAIR/MAKEUP** JENNY MCKINNEY WWW.JENNYMCKINNEY.COM
FASHION STYLIST CHRISSY ITO **EDITORIAL MODELS** - HEATHER E AND SECRET MODEL @ SHINE MODELS WWW.SHINEMODELS.CA
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MAKEUP ARTIST: NICHOLE MALKO **JEWELRY:** WOLF AND SADIE **MODELS:** KATELIN MARIT & JESSE MATHERS

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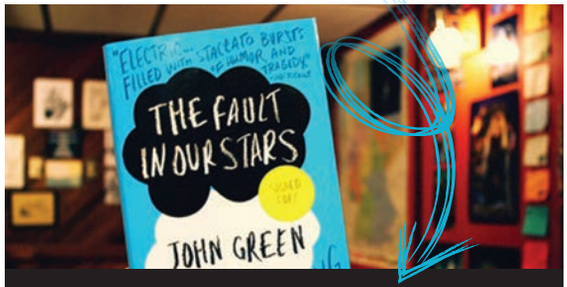
HAIR STYLIST & MAKEUP ARTIST: MELISSA CRAVEN WWW.MELISSACRAVEN.CA

PHOTO BY: PAUL LINDEN

LOL TOOK A SIESTA BUT SEE WHAT SHANNON READ THIS SUMMER

BY: SHANNON LINDEN

The LOL book club takes July and August off, opting to read whatever strikes our fancy at the beach, on vacation, or just on our back decks. Here are a couple of books I read this season; both a little heavy for the sunshiny months, I must admit, but well worth your time. Stay tuned for our fall reviews, coming at you as the weather cools.



THE FAULT IN OUR STARS

BY JOHN GREEN

It's true; I'm a hopeless romantic. I'm also a big fan of young adult (YA) literature. Both those passions came together in one delicious summer read: The Fault in our Stars by John Green.

Probably the biggest name in YA lit right now (and no, he doesn't write about vampires, magic potions or post apocalyptic survival) Green is at his best in this book.

Hazel Grace Lancaster is a typical sixteen-year old girl; hiding out in her bedroom most of the time, begrudgingly admitting her parents might be right that she should get out more. Except Hazel has even more reason to wax reflective in the confines of her room, balking at the usual teen talk about boys and clothes with her best friend. Hazel has evaded death several times. In remission from the cancer that is creeping throughout her body, collapsing her lungs, she doesn't go to school but finally agrees to attend a support group.

It is a fateful decision for there she meets Augustus Waters, an irresistibly charming, handsome 18-year old boy, also in remission.

Augustus is every teenage girl's poetic dream as he philosophizes about life, adores Hazel, and even relinquishes his "wish" yet to be fulfilled by the charity that grants dying children a dream come true. Together he and Hazel (chaperoned by her mother) travel to Amsterdam to meet Peter Van Houten, author of Hazel's favourite book, "An Imperial Affliction."

Sadly, while the book guides Hazel's life, she is sorely disappointed in its author, who turns out to be a crotchety drunk, bitter about something that was stolen from him (it is later revealed he lost his own young daughter to cancer).

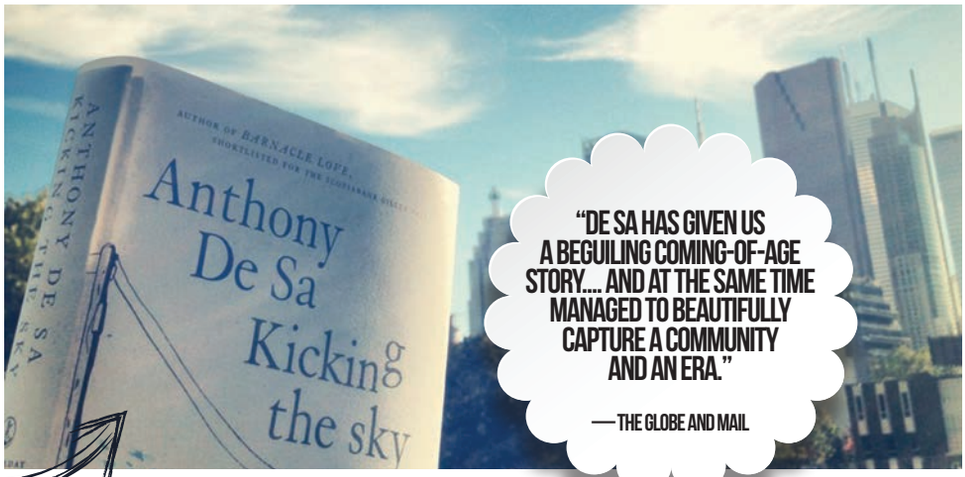
Disillusioned, Hazel finds comfort in—and truly falls in love with—the wonderful Augustus. The two share some very tender scenes that are tastefully written. Their joy is short-lived, however, when Augustus' cancer comes back. Hazel is forced to come to some of her own conclusions about life and death and to work through the grief her parents will inevitably endure.

