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*Paul deGruchy, VP - Sales & Marketing
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Think About It

■ "I think, therefore I am." Is this statement false or true?

Last year I wrote about an author who claimed to know the happiest region or city in which to live. I wondered out loud if the Okanagan might be it, or if it could ever be that place? I concluded it could—but only if we corrected a few things.

Think back to when you were in Grade 3. Did your teacher ever ask, "Did you *think* about that—before you did it." Has your boss ever enquired, "Did you *think* this through first." Hockey coaches can be heard yelling, "*Think* before you make that pass up the middle." For centuries, our highly biased societies have been force-fed a steady diet that thinking is our only salvation.

I'm one of the many who believe that the French philosopher René Descartes got it wrong when he said, "I think, therefore I am." Many of today's neuroscientists, including Antonio Damasio and Joseph LeDoux, suggest that thinking is less important than paying attention to our emotions. While all regions of the brain are important, neuroscience is proving that the limbic or emotional regions play the most critical roles when defining influence, motivation and behavior.

"I feel, therefore I am," more accurately describes who we are, what we do and what we are trying to accomplish on the ice, at work or in school.

I've been thinking a great deal about thinking lately, and I think that thinking is highly overrated. Did you

think before you started reading this column? Or did it just happen? Did you think about moving to the Okanagan or did randomness guide you here? Did you think about paying your taxes or did fear play a role? Contrary to nearly everything we have been taught, decisions are never made because of one reason, yet time and again our brains allow us to think that way. If you were to emote about taxes or the logic behind choosing to live in one of the best places on earth (which you did) you'd realize that dozens or even hundreds of reasons came together to inform that decision. Emotion focuses our attention, determines what we remember, develops attitudes, provides motivation and moves individuals to act.

Understanding the counter-intuitive way our brains evolved is the first step to realizing that centuries of thinking have brought us experts. And while we all consider ourselves expert at something, Philip Tetlock showed us that expert predictions are (mostly) wrong—66 per cent of the time. I believe that even using the word “think” conjures up the laziest neural connections of the brain to do its bidding—which is finding the simplest, easiest and singular reason to come up with a decision. A plethora of simple human biases (that are invisible to the thinking brain) only add to the paradox of a poor choice. Even when we know we are wrong, we convince ourselves that we didn't make a bad decision after all.

So next time you think about making a decision, ask yourself how you feel about it first.

“I feel, therefore I am,” is a new and better way.



John Paul Byrne
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for comments or suggestions
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for further links and reading.

Contact a **MackKay LLP** professional to see how they can assist you



Barb Jackson, CA
Manager

Caring for her community; Barb is currently on the board of Independent Magnet Schools, which is a non-profit society that provides education tailored for special needs children. Beyond spending family time with her two active small boys, Barb enjoys collecting art and attending live theatre events.

At MacKay, Barb focuses on providing accounting and tax services to individuals, small and medium sized corporations and non-profit societies. Barb's background also includes time spent in industry where she gained extensive knowledge in management and budgeting, allowing her to understand the individualized needs of her clients at MacKay.

MackKay in the Community

Getting involved in the community; Heather is on the Kelowna CA Association Board and is a part of the MacKay United Way Campaign Team. When Heather isn't chasing after her two young children, you might find her curling, golfing or hitting the slopes.

At MacKay, Heather helps U.S. citizens living in Canada who have to file tax returns in both countries. Heather gives practical and individualized advice to her clients regarding their cross-border tax implications.



Heather Sanders, CA
Senior Manager, U.S.
and Cross-Border Tax

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JANELLE O'ROURKE AND JESSICA CURRIE WORK ON DEXTER UNDER THE EYE OF INSTRUCTOR CATHERINE BARANOW

OPEN WIDE

High-tech dummy aids Okanagan College students

■ Students at Okanagan College are getting an advanced appreciation of dental radiology, thanks to a donation from the Thompson Okanagan Dental Society (TODS).

Through its annual silent auction, the group raised nearly \$10,500 and donated the funds to the college's certified dental assistant program to purchase a highly specialized dental X-ray trainer.

"This provides a tremendous opportunity for the students," says Catherine Baranow, chairperson of the certified dental assistant department.

The \$8,800 high-tech DXTTR model is made, in part, from a human jawbone complete with teeth, which enables students to safely X-ray the "patient" while benefiting from seeing true human teeth characteristics.

"Dexter," as the students call it, has quickly become the star patient.

"Until now, we haven't been able to see the actual bone and the layers of the teeth," says Janelle O'Rourke, one of 23 students now working with Dexter.

TODS fundraising chair Gayle Faigan appreciates how important it is for students to learn with the most advanced training equipment available.

"By supporting the dental

assistant program in this manner, students are better equipped and trained to enter the workforce. The dental community is very supportive of initiatives like this that promote clinical quality and service."

The society's fundraising event gets volunteer staff support from Scotiabank, which topped up the donation by another \$5,000.

"Our business and professional banking team works closely with many dentists in the Thompson Okanagan so it's a natural fit for us to partner in the charitable works they are involved with," said Gladys Fraser, Scotiabank branch manager in Kelowna.

LEARN CPR

Get certified through St. John Ambulance

In our April issue we outlined the new CPR guidelines that tell us to sing, performing compressions to the beat of the Bee Gees tune *Stayin' Alive*. We listed St. John Ambulance, Kelowna, as an organization that provides basic and advanced CPR training, however, there was an

error in the telephone number. To learn more about the many programs offered by St. John Ambulance, visit www.sja.ca/bc or call 250.762.2840.

FARM-TO-TABLE

Farmers/chefs unite for ultimate foodie experience

Following the example of Portland, Oregon, birthplace of the farm-to-table movement, Kelowna chefs and farmers are giving foodies the full meal deal. Ask any one of Kelowna's acclaimed chefs and they'll tell you that the food on your plate and the wine in your glass is pretty well all sourced locally. Visit the Kelowna Farmers' Market and you'll find those same chefs chatting with farmers who greet them by name.

Details on the Farm-to-



FARM FRESH AT THE FARMERS' MARKET



FARM-TO-TABLE PARTICIPANT CHEF ROD BUTTERS

Table program are included in the Studio & Farm Tour brochure, available at the Visitor Centre and attractions throughout the city.

HOSPITAL FUND BOOST

\$25,000 for KGH Take Care, Take Part Campaign

MacKay Chartered Accountants have donated \$25,000 to the Kelowna General Hospital (KGH) Foundation's Take Care, Take Part Campaign.

Murray Bye, CEO and Managing Director of MacKay LLP says, "The opening of the new Centennial Building at KGH is very important to providing quality health care to residents of Kelowna, the Okanagan and in fact, all of the Southern Interior....

"So we are delighted to play our part in helping the Take Care, Take Part Campaign meet its goal."

The Take Care, Take Part Campaign is raising funds for equipment in the new emergency department that will be four times its current size, the expanded ambulatory care department where day care procedures will take place, and the new Clinical Academic Campus lecture theatre where the doctors of tomorrow will be trained.

To support the Kelowna General Hospital or to learn more about its new expanded services, visit, www.kghfoundation.com.



MACKEY TEAM PRESENTS \$25,000 CHEQUE TO KGH FOUNDATION

PHOTOS CONTRIBUTED



JOHN MANTON, DEBORAH ZOLKO, TOM SELZLER, NAOMI LEITNER, DEB HARDING, JAN WOOLSEY

SWINGING WITH THE STARS

Event raises over \$208,000 for Central Okanagan Hospice Association

It was an evening for the record books as professional ballroom dance instructors teamed up with local celebrities on April 4, 2012, for a fundraiser based on the popular TV show *Dancing With the Stars*. The Central Okanagan Hospice Association was the big winner with over \$208,000 collected for bereavement and palliative care.

Coordinator, Jan Woolsey, says the fourth annual event raised more money than projected. "I am still in awe of our final numbers. It is just fantastic. We could not have done it without the amazing support of our local celebrities and the ballroom dance community. They raised the bar at this unique, fun-filled, high-energy event. Our performers sign on with a goal not only to learn and perform a dance routine, but also to raise funds with a campaign team in support of Hospice. We ask a lot of them and their results continue to amaze us. This year was over the top," she says.

Deborah Zokol and her campaign team of Deb Harding and

Naomi Leitner won the trophy for the most pledges raised. They held a number of fundraising events and collected over \$55,500. Team Visosky was second with over \$39,700 and Team Cuddihy placed third with nearly \$21,700.

Darren and Carole Visosky from Western Financial collected the audience choice trophy, performing a "dance of magic" that involved numerous costume changes during the routine. They were coached by dance instructor, Chris Thorburn, of Kelowna Ballroom.

The new judges choice trophy went to Crissy Cuddihy, Capri Insurance, for a pasodoble with partner, Warren Eaton, of Latinesque Ballroom and Latin Dance Studio. Judges based their decision on musicality, technique and style.

The Central Okanagan Hospice Association is a community-based non-profit organization that provides services and support, through trained volunteers, to individuals living with or dying from advanced illnesses, and to their loved ones.



CHAIRMAN OF THE BOARD

■ Derek Frechette was intrigued by the rich, red piece of Australian jarrah. It's a wood not often seen on this side of the Pacific because of its rarity and the fact that it's hard on tools, dulling them quickly, even in the hands of a highly skilled woodworker. But Derek had a plan. The jarrah would form an integral part of the design for one of his graceful longboards.

Whenever Derek takes a longboard land-paddling along the waterfront in Kelowna, he turns heads. These aren't just skateboards,

they're elegant works of art.

They're called longboards for a reason, being up to 1.8 metres in length. And instead of gravity powering them down steep hills, longboards can be poled along like gondolas by using special land paddles.

With his wife Catherine, Derek owns Peregrine Longboards and since starting operations last summer, he's racked up an impressive client list including Ed Robinson of the Barenaked Ladies, Steven Page, and Tofino mayor, Perry Schmunk.

The reason Derek is attracting this level of attention is craftsmanship. His boards are laminated from a number of different and valuable woods like jarrah, purpleheart, arbutus, walnut, maple and elm.

"I wanted to make something people would want," he says. "It had to be a creation that offered quality and made a statement about that person."

This isn't what Derek started out to do, though. For more than a dozen years he was a guide, then the operations man-

inperson

ager for Mike Wiegele Helicopter Skiing in the Cariboos and Monashees. Among his ski clients were the Aga Kahn and his family when they made their annual trips into the heart of the BC wilderness.

But the time came when he began looking for challenges other than skiing two million vertical feet per season.

By chance Derek saw a sign proclaiming the Inside Passage School of Fine Woodworking in Roberts Creek (halfway between Bowen Island and Sechelt). Fine woodworking offered the creative outlet he was looking for and by combining it with his knowledge of the outdoor recreation business, he decided longboards would be an ideal product.

One of the things Derek learned at school was the art of inlay. This time-consuming process allows him to make brilliant designs—like the bird and bush of his Sweet Magnolia board—out of differently coloured woods.

To bring greater precision to the process he has installed a computer guided laser-cutting machine. With it he can produce intricate designs in wood, glass, granite and metal. Part of his business comes from commercial laser engraving.

Taking his product one step further, Derek produces boards that not only look super, but the trucks and wheels he uses combine with the flex of the longboards to give an ultra smooth ride. www.peregrineprecisionworks.com.



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Installation art

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■ A giant metal hand sits on a track that runs along the ceiling. A hard push sends it lumbering across the room, the forged knuckles almost dragging across the cement floor. Down the hall, bushels of hair, severed and splayed, fill a darkened room. Around the corner sits a huge pile of crumpled pages, torn from books or ejected from a nearby typewriter. Visitors tread softly past. Their footsteps create a current. The paper mountain heaves a breath.

This isn't your typical art show. It's installation art, a form known to push the boundaries of thought and engagement. "I don't even know what that means, instillation art..." my girlfriend comments when I tell her about a recent installation show in Kelowna called the *Mad Hatter*. I reply with a very scholarly explanation. "It's when, uh, you install art, like, uh, furniture, around a room." Great, here I am tackling an article and I can't even describe it. At least, not on the fly. Luckily, dummies.com offers a much more intelligent answer: "It means taking a large interior (the exterior can be part of an installation, too) and loading it with disparate items that evoke complex and multiple associations and thoughts, longings and moods. It's a huge three-dimensional painting, sculpture, poem and prose work." That's what I meant to say...

The *Mad Hatter* is an annual exhibit put on through a collaboration of artists and groups, primarily organized by the



Arts Council of the Central Okanagan. They take an interesting space, such as an old motel or an industrial building, and install interactive art throughout.

This year I go to the show three times. Before it opens I get a tour with the curator, Nicole Ensing. Without trying to explain the pieces, she offers suggestions that incur wonder. As we tour, her enthusiasm lights up each creation. It feels like she's discovering it with me for the first time.

The second time I visit is a quiet weekday. Rushing in to take pictures, I happily find some good angles and then maddeningly find that my camera battery

is dead. I let out a silent scream, pack up and scurry towards the exit. Sitting on guard at a little table, a white haired volunteer stops me with a strum of her guitar. Rising from her chair, she smiles and breaks into a random song, which just happens to be titled *I'm Having a Senior's Moment*. Watching Betty White's younger sister belt out a ditty describing my damaged brain, while flanked by curious works of art that seem to be humming backup, makes for a surreal and heartwarming experience. I leave with this incredible impression that I just joined the show.

On my third visit I bring my husband. He spends most days surrounded by computers or playing sports, so my job is to administer his monthly dose of art. Unconcerned with having

to know much about art to enjoy it, he jumps right in. Pulling levers, pushing parts, he strolls over to a life-sized marionette of armor. I snap pictures while he does his best impersonation of its frozen gait. I walk up to the paper pile, tear up the last of an already shredded book and throw the remains into the air. It feels so wrong, but so right.

Rather than judging the work, I find I am one of its components. Installation art is a self-relevant experience offering inconcrete definitions based on the perception of the participant. In other words, if I don't get it, it's okay. Like life, the biggest reward comes from taking part.

Our readers choose their favourites in a host of categories and *Okanagan Life* brings you the results. Welcome to the 18th Annual Best Restaurants issue. Perhaps above all others, this is the keeper magazine of the year. Readers try new restaurants all the time and you can expand your dining experience by referring to these listings throughout the year. Get ready to dine—*Okanagan Life* style!