The strength of this book is in the story—well constructed, compellingly told, comical and bittersweet in the way that life and love are—but also in its insistence

that there is beauty in the world, even in the face of loss. It is utterly romantic but not overly syrupy. It is realistic but poignantly hopeful. Most of all it is a testament to the power of great love; even if is short-lived.

While I haven't seen the movie adaption yet (starring acting sensation, Shailene Woodley), it too gets high praise from reviewers.

4.5 / 5 ***cheers!***



KICKING THE SKY

BY ANTHONY DE SA

At the other end of adolescence, we have twelve-year old Antonio Rebelo, a typical pre-teen who relishes his freedom, riding his bike with his buddies through the labyrinth of laneways that connect his Portuguese neighborhood to Toronto.

Kicking the Sky is Canadian author, Anthony De Sa's, first novel (although he introduced the main character in his previously acclaimed book of short stories, Barnacle Love).

Life is relatively carefree for Antonio until a Shoeshine Boy from the neighborhood disappears, his brutalized body later discovered. The premise is based in truth: the story of Emanuel Jaques, who was raped and murdered in 1977, exposed Toronto's seedier side and cloaked the Portuguese community in fear. De Sa was eleven at the time and his vivid recollection of the event inspired him to tell the story in a fictional setting.

Many of the families were recent immigrants. In fact Jaques and his family had been in Canada for only three years when he was killed and De Sa says the incident rocked adults to the core. Doors were newly locked at night while a sense of betrayal blanketed the Portuguese community as it struggled to reconcile coming to Canada for a better life with the horrific crime that stole one of their children.

Likewise, in the novel, Antonio suffers the effects of the unspeakable crime. With his parents each working two jobs, he is accustomed to less supervision, but fear breeds paranoia in the Portuguese community, and suddenly Antonio's summer fun is threatened when he finds himself more tightly leashed.

At the same time, Antonio is wrestling with his emerging sexuality, attracted to Agnes, the older, hotter teen across the street, yet conflicted by his obsession with James, the handsome newcomer who lives in a neighboring garage. James lets the boys hang out at his place, regaling them with stories, all the while exuding sexual innuendo, and ultimately using the boys to get what he wants—everything from information, to food, to work, and even dirty money, as he prostitutes one of the boys out to a lecherous neighbor.

Abuse, violence, teen pregnancy, emerging sexuality, religion, immigrant issues, grief over lost children, biracial marriage—a great many complex issues come to bare and De Sa does an exceptional job of relaying them all through the eyes of a child coming of age.

The writing is wonderful and the story entirely compelling, but it's not an easy read. Dark and difficult—maybe even depressing—the novel will stay with you long after the last line.

4/5 ***Cheers!***

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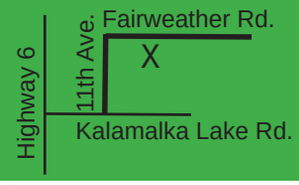

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TRAVEL

The Okanagan Valley and the Hawaiian Islands are both among the world's most popular tourist destinations and Coldstream's Sharlene L'Arrivee has found a way to keep a foot on the sand in both locales with her business, Prestige Concierge Hawaii.

Prestige Concierge Hawaii provides highly personalized, friendly vacation and concierge services to travellers visiting Hawaii. L'Arrivee opened the Honolulu office earlier this year and in November, business people, tourism professionals and maybe a few film stars from around the world will join her on the beach at Waikiki, for the official launch party.

It will be an impressive event, complete with distinguished guests, Hawaiian sunsets, coinciding with the last day of the 34th annual Hawaii International Film Festival on Oahu.

L'Arrivee makes her home in Coldstream and keeps a busy schedule travelling back and forth, participating in relevant trade shows, like Glide the Seattle Boat Show , and staying involved in local community events like the 12th Annual 9-Hole Charity Golf Fundraiser at Spallumcheen Golf and Country Club, benefitting the Okanagan Boys and Girls Club in Armstrong and the Armstrong Food Bank.

The business is evolving.

Prestige Concierge has earned a Travel Best License and is a full licenced travel agency. They've rebranded their website, and added special features, like a vacation calculator.

L'Arrivee points out that travellers shouldn't expect Prestige Concierge's website to be like Expedia. It's a completely different level of service, which "ensure every detail is taken care of, so clients simply relax and indulge."

Visit *www.prestigeconciergehawaii.com* to learn more about what the specialized travel services offered. W

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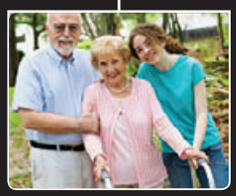

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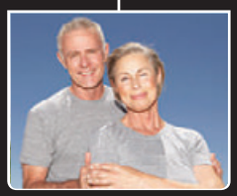

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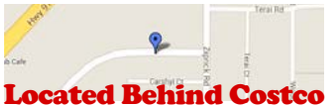

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Autumn RECIPE

As the days get shorter and we start to feel that little nip in the air, what could be more soothing than a warm bowl of homemade soup.

Autumn Harvest Vegetable soup

INGREDIENTS

2 TBSP. olive oil
3 medium carrots, diced
1 large yellow onion, diced
2 medium cloves garlic, minced
2 cups 1/2-inch-cubed peeled butternut squash
1/4 tsp. ground allspice
Pinch cayenne pepper; more to taste
Kosher salt
1 quart chicken broth
1 14.5-oz. tin diced tomatoes
4 sprigs fresh thyme
2 cups lightly packed, coarsely chopped kale
1 cup tinned chickpeas (low salt)

Heat olive oil in a large soup pot over medium-high heat. Add the carrots and onion and cook, stirring occasionally, until they begin to soften, about 6 minutes. Add the garlic and cook for 1 minute more. Add the squash, allspice, cayenne, and 1 tsp. salt and stir to combine. Add the broth, tomatoes with their juice, and thyme. Bring to a boil, reduce the heat to medium, cover, and simmer for 10 minutes. Add the kale and the chickpeas and cook uncovered until the squash is tender and the kale has wilted, about 10 minutes more. Discard the thyme sprigs before serving. Season to taste with more salt and cayenne.

Tip Add turkey leftovers from Thanksgiving dinner to this fabulous feast. Freezes well.

Calendar Girls

What do you get when you put together a women's choir, a concert theme, a visit to the mammography clinic at Vernon Jubilee Hospital and a talented photographer? You get "*GIRLS JUST WANNA HAVE FUN*," a fundraising calendar featuring members of Tapestry Women's Choir, in support of the new digital mammography machine for the VJH.

When Tapestry choir conductor Deborah Mehes learned how desperately a digital mammography machine was needed in our community, she convinced 20 brave members of the choir to become Calendar Girls, and commandeered the services of talented photographer Amy Bell from Cherry Kiss Pin Up Photography. Amy's work is fun, flirty and makes women look fabulous, bringing to mind the golden era of 50's pin up photography. Here was the perfect project for Tapestry, to truly become *"Calendar Girls"* and create our very own calendar for a cause, a "work of heart."

20 brave members of the choir volunteered to become *"Calendar Girls"* and the fun began. Amy brought each *"month"* in separately and did complete hair, makeup and wardrobe for each photo shoot in her studio in Enderby. Lyn Fraser visited local businesses and solicited sponsorships for each calendar page. Lakeside Printing in Salmon Arm gave a great rate and technical support for the printing of the calendars and now the finished product is ready for release.

"Girls Just Wanna Have Fun" calendars are available for sale now for $18 a piece, with all profits donated to the purchase of a digital mammography machine at Vernon Jubilee Hospital. Look for your copy in the following locations:

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A Mom Reminisces

BY: LISE SIMPSON

September has always been a month full of tremendous pathos for me. The days shorten, the nights cool down, and we sense that summer is beginning to draw to a close. This seasonal shift always makes me feel somewhat melancholy. And the other powerful force of September roars into my world... the kids go back to school. Suddenly, it's time. The big yellow bus ingests them at the bus stop outside our house as if they are standing at the roadside being offered up as tasty treats. Full of its precious cargo it then lumbers off, and spits them out at school. The languid days of summer are officially over the moment that bus appears on our street.