2012 Best RESTAURANTS readers' choice OkanaganLife

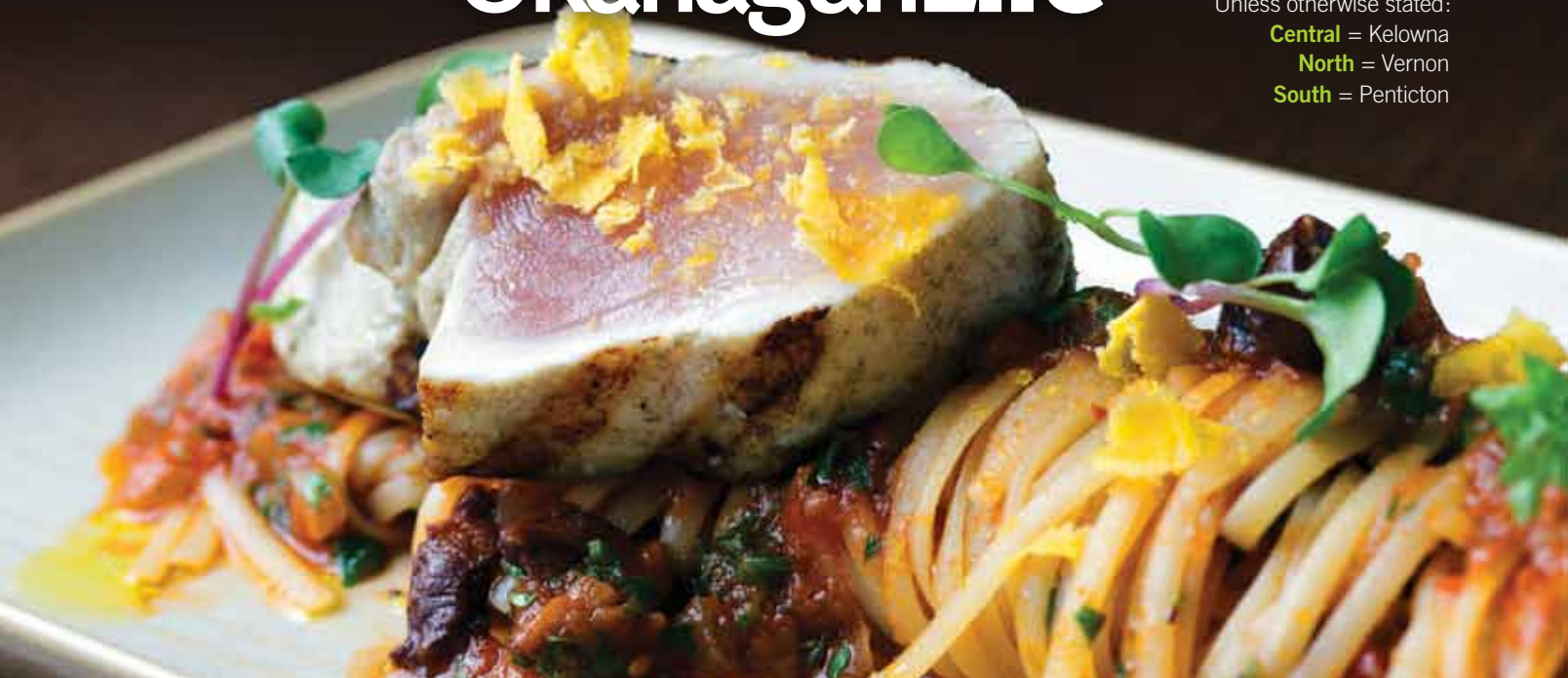
Quickly becoming one of the great destinations of the South Okanagan, Miradoro at Tinhorn Creek showcases the culinary talents of chef Jeff Van Geest.

Unless otherwise stated:

Central = Kelowna

North = Vernon

South = Penticton



BEST CULTURAL DINING

Best Local / Regional Restaurant

Central

- 1 RauDZ Regional Table
- 2 Cactus Club
- 3 La Bussola
- 3 Fixx Cafe

North

- 1 Anchor Inn (Armstrong)
- 2 Allora (Silver Star)
- 3 Range at Predator Ridge
- 3 The Phoenix Steakhouse

South

- 1 Local Lounge • Grille (Summerland)
- 2 Hooded Merganser
- 3 Firehall Bistro (Oliver)

Best Northern European

Central

- 1 Gasthaus on the Lake (Peachland)
- 2 Wood Fire Bakery
- 3 Bouchons Bistro

North

- 1 Isidore's Cuisine (Silver Star)
- 2 Crush Bistro

South

- 1 Bogner's of Penticton

Best Mediterranean

Central

- 1 Ricardo's Mediterranean Kitchen
- 2 Olympia Greek Taverna
- 3 Yamas Taverna

North

- 1 Intermezzo
- 2 Eclectic Med
- 3 Dorian Greek Taverna

South

- 1 Theo's Restaurant
- 2 La Casa Ouzeria

Best Mexican / Latin

Central

- 1 Hector's Casa
- 2 Fernando's Taqueria
- 3 DJ's Mexican Restaurant

North

- 1 Little Tex
- 2 Los Huesos
- 3 Rio Grande

South

- 1 Vallarta Grill

Best Asian Fusion

Central

- 1 Yamato's

- 2 Mekong
- 3 Hoang Gia Vietnamese

North

- 1 Pho Fusion
- 1 Bamboo Beach Fusion Grille
- 2 Temptasian
- 3 Amarin Thai

South

- 1 Benja Thai
- 2 Isshin
- 3 Saigon on Main

Best Indian

Central

- 1 Dawett
- 2 Poppadoms
- 3 Da Tandoor
- 3 Chutney

North

- 1 The Palace
- 2 Curry Pot

South

- 1 Best of India (Oliver)
- 2 Navratan
- 3 Haveli

BEST ATMOSPHERE

Best Décor

Central

- 1 Joeys Kelowna
- 2 RauDZ Regional Table
- 3 Vintage Room
- 3 The Yellow House

North

- 1 Earls
- 2 Intermezzo
- 3 The Pheonix Steakhouse

South

- 1 Theo's Restaurant
- 2 La Casa Ouzeria
- 3 The Cobblestone (Naramata)

Best Winery Restaurant

Central

- 1 Old Vines at Quails' Gate (West Kelowna)
- 2 Grapevine at Gray Monk (Lake Country)
- 3 The Terrace at Mission Hill (West Kelowna)

South

- 1 Miradoro at Tinhorn Creek (Oliver)
- 2 Sonora Room at Burrowing Owl (Oliver)
- 3 Hillside Winery Bistro

Best Restaurant With A View

Central

- 1 Grapevine at Gray Monk (Lake Country)
- 2 Earls



The amazing taste sensations at Dawett have delighted diners in Kelowna's downtown for many years. Always a close category in the voting, Best Indian finalists delight the senses.

- 2 The Harvest Grille
- 3 Old Vines at Quails' Gate (West Kelowna)

North

- 1 Blue Heron Waterfront Pub
- 2 Alexander's Beach Pub
- 3 Freddy's Patio at The Rise

South

- 1 Hooded Merganser
- 2 Lost Moose Lodge
- 3 Miradoro at Tinhorn Creek (Oliver)

Best Dining With Live Music

Central

- 1 Minstral Cafe
- 2 Ricardo's Mediterranean Kitchen
- 3 The Blue Gator

North

- 1 Monashee's Bar & Grill
- 2 Lorenzo's Café (Enderby)
- 3 Crush Bistro

South

- 1 Dream Cafe
- 2 Zias Stonehouse (Summerland)

Best Place For A Party

Central

- 1 Kelly O'Bryan's
- 2 The Harvest Grille
- 2 Gasthaus on the Lake (Peachland)
- 3 Cabana Grille

North

- 1 Monashee's Bar & Grill
- 2 Kelly O'Bryan's
- 3 Eclectic Med

South

- 1 Theo's Restaurant
- 2 Salty's Beach House
- 3 Firehall Bistro (Oliver)
- 3 Camp Creek Station (Naramata)

Best Patio Dining

Central

- 1 Earls on Top
- 2 Eldorado Dining Room
- 2 The Harvest Grille
- 3 Sunset Bistro at Summerhill

North

- 1 Alexander's Beach Pub
- 1 Range at Predator Ridge
- 2 Sir Winston's Pub
- 3 Blue Heron Waterfront Pub

South

- 1 Salty's Beach House
- 1 The Patio at Lake Breeze (Naramata)
- 2 Sage & Vines Bistro
- 3 Hooded Merganser

Best Romantic Dining

Central

- 1 Eldorado Dining Room
- 2 The Yellow House
- 3 Earls on Top

North

- 1 Intermezzo
- 2 Eclectic Med

South

- 1 Hooded Merganser
- 2 Local Lounge • Grille (Summerland)
- 3 Bogner's of Penticton

Best Place For A Meeting

Central

- 1 Eldorado Dining Room
- 1 The Harvest Grille
- 2 Chop Steakhouse Bar
- 3 19 Okanagan Bar + Grille (West Kelowna)

North

- 1 Vernon Lodge (Best Western)

South

- 1 Theo's Restaurant



When true pizza lovers crave great pizza, they come to Bordello's Italian Pizzeria and watch the dough fly. Put a little dough down and come enjoy what our readers say is the Best Pizza in the Central Okanagan.