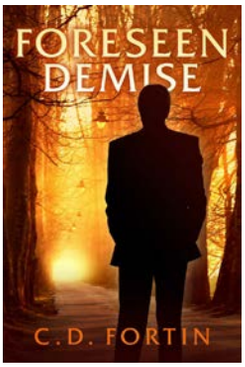
I recall the very first day our oldest son got on the bus to go to kindergarten. We had his cute little backpack all ready, with his carefully purchased special supplies all perfectly labelled and sharpened. He was nervous and excited, and I had my camera ready to capture the moment. The bus noisily approached and squeaked to a halt in front of us. Our son climbed on board and sat at the window closest to me, grinning and waving. The older boys from next door sat beside him, full of "this isn't our first rodeo" bravado. The camera clicked, the moment was captured, and the big yellow cartoon-like bus waddled off down the street. I was fine for about five seconds. Then it hit me. My son had been absconded by the school system. He was gone. Sucked up into the great Canadian educational institution for the next thirteen years. I would never again be able to spend all day with my five year old, sharing every experience together. It also struck me that things felt so confining...we couldn't go biking on a Wednesday, because we were now slaves to the school bell. Above all else, I sensed the presence of an army of new people, new influences, new adventures, poised on the top of a hill, ready to take siege of my son's life.

Unexpected tears and sorrow rose up inside me and I stumbled back inside the house with our puzzled three year old holding my hand. Immediately, the phone rang, and it was my neighbour, who asked kindly if I had stopped crying yet. "Does it get easier?" I sniffed. She assured me that soon enough I would stop crying each time it happened, and that very very soon I would welcome back to school with all the joyful fervour of the second coming. Two years later our youngest eagerly climbed on board that damn bus that sucks my children out of my life and joined his brother in the trek to school. The dog and I waved goodbye and I went inside and cried for an hour. But my neighbour was right. The tears do dry up. And your parenting radar alerts you to the fact that you don't want to raise kids that stay home with you forever, playing Xbox downstairs when they are 35 and yelling upstairs to ask what's for dinner. Kindergarten is the start of that essential, inevitable, and evocative process called growing up.

I used to love the back-to-school supplies shopping. Armed with our lists we would ensure that we had the required two hundred HB pencils and three hundred crayons and sixteen glue sticks. I always sprang for the nicest binders and coolest pens, due largely to a misguided belief that top-notch supplies lead to top-notch classroom performance. One year my husband joined us for the shopping excursion, and he made sure we stuck to the run of the mill supplies. The boys begged me to not invite Dad along again, and I realized that they were finally beginning to know a good thing when they saw it.

Why the reminiscing, you ask? The reason is that this September marks the first one in fifteen years that we do not have a child going back to school. Our youngest graduated last year, and our oldest is in college and certainly doesn't need his Mother buying him binders and sewing his name into his gym strip. I won't be receiving any emails from the school, or writing any cheques for lost textbooks or student fees, or attending any PAC meetings. It's the weirdest feeling. Somewhat liberating, if I'm being honest, but also a bit sad. An era has ended, and also of significance, the awful truth of my impressive advanced age cannot be avoided. I am writing this column in early August and at the time of writing there is no resolution to the current teacher's labour dispute in B.C. I do hope that things are resolved, and that young children and their parents, together with their teachers, can begin to make their own special school memories. W

OKANAGAN COUNCILLOR'S SUSPENSE THRILLER FORESEEN DEMISE RELEASED ON AMAZON



CD FORTIN WITH BOOK

What if you were aware that you were about become a victim of a house fire, car accident, or violent crime? Would you take every step possible to change the outcome? What about a preventable disease, or fatal spider bite?

Can you change your fate?

Peachland Municipal Councillor, Cindy Fortin's, new suspense thriller FORESEEN DEMISE grapples with that very question.

SYNOPSIS:
Washington psychiatrist, Dr. Everett Wiess, becomes the unexpected beneficiary of an unorthodox study – a method of uncovering the date and the circumstances of a person's death. What initially promises to be a breakthrough discovery, with the potential to change the inevitable and extend life, quickly turns into a frightening journey that follows six uniquely different study subjects, who, armed with the knowledge of their deaths, struggle to change their fates.