- 2 The Copper Cup
- 3 Medici's Gelateria (Oliver)

BEST MEAL SPOTS

Best Breakfast

Central

- 1 The Jammery
- 2 Cora
- 3 Bohemian Café

North

- 1 Friesen's Country
Tyme Gardens
- 2 Dinner on Sixth
- 3 Bean There Bistro

South

- 1 Valentini's Café
- 2 Local Lounge • Grille (Summerland)
- 3 Bears Den Restaurant

Best Lunch

Central

- 1 Joey Kelowna
- 2 Bohemian Café
- 3 Earls
- 3 Wood Fire Bakery

North

- 1 Earls
- 2 Dorians Greek Taverna
- 3 Original Joe's

South

- 1 Valentini's Café
- 2 Pasta Factory
- 3 Il Vecchio's

Best Dinner

Central

- 1 Chop Steakhouse Bar
- 2 The Keg
- 3 RauDZ Regional Table

North

- 1 Intermezzo
- 2 Italian Kitchen
- 3 Tita's Italian Bistro

South

- 1 Theo's Restaurant
- 2 Zias Stonehouse (Summerland)
- 2 Hooded Merganser
- 3 Firehall Bistro (Oliver)

Best Casual Dining / Bistro

Central

- 1 Minstral Cafe
- 2 Le Plateau Bistro
- 3 The Fixx

North

- 1 Earls
- 2 Crush Bistro
- 3 Talkin Donkey



PHOTO CONTRIBUTED



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The historic allure of the Yellow House Restaurant presents a rewarding dining experience made extra special by the charm of co-owners Rob Ahlgren (L) and Darren Stanfield (R) and sommelier Brooke Biro (C).

South

- 1 Sage & Vines Bistro
- 2 Opus Café Bistro
- 3 La Casa Ouzeria

Best Family Restaurant

Central

- 1 Red Robin
- 2 White Spot
- 2 Moxie's Grill
- 3 Montana's

North

- 1 Boston Pizza
- 2 KT's Heritage Restaurant
- 3 Red Robin

South

- 1 Boston Pizza
- 2 Cozy Bay Seafood Cafe
- 3 Zias Stonehouse (Summerland)

Best Buffet

Central

- 1 Manhattan Point
- 2 Grand Bay Café
- 3 Buffet King

North

- 1 Royal Garden
- 2 BX Creek Bar & Grill
- 3 Yat Sen Restaurant

South

- 1 China Palace
- 2 Isshin Sushi Bar
- 3 Beijing

Best Wine Bar

Central

- 1 Waterfront Restaurant & Wine Bar
- 2 Rotten Grape
- 3 Sunset Bistro at Summerhill
- 3 Old Vines at Quail's Gate

North

- 1 Intermezzo
- 2 Crush Bistro

South

- 1 The Cobblestone (Naramata)
- 2 Bufflehead Pasta & Tapas Room
- 3 Local Lounge • Grille (Summerland)

Best Sports Bar / Pub

Central

- 1 Dakota's
- 2 Dave's Sports Bar
- 3 Rusty's

North

- 1 Kal Sports Bar
- 2 Checkers Bar & Grill
- 3 Sir Winston's Pub

South

- 1 Best Damn Sports Bar & Grill
- 2 Kettle Valley Station Pub
- 3 Peacock's Perch
- 3 Barking Parrot



Take delight in a meal on the Peachland waterfront with an authentic European experience like no other. The Gasthaus on the Lake's Jörg Hörath, Stefan Pimenta, Werner Fischer, Jon Zimmerman, Devin Smith and Isabelle.



A farm-to-table hot spot, fresh and local fare is what you'll find at RauDZ Regional Table. Share one of chef Rod Butters' creations at the communal table—there's a seat waiting for you. (Did we mention the cocktails?)

Best Late Night Bite (After 9PM)

Central

- 1 Boston Pizza
- 2 Joey Kelowna
- 3 Kelly O'Bryan's

North

- 1 Original Joe's
- 1 Boston Pizza
- 2 Sir Winston's Pub
- 3 Kelly O'Bryan's

South

- 1 Peacock's Perch
- 2 Earls
- 3 Breeze Bar & Grill
(Osoyoos)

BEST CRAVINGS

Best Tapas / Appies

Central

- 1 Cactus Club Cafe
- 1 Waterfront Restaurant & Wine Bar
- 2 Joey Kelowna
- 3 The Yellow House

North

- 1 Italian Kitchen
- 2 Sir Winston's Pub
- 3 Crush Bistro
- 3 Allora (Silver Star)

South

- 1 Bufflehead Pasta & Tapas Room
- 2 Local Lounge • Grille
(Summerland)
- 2 Salty's Beach House
- 3 Peacock's Perch

Best Soup

Central

- 1 Wood Fire Bakery
- 2 McCulloch Station
- 3 The Bike Shop Café

North

- 1 The Sprouted Fig
- 2 Brown Derby Cafe
(Armstrong)
- 3 Sunshine Corner Cafe

South

- 1 Sage & Vines Bistro
- 2 Opus Café Bistro
- 3 Valentini's Café

Best Salad

Central

- 1 Joey Kelowna
- 2 Cactus Club Cafe
- 3 The Chopped Leaf
- 3 Twisted Tomato



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- sally field

Thank you for recognizing us in the latest edition of Okanagan Life's Best Restaurant issue. Thank you to all of our wonderful friends and neighbours who have joined us in the past year. A big thanks to our passionate farmers, ranchers and artisans who provide the freshest ingredients any chef could ask for. And above all thanks to everyone for supporting local - buy local, eat and drink local.

- Chef Rod Butters and Audrey Surrao

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North

- 1 Earls
- 2 The Phoenix Steakhouse
- 3 Wendy's

South

- 1 Earls
- 2 Local Lounge • Grille (Summerland)
- 3 Zias Stonehouse (Summerland)

Best Seafood

Central

- 1 Christopher's
- 2 Codfathers Seafood Market
- 2 The Keg
- 3 Ric's Grill

North

- 1 Joey's
- 2 C-Lovers

South

- 1 Salty's Beach House
- 2 Cozy Bay Seafood Cafe
- 3 Buy the Sea

Best Poultry

Central

- 1 Cactus Club Cafe
- 2 Montana's
- 3 Twisted Tomato
- 3 Old Train Station Pub

North

- 1 Brown Derby Cafe (Armstrong)
- 2 The Italian Kitchen

South

- 1 Amante Bistro

Best Steak

Central

- 1 The Keg
- 2 Chop Steakhouse Bar
- 3 Ricardo's Mediterranean Kitchen
- 3 RauDZ Regional Table

North

- 1 The Phoenix Steakhouse
- 2 Intermezzo Restaurant
- 3 Cattlemen's Club Restaurant

South

- 1 Sage & Vines Bistro
- 2 Black Iron Grill
- & Steakhouse
- 3 Theo's Restaurant

Best Vegetarian

Central

- 1 Dawett
- 2 Pho Soc
- 3 Poppadoms



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North

- 1 The Sprouted Fig
- 2 Monashee's Bar & Grill
- 3 Crush Bistro

South

- 1 Fresh Healthy Café
- 2 Isshin
- 3 Iyara Thai Restaurant

Best Sandwich / Wrap / Panini

Central

- 1 Subway
- 2 Mediterranean Market
- 2 Wrap Zone
- 3 Jugo Juice

North

- 1 Wrap Zone
- 2 The Sprouted Fig
- 3 Extreme Pita

South

- 1 Dolci Artisan Fare
(Osoyoos)
- 2 Valentini's Café
- 3 The Bench Market

Best Burger

Central

- 1 Gorgeous George's
- 2 Five Guys (West Kelowna)
- 3 Fat Burger
- 3 Burger Baron

North

- 1 Kal Sports Bar & Grill
- 2 Anchor Inn Pub
(Armstrong)
- 3 Earls

South

- 1 Burger 55
- 2 Peacock's Perch
- 3 White Spot

Best French Fries

Central

- 1 Bouchons Bistro
- 2 McDonald's
- 3 Gorgeous George's
- 3 Burger Baron

North

- 1 Kal Sports Bar
- 2 McDonald's
- 3 Squires Four Pub

South

- 1 Jeffers Fryzz
- 2 Spud Brothers (Summerland)
- 2 Burger 55
- 3 Cozy Bay Seafood Cafe

Best Fish & Chips

Central

- 1 Shady Rest British Fish & Chips
- 2 Lord Chumley's Fish & Chips
- 3 Codfathers Seafood Market

North

- 1 C-Lovers
- 2 Joey's
- 3 Junction Cafe
(Armstrong)

South

- 1 Buy the Sea
- 1 Cozy Bay Seafood Cafe
- 2 Salty's Beach House
- 3 Sinbads Seafood Café (Oliver)

Best Pizza

Central

- 1 Bordello's Italian Pizzeria
- 2 Boston Pizza
- 3 DunnEnzies Pizza
- 3 Mr. Mozzarella

North

- 1 Boston Pizza
- 2 Jim's Place
- 3 JJ's Pizza Plus

South

- 1 Mykono's Pizza & Spaghetti House
- 1 Papa Murphy's
- 2 Murray's Pizza
- 3 Prima Pizza

Best Sushi

Central

- 1 Momo Sushi
- 2 Ozeki
- 3 Aomi Sushi
- 3 Genji

North

- 1 Wasabi
- 2 Mahoroba
- 2 Bento & Sushi
- 3 Vernon Tokyo Sushi

South

- 1 Isshin
- 2 Ginza Sushi
- 3 Just Delicious Bistro
(Summerland)

Best Ice Cream

Central

- 1 Marble Slab Creamery
- 1 Moo-Lix Ice Cream Shop
- 2 Foothills Creamery
- 2 Annegret's
- 3 Okanagan Fudge & Sundae

North

- 1 Marble Slab Creamery
- 2 Garden Ice Cream Parlour
- 3 Dairy Queen

South

- 1 Tickleberry's
(Okanagan Falls)
- 2 Summerland Sweets
(Summerland)
- 2 Ogos Ice Cream
- 3 Medici's Gelateria (Oliver)

Best Dessert

Central

- 1 Moxie's Grill & Bar
- 2 Bonfire Grill at The Cove
(West Kelowna)
- 3 RauDZ Regional Table

North

- 1 Crush Bistro
- 2 Eclectic Med
- 3 Bean to Cup

South

- 1 Bogner's of Penticton
- 1 Zias Stonehouse
(Summerland)
- 2 La Casa Ouzeria
- 3 Accent Chocolate



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BEST OF THE REST

Best Bakery

Central

- 1 Specialty Bakery
- 2 Tripke Bakery
- 3 Okanagan Grocery

North

- 1 Sweet Caroline's Bakery
- 2 COBS Bread
- 3 Okanagan Bake House

South

- 1 Wouda's Bakery
- 2 Cake Box Bakery (Summerland)
- 3 Blue Icing Dessert Bakery

Best Place To Buy Fruit & Veggies

Central

- 1 Kelowna Farmers' & Crafters' Market
- 2 Old Town Farm Market
- 2 Quality Greens
- 3 Paul's Produce

North

- 1 Quality Greens
- 2 Swan Lake Nurseryland
- 3 Nature's Fare

South

- 1 Quality Greens
- 2 Old Town Farm Market



Best Health / Natural Foods Store

Central

- 1 Nature's Fare
- 2 Choices Market



Fun and funky, The Bohemian Café—known to locals as The Bo—offers a menu as fresh as its artistic décor.

PHOTOS CONTRIBUTED

North

- 1 Nature's Fare
- 2 Simply Delicious
- 3 The Sprouted Fig
- 3 Choice's Market

South

- 1 Whole Foods Market
- 2 Food Emporium

Best Coffee / Tea House / Herbs & Spices

Central

- 1 Second Cup
- 2 Bean Scene
- 2 Blenz Coffee
- 2 Lake Country Coffee House
- 3 Abby's Spice & Tea Store
- 3 The Jammery

North

- 1 Bean Scene
- 2 Blenz Coffee
- 3 Bean to Cup

South

- 1 The Beanery Coffee Company (Summerland)
- 2 The Bellevue Café
- 3 Fibonaccci Roastery & Cafe
- 3 Medici's Gelateria (Oliver)
- 3 The Bench Market

Best Caterer

Central

- 1 Bohemian Café
- 2 Jimmy Ho's
- 2 Deli City
- 3 The Bread Company

North

- 1 Guntree Catering
- 2 Bento & Sushi
- 3 Ora

South

- 1 Joy Road Catering
- 2 Valentini's Café
- 3 Murray's Pizza

Best Fast Food

Central

- 1 Jimmy Ho's
- 2 Wendy's
- 2 Subcity Donair
- 3 Five Guys (West Kelowna)

North

- 1 Wendy's
- 2 Extreme Pita
- 3 Bento & Sushi

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readers' choice

South

- 1 Burger 55
- 2 Taco Time
- 3 Subway

Best Local White Wine

Central

- 1 Quails' Gate Chasselas
- 1 Gray Monk Latitude 50
- 2 Summerhill Gewurztraminer
- 3 The View Gewurztraminer
- 3 Mission Hill Chardonnay

North

- 1 Recline Ridge Siegerrebe
- 2 Sunnybrae Turner Road
- 3 Larch Hills Mad Angie

South

- 1 La Frenz Sauvignon Blanc
- 2 Haywire Pinot Gris
- 3 8th Generation Pinot Gris
- 3 Therapy Vineyards Freudian Sip
- 3 Wild Goose Vineyards Pinot Blanc

Best Local Red Wine

Central

- 1 Mission Hill Merlot
- 2 CedarCreek Pinot Noir



Refined, yet friendly, the Cactus Club offers a menu to tempt even the finest palette and a staff that will make you right at home.

- 2 Quails' Gate Pinot Noir

- 3 House of Rose Hot Flash

North

- 1 Recline Ridge Grande Pinot

- 2 Granite Creek Meritage

- 3 Celista Maréchal Foch

South

- 1 Red Rooster Meritage

- 2 Burrowing Owl Cabernet Franc

- 3 Black Hills Nota Bene

- 3 Laughing Stock Portfolio

Best Local Beer

Central

- 1 Tree Brewing Thirsty Beaver
- 2 Mill Creek Lord Nelson's Pale Ale
- 3 Big Surf Beer Laid Back Lager

North

- 1 Okanagan Spring Pale Ale
- 2 Crannog Ales Back Hand of God Stout

South

- 1 Barley Mill Mustang Pale Ale
- 2 Cannery Brewing Squire Scotch Ale
- 3 Tin Whistle Peaches and Cream

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TOP

*Get the inside
story on the
people behind
the legalese*

Community LAWYERS

Richard Enns Compass Law

I have been providing legal services in the North Okanagan for 20 years since I moved from Vancouver in April of 1992 with my wife Anita. I had been practicing in a large downtown firm where I gained experience in complex commercial litigation and corporate finance, but I wanted a change.

Anita and I were originally attracted to the area because of the blend of rural and urban influences—and Silver Star. What kept us here is the remarkable group of people we've come to know and appreciate. The Vernon

area attracts people from all over the world and many of these people work hard to contribute to the overall economy and community. Their influence blends with families who trace their heritage back for generations.

Right from the beginning, Anita and I have been involved in our community. I am serving my second term as a city councilor for the District of Coldstream. I have been a director of the Vernon Winter Carnival, the North Okanagan Community Foundation, the Vernon Alpine Ski Club and a member of the Silver Star Rotary Club. I am also currently a director for the Vernon and District Association for Community Living.