Lurking on the edge of the discovery, a profit-driven insurance corporation with a less than humanitarian interest in the outcome, and a shady new interloper whose actions threaten to tear the Wiess family apart.

ABOUT THE AUTHOR:
C.D. Fortin has been a journalist and fiction writer for more than 20 years, with over 700 local and national articles, and short stories, to her credit. Fortin lives, works and writes from her hometown in the Okanagan Valley of British Columbia, Canada. Foreseen Demise is one of four novels she has written. She is also a Councillor of the town of Peachland, where she has served as an elected official for more than 2 1/2 years.

The idea for FORESEEN DEMISE first came to her after watching a news story on television.

"The devastation of the accident stuck with me for a long time," she says. *"I remember thinking about how quickly a person's life can change, and how different the lives of the victims and their families would have been had they only had an inkling of the tragedy lurking around the corner."*

While FORESEEN DEMISE is primarily meant to entertain and thrill the reader, it was important to Fortin that the ability to predict death did not come off as corny or implausible.

"No hocus-pocus, time machines, or animated, self-proclaimed psychics, but rather, a plausible method of uncovering the details of one's death, with a unique plot twist," she says.

"For several months I researched possible methods of envisioning one's final day, when I came across a book of true medical accounts of regression therapy, and the hidden information the sessions revealed. It planted the seed of the possibilities in my mind, and Foreseen Demise grew from there."

FORESEEN DEMISE also tackles the concept of Predetermination. Does a person have the ability to change his or her fate, or is life (and ultimately, death) already determined?

Despite her many years as a successful freelance journalist, and stint as the editor/reporter of the local newspaper: *"Fiction writing has always been my true love,"* she says.

Fortin won her first award for short story writing when she was just 10 years-old, penning her first novel not long afterwards.

"I wrote my first book when I was just a young girl. It was around the time Very Special People came out, telling stories of people with disabilities and abnormalities, and how they strove to overcome them. My first fictional book was unusual. It was about a pair of conjoined twins and the adversity they faced while growing up. I don't know what happened to that book, scribbled on yellow notepaper by a child many years ago. Perhaps somebody found it hidden in the shelving in the basement several years later," she laughs.

As an adult, FORESEEN DEMISE is one of four books she's written, and the first one she's made available to the public. She is currently working on a sequel entitled: The Pender Procedure.

Fortin explains the decision to distribute FORESEEN DEMISE as an ebook, before releasing a hard copy edition: *"I, personally, love to hold a traditional book in my hands. But ebooks have become tremendously popular and are the reality of the future. For the first time, in 2012, Amazon sold more ebooks than print."*

When asked if she ever plans to write a book on small town politics, Fortin doesn't count out the possibility, but jokes: *"I'm not sure if people are ready for that yet. It may be scarier than fiction."*

FORESEEN DEMISE can be found online at Amazon, Barnes & Noble (Nook), Apple ibooks, Kobo, Baker & Taylor, Gardners Book, Scribd, PagePusher, and Copia. W

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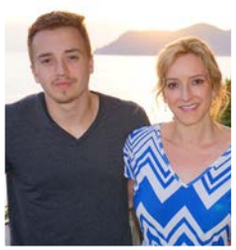
SIXTEEN CANDLES, San Fran Style

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

~Pat Conroy, author

BY: SHANNON LINDEN



TOP LEFT: ALCATRAZ

LEFT: NICOLAS RIDING THE CABLE CAR IN SAN FRANCISCO

RIGHT: SAN FRANCISCO'S SEGWAY

Maybe it's every teenager's dream to wake up on his sixteenth birthday and find a car—any kind of car—in the driveway. But my husband and I have tried to encourage our kids to appreciate the worldly experience. It started when they were just five and three-years old and we moved them to the Middle East. Trading the comforts of Kelowna, for five years of cultural challenge and life-changing experiences in Abu Dhabi, was one of the hardest—and best—things we've ever done.

Repatriated in Canada, we appreciate home more than ever, but we've been bitten by the travel bug big time, so a few years ago, rather than a set of wheels for our son Nic's sixteenth birthday, we opted for wings and a weekend away.

We presented him with a homemade card, pictures of sights and tickets to events in a city he yearned to see, glued within. *"Are you serious?"* he said. *"We're going to San Francisco for my birthday!"*

Our daughter was less impressed. *"You can't come,"* we told her.