Anita has been involved in providing local quality food to the community. In 2007 we purchased an apple orchard and began the transition process to fully certified organic. Coldstream Creek Road Orchard is the first certified organic orchard in the history of Coldstream, which has been an apple-growing area since 1892. We produce three varieties including Granny Smith, Honeycrisp and Royal Gala. Last year Anita was one of the founding organizers of the Coldstream Winter Market.

I founded Compass Law Corporation in 2000 and continue to operate from our Main Street location in downtown Vernon. Practicing in my own firm has given me the opportunity to choose the type of work that I do and to work with clients who have interesting backgrounds and projects. Consequently, I have been part of a number of start-up operations requiring venture capital financing.

At Compass we seek to provide reasonably priced personalized service on a wide range of matters, but my preferred areas of practice relate to the everyday concerns of people, such as real estate (conveyancing, mortgages and development matters); business law regarding incorporations and contracts; and all estate matters including estate planning, probate, committeeships, powers of attorney and representation agreements.

Working directly with clients is especially enjoyable for me. I get a lot of satisfaction out of helping estate clients and discussing farm matters with agricultural clients. I want to express my profound appreciation to all the clients who have worked with me since I moved to this beautiful area.

Call 250.545.8059.



Richard Enns with his wife Anita, their children and the family pooch at Coldstream Creek Road Orchard, the first certified organic orchard in the history of Coldstream.

TOP Community LAWYERS



The Tessmer Law team: Cory Armour, Nicole Schabus, Stanley Tessmer, Paule Seeger and Jessica Spelliscy at their Bernard Avenue offices in Kelowna.

Tessmer Law

In my opinion, family law is one of the most interesting areas of the law. As I tell my clients, marriage is basically a contract between two people to join together for a common goal, while divorce is really the termination of that contract. However, this particular contract is the most emotional one any of us will enter into. It's the culmination of our hopes, goals and dreams, and the breakdown of this contract triggers emotional and social reactions like no other.

There is a delicate balance of legal issues, resulting from a marriage breakdown, versus the feelings that parties experience as they go through what is one of the most difficult periods of their lives. It is the role of family lawyers to take our clients through this process as kindly and compassionately as possible. Yet we can't be everything to everyone. I always tell my clients that this process requires a network of support including counselors, friends and family. There is as much "heart stuff" as there is "legal stuff" surrounding a divorce.

Dealing with fear about how to co-parent and concern over the effects of divorce on the children is just as important as property division and support payments.

Unfortunately our current law does not consider heart stuff as much as it provides a framework for dealing with the legal matters. However, this focus is changing.

We are currently in one of the most dynamic times for family law in recent years as a new Family Law Act (the "Act") became law in November 2011. Most of the Act will not come into effect for the next year to year-and-a-half, but there are many eagerly awaited changes. For example, the Act imposes a new and radically different legislative scheme on matters such as child care. It contemplates how to regulate topics that are new to provincial law, such as assisted reproduction and parenting coordination, and has increased focus on out of court resolution of disputes, particularly in the area of children.

While family lawyers will always be the legal stuff types, it is hopeful that these new changes introduce a bit of heart stuff to our legal processes. Follow us on Twitter or friend us on Facebook to see what happens next.

Call 250.762.6747 or visit www.tessmerlaw.com.

Gerry M. Laarakker Law

You should make a will when you marry or start a family, advises Vernon lawyer, Gerry Laarakker. The protection of your children should be a priority. "Would you prefer to appoint a guardian for your minor children," he asks, "or leave it to the government?" Gerry says that you also require an advance health care directive and a power of attorney in case something happens to you.

"Many people advertise that they do wills and estate planning. For us, it is a specialty," says Gerry, who has given many presentations on these subjects to community groups and has taught the material in the Bar admission course all new BC lawyers must take.

Laarakker Law takes pride in its expertise with wills and estate planning and in providing affordable, personal service.

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Nadine Casey French Law

Nadine Casey French is dedicated to her profession and to her West Kelowna community. Providing exceptional legal services to individuals and businesses, NCF Law handles corporate, real estate and estate planning issues in a timely and cost-effective manner with an emphasis on personal attention.

Nadine will go to hospitals and clients' homes to help those who can't get to her office and she regularly provides pro bono services to the elderly as well as community organizations such as the Food Bank. She has been a tireless worker for Westside Daze and is the organizer of the Westside Women's Group, the only organization that supports women entrepreneurs on the Westside.

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TOP Community LAWYERS

Robert O. Levin Law Office

Robert Levin has been practicing civil litigation, specializing in commercial disputes and personal injury claims, since arriving in Kelowna in July 1980. After initial training in his hometown of Winnipeg, he discovered the Okanagan and never looked back. Bob has a beautiful wife of 30 years, four loving children, all born and raised in Kelowna, and three wonderful grandchildren.

Active in the community, Bob is a past president and board member (for almost 30 years) of The Bridge, a leading social service agency that assists children and families throughout the Central Okanagan. "I've stayed on that length of time," he says, "because of the fabulous work the organization does and the respect I have for the people who work there."

Bob has also served on the boards of Sunshine Theatre, School District #23, The Okanagan Jewish Community and was a founding director of the Southern Interior Karate Association. He is the Central Yale area representative to the Canadian Bar Association, BC Branch.

Karate is Bob's main source of fitness. He teaches advanced children's classes at Parkinson Rec Centre and holds a Sandan ranking (third degree black belt). Bob has won gold and silver at the BC provincial and national levels. His other sports include skiing, hockey ("I'm really not very good, but love the game and play with a great bunch of guys"), golf, hiking and tennis. Bob is fully committed to life in the Okanagan.

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Keeping fit for the courtroom. Robert Levin holds a Sandan ranking and teaches advanced children's classes in karate.



Don Blakely on search and rescue duty.

Okimaw Law

Serving the Okanagan since 2007, Okimaw Law is committed to providing the highest quality service and advice. "We help clients protect their intellectual property, assets and legacies," says Richard Okimaw.

A lawyer, engineer and patent agent, Richard practices exclusively in intellectual property and technology law. He is dedicated to delivering unparalleled IP. Rick's clients consider him an indispensable strategic partner and integral to their success.

Kristen Okimaw, who was raised in Kelowna, handles wills and estates, family and corporate law. She and Rick are active in the autism community, busy chasing after their young children and enjoying the Okanagan lifestyle.

Una Gabie deals with real estate, corporate and estate planning. Una is involved in the Okanagan Mortgage Lenders Association, Community Futures, Okanagan Suicide Awareness Society and the United Way.

Call 250.469.9628 or visit www.okimawlaw.com.

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In 1980 the University of Windsor Law School wanted me because of my LSAT marks and my experience as an infantry NCO and later as a captain in the Canadian Forces, where I won the Canadian Infantry Association Sword.

As a soldier I learned to take good care of the soldiers under my command. As a lawyer I apply that same principle to my clients and the community. Loyalty, integrity and dedication make a win-win. I have also served as a director of provincial and national organizations for nearly two decades.

My focus on seniors, farms, families and small business gives me a close connection with the community. Our approach is to work hard for our clients and treat their challenges as if they were our own.

I am a solicitor. Years ago I stopped doing all court work so I could focus exclusively on the paper side of the law. Now, my deeper knowledge and experience in these chosen areas means that I do more for my clients than is the usual standard of practice.

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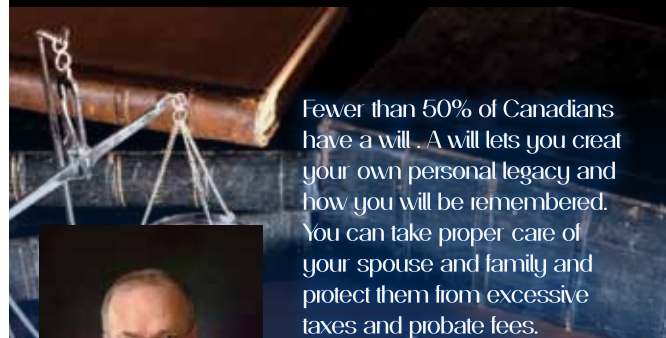


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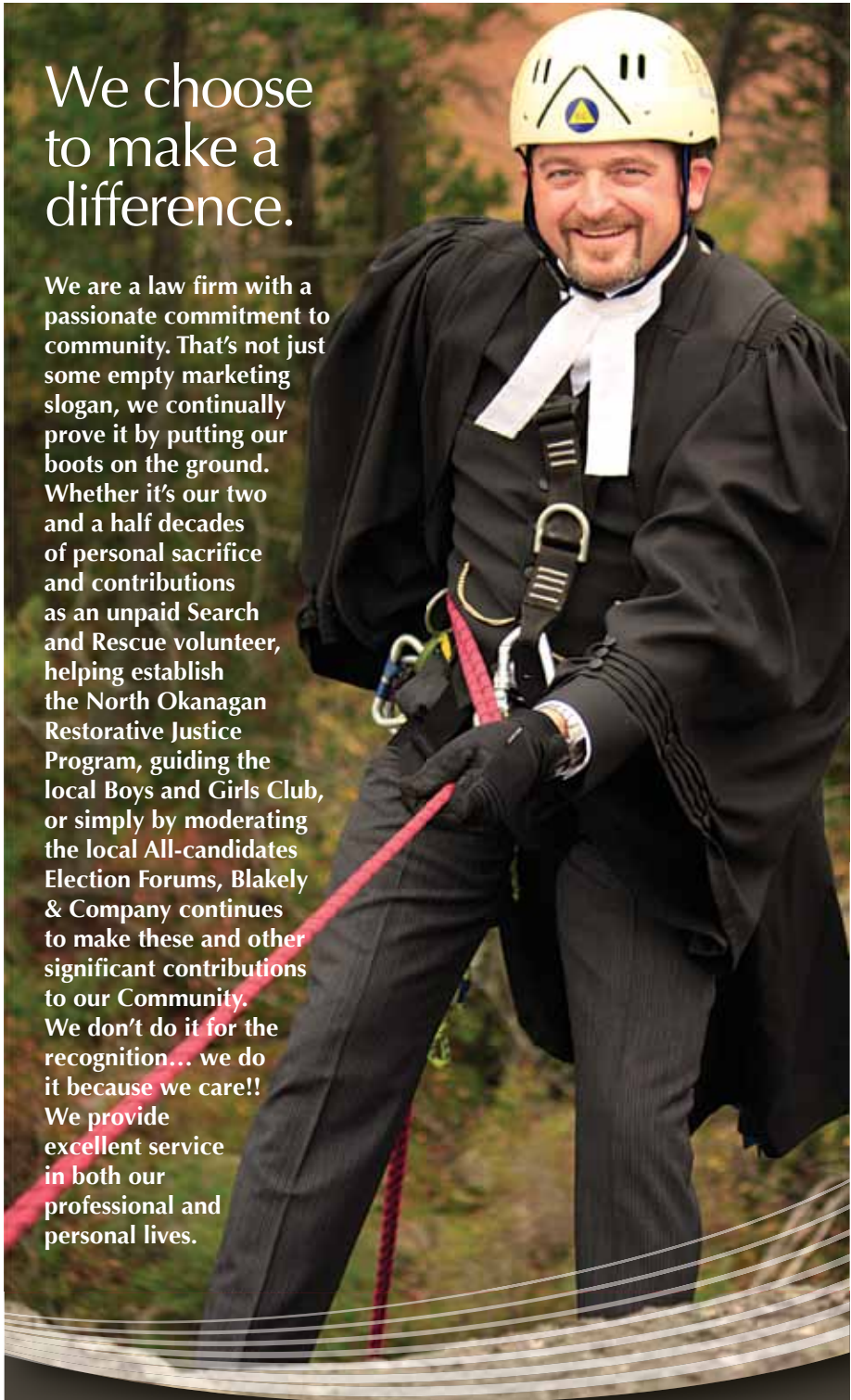
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TOP Community LAWYERS

families when they are under great emotional stress. One of my most satisfying activities is helping disabled persons and their families to establish effective structures for ownership and management of assets.

Over the years I have provided leadership on dozens of projects and committees. My most unusual project was as executive producer/fundraiser and scriptwriter for a 42-minute search and rescue training film for the Justice Institute of BC.

I have assisted hundreds of non-profit organizations and charities. I provide workshops on liability and governance and I am often consulted on the development and drafting of bylaws and constitutions.

My grandmother, now deceased, once told me that the true measure of a man's worth is whether, upon his death, the world is better for his having been placed upon it. I have striven to ensure that this is the case in both my personal and professional lives. I think my grandmother is smiling right now!

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Thompson Rivers University Faculty of Law

TRU Law recently celebrated the completion of its first year. The 75 inaugural law students, who started the program in September 2011, wrote their final first-year exam on April 20. Founding Dean of Law Chris Axworthy, QC, says that students will have a chance to recharge their batteries over the summer.

Robert Fischer-Summers, president of the Society of Law Students (SLS) says, "Many of us will be working over the summer and we have begun making ourselves known to law firms and supporters further afield now that exams are over. The SLS articling committee has also begun work in the search for articling positions next year."

While the inaugural class has completed its first year, excitement abounds among the applicants who have just received word that they will be joining TRU Law this September.

"It has been a wonderful year with many milestones, including the opening of Canada's newest Law Faculty in over 33 years, in

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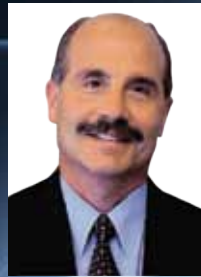
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September, and having the Chief Justice of Canada visit in February," says Alan Shaver, president of Thompson Rivers University.

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William "Bill" Clarke Courtyard Law

Born in Alberta, Bill Clarke came to Kelowna with his mother at age nine. Bill graduated with the first class of the UBC Okanagan history department, attended the University of Alberta Law School and was called to the British Columbia Bar in 1996.

Bill tells his clients, "Where you have come from will often dictate where you are going." This sense of community prompted him to purchase one of Kelowna's oldest properties, former home of the BC political dynasty of W.A.C. Bennett and his son Bill. The Bernard Avenue restoration, now home to Courtyard Law Offices, was awarded the Central Okanagan Heritage Society Heritage Award 2012.

"I am so much happier working in the heritage house than in a traditional office space where you feel confined, cloistered or even trapped by the sterile walls that surround you," says Bill, who maintains that this relaxed feeling extends to the people who come to him for legal advice in family law.

Joining him at Courtyard Law are family law practitioner Tracey Brice-Nicolson; Russell Tretiak, QC, with over 30 years of trial experience and an association with the Quay Law Centre LLP, the largest group of family lawyers in British Columbia; and most recently, Anukiran Klar, with wills and estate proficiency and fluency in the languages of Punjabi and Hindi.

Bill's community involvement reads like a renaissance man with a sleep disorder, including CBC Radio/Television commentator, children's charity fundraiser, musician, legal volunteer, rescue diver, curling skip and drag-on boat captain. Among his honours are the Legal Services Society Award of Recognition for quality of legal service and the President's Medal, Canadian Bar Association BC Branch.

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Lake Country Scenic Sip

by Michael Botner

This wine route features old-world style and sleek modern design, time-honoured favourites and eagerly anticipated newcomers

■ Often lumped with the wineries of Kelowna, the expansive district to the north is carving out a niche as a wine region in its own right. While only four wineries—Gray Monk, Arrowleaf, Ex Nihilo and Ancient Hill—currently dot Lake Country's Scenic Sip wine route, two more—Intrigue and 50th Parallel—are set to open soon.