That might sound cruel, but there were two caveats to this creative birthday gig: the destination had to be in North American and the other kid wasn't invited. Her turn would come.

The thirteenth most visited city in the world, San Francisco lures visitors with its iconic sights, cultural diversity, fabulous food, and fun, fun, fun.

Here, is our itinerary (plus suggestions) of what can reasonably be crammed into a few days, keeping it as teen-tastic as being stuck with your parents can be.

The Streets of San Francisco

For a kid who insisted upon getting his *"L"* on the way to school on his 16th birthday, contemplating the city's rollercoaster hills is exciting. Take a streetcar or simply sail over the reportedly steepest hill, Filbert, in a crazy cab. Warning: every cab ride we took qualified as crazy: a living episode of Starsky and Hutch, we flew, airborne over crests, somehow landing safely on the other side.

Taking and Turning of the Cable Car

Synonymous with the city, you simply must experience the historic, open-air cable car. Used by both locals and tourists, it's an enjoyable way to get around the inner core. Listen to the bell ring and cables sing as you take in the sights. Go to Union Square and watch the hand turning of a cable car.

Sensational Segway

Sure, you could walk, but what teen wouldn't want to speed things up with this super cool course of transportation? Sign up online with a company like City Segway Tours, show up at their office, get "driving lessons" and head out with a small group. See the sights like Fishermen's Wharf, the Golden Gate Bridge, Telegraph Hill and various neighborhoods.

Get Your Game On at IGN Entertainment

Show me a teenage boy who doesn't like to game and I'll show you—forget it. There's no such thing. Ours was also fascinated with the production

LEFT: SAN FRANCISCO SKYLINE AND BAY BRIDGE AT SUNSET, CALIFORNIA

NICOLAS LINDEN AT ALMOST 19 STILL TRAVELING WITH MOM

BOTTOM LEFT: SAN FRANCISCO'S CHINATOWN IS ONE OF NORTH AMERICA'S LARGEST CHINATOWNS. IT IS ALSO THE OLDEST CHINATOWN IN THE USA

TOP: FISHERMAN'S WHARF CLAM CHOWDER IN A SOUR DOUGH BREAD BOWL

LEFT: FROM LEFT BIRTHDAY BOY NICOLAS LINDEN DAD PAUL AND MOM SHANNON

BOTTOM: FAMOUS LOMBARD STREET IN SAN FRANCISCO AT SUNRISE

and podcasting that took place at IGN and after emailing one of his favourite reviewers, Greg Miller, he was astounded with an invite to tour the office and watch a podcast live. A spectacular lobby with video game statues awaits visitors while modern glass offices invite voyeurs to peek and see where creative minds meet. Journalists busily typing and fun folk running the place all love their dream jobs. It's worth booking a tour online.

Watch a Game

The list of possibilities is long, with timing and pricing being the determining factors, but there's professional hockey (San Jose Sharks), football (Oakland Raiders) and baseball (Giants and Oakland A's). We took the Bart out to Oakland and took in a game. Singing the traditional half time *"Take me out to the ballgame"* wile vendors sang, *"Beef dogs! Cotton Candy! Get your ice-cold lemonade!"* was super cool.

A Little Laughter

Since he was a wee babe, our son has had the best giggle and he grew up to be a funny guy, with a passion for comedy. We took him to see comedian, Dimitri Martin at the fabulous Palace of Fine Arts.

Alcatraz

What teenager (or adult) wouldn't be intrigued by the creepy history of the infamous former federal prison where big time criminals like Al Capone, George *"Machine Gun"* Kelly and Robert *"The Birdman"* Stroud were housed? Take the short ferry ride over cold, current-crazy waters to the rocky shores of the isolated island and tour the eerily vacant cells. Headsets available in multiple languages and narrated by former guards and even inmates, tell a captivating 45-minute tale while your tour. An outstanding tourist must, book online online (just Google Alcatraz tours).

Boudin's Bakery at Fisherman's Wharf

Just walking around the wharf is fun but a highlight was our visit to the well-known Boudin's Sourdough bakery where we watched the delivery of bread via robots, marveled at the dough shaped into animals, like turtles and alligators, and of course, chowed down on traditional clam chowder in chewy bread bowls.

Stay tuned for next issue, when we hit the Big Apple with our little girl. W

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