To locate the heart of Lake Country winemaking, the trail leads to Gray Monk Estate Winery on Camp Road in Okanagan Centre. Once a commercial hub and major port for sternwheelers, the town had lost much of its hustle and bustle by the time Gray Monk founders, George and Trudy Heiss, first visited the area in the 1960s. "It was sleepy hollow," Trudy says.

Pushing for a new estate winery

license, they were among the first out of the starting gate when Gray Monk launched in 1982. Detractors insisted that it would never work out as they were too far from the highway and no one could pronounce the names of the grapes. Thirty years on, Gray Monk boasts an expanded Rhine castle-style facility with a splendid wine country restaurant, Grapevine, home of Chef Willi Franz, 2011 Canadian Chef of the Year.

Gray Monk now has company. Arrowleaf Cellars opened its doors in 2003. Owner Joe Zuppiger, a grower since 1997, extols the moderating influence of the lake on the Okanagan Centre bench where his Suncrest Vineyard is situated. "The airflow on the westerly slope protects the vines from frost,"

he says. "It is a great location for white grapes and early maturing reds like Pinot Noir and Zweigelt. Also, conditions are good for slightly lighter-style Merlot with excellent fruit flavours."

Contrasting the old-world charm of Arrowleaf and Gray Monk, neighbouring Ex Nihilo Vineyards exudes a stylish, ultra modern, art gallery look. Owner Jeff Harder describes Ex Nihilo as "more Napa than Napa." He says, "The Okanagan Centre bench offers great terroir, more hang time for grapes and breathtaking 180-degree views. It's the most romantic spot in the Okanagan."

Adding to the growing numbers, Intrigue Wines is set to open this spring at the Davis Vineyard on Oceola Road. Only five minutes away from the others, Intrigue focuses on fabulous Riesling. **OL**

Showcasing a selection of Lake Country's top wines, the five star rating system stresses value for price.



**ANCIENT HILL
2009 PINOT NOIR**

Kelowna, Okanagan Valley

★★★★½ \$21.95

Don't be fooled by the high alcohol reading. This lovely Pinot Noir sports abundance of complexity and elegance. Flavours reveal cherry, strawberry, cola, truffle, pepper, smoke and vanilla cushioned by sweet, silky tannins. Accompanies beef or game roasts.



**ARROWLEAF 2009 SOLSTICE
RESERVE, SUNCREST VINEYARDS**

Lake Country, Okanagan Valley

★★★★½ \$28

From Merlot and Zweigelt grapes grown in Okanagan Centre, powerfully built red exhibits bold flavours of dried raspberry, plum and cherry, nuances of dark chocolate, earth and black pepper, supported by firm tannins. Partners grilled lamb, beef or game.



**INTRIGUE
2010 RIESLING**

Lake Country, Okanagan Valley

★★★★½ \$16.90

Kabinett-style Riesling features a subtle nose and concentrated palate suggesting green apple, lime, melon, mineral and honey with a hint of petrol. Lip-smacking acidity cleanses a note of softness. Pairs with light fish and meat dishes with a creamy sauce.



**ARROWLEAF
2009 MERLOT**

Lake Country, Okanagan Valley

★★★★ \$18.99

From grapes grown in Okanagan Centre on rocky, gravelly soil, this robust Merlot delivers rich, tasty flavours of dried plum and cherry, notes of coffee bean, earth, cedar and tomato purée, backed by chalky tannins. Perfect with barbecued meats.



**EX NIHILO
2010 PINOT GRIS**

Lake Country, Okanagan Valley

★★★★½ \$20.95

Potent Pinot Gris projects an effusive nose and juicy palate suggesting tropical flowers, grapefruit, mandarin orange, ripe peach and pear, macadamia nut and white pepper with grapefruit zest balancing the off-dry finish. Enjoy with spicy fish, pork or chicken dishes.



**GRAY MONK
NV ODYSSEY ROSE BRUT**

Lake Country, Okanagan Valley

★★★★½ \$19.99

A blend of Gamay and Pinot Meunier, traditional method bubbly features brilliant strawberry hue, frothy effervescence, deeply fragrant bran and berry nose, and a creamy palate hinting cranberry, grapefruit and toast. Pairs with pork roast or spicy Asian food.



RICHARD KAMPHUYS

Co-owner
Ancient Hill Estate Winery

A hill overlooking Kelowna International Airport may seem an unusual site for an estate winery, but for Dutch native Richard Kamphuys and his wife Jitske, it's a perfectly sensible spot to grow quality grapes and make fine wine. When the couple first immigrated to Canada in 1992, they bought the property that then hosted a 19-hectare apple orchard. "We were seeking a change from a big city environment," Richard says. After running the orchard for a few years, he learned that it had been a vineyard in the 1940s. Although the bitterly cold winter of 1949-50 severely damaged the young vines and ended the venture, grapes had been growing on this land as far back as 1930, when the Rittich brothers planted vinifera vines in the district. They reported the results in BC's first wine book, *European Grape Growing in cooler districts where winter protection is necessary*, published in 1941. With oversupply pushing apple prices down, Richard decided to assess the feasibility of grapes and wine. He took courses at Okanagan College in Penticton and in 2005 planted 27,000 vines in a 6.4-hectare vineyard. "The west-facing slope catches the sun from 8 a.m. to sunset, which is just right for the correct varieties," he says. Richard selected early ripeners like Lemberger and Pinot Noir, recommended by the Rittichs, as well as Pinot Gris, Gewürztraminer, Zweigelt and Baco Noir. Opened in 2011, the old-world winery, designed by Penticton-based architect Robert Mackenzie, includes a bird's-eye view of the airport.



Defending nature

Renowned ecologists, authors and activists, John and Mary Theberge have spent a lifetime studying nature, working to increase understanding and seeking to protect endangered environments through the national park system

■ Before you start talking to them, John and Mary Theberge look like another pair of comfy grandparents from the south end of the Valley. But beneath that thin veneer of age lies the chain mail of their just cause—nature.

John and Mary are ecologists living a crusading life that would be the envy of most Knights Templar. They travel the backcountry of the world studying wildlife, then return home to the Okanagan to write books about their discoveries. Their third and latest book, *The Ptarmigan's Dilemma* is a study of the complex interactions of the environment, evolution, selection and time on the very process of developing life on Earth.

It wouldn't be accurate to call the couple retirees. Better to refer to them as having made the transition from their past day jobs to their new day jobs. Mary was educated as a teacher and works as an illustrator and researcher alongside John. He was a professor of ecology in the faculty of environmental studies at the University of Waterloo in Ontario from 1972 until 2000. Now he consults in the field. Today John and Mary give

lectures, write and do field research, without the cumbersome necessity of dealing with a teaching load.

No matter how you cut it, though, they've given their lives to the environment and its preservation. Their 30 years of research has taken them into the Yukon, the depths of Ontario's Algonquin Park, across BC and into the world's jungles and savannahs.

Not people to shy away from a challenge they've mixed it up with their political counterparts at the provincial and federal levels. John advises on environmental policies ranging from the establishment of national parks to protecting wolves. Some listen, others don't.

Of these, John says the former federal minister for the environment in the Mulroney government, Tom McMillan, was probably the most receptive to their concepts and strategies.

"When I went to make my presentation after chairing a task force on how to complete the national park system, I started to tell him what my report was all about. He surprised me by stopping me and saying he'd read

it—which a lot of politicians don't do—asked some good questions, agreed with me and we went on from there."

Less environmentally sensitive was a certain minister of natural resources in Ontario. Our research had shown a need to create a protective zone around Algonquin Park for the wolves that move in and out of the park. Outside park boundaries, hunters were trapping the wolves with snares because they believed they were killing off the deer. This trapping diminished an already endangered wolf population.

According to John, the hunters had the ear of the then minister who refused to implement the ban. However, when the current McGuinty government took over, the new minister, David Ramsay, weighed the evidence and exercised his prerogative and established the no hunt zone around the park.

Like Ontario, British Columbia has lately decided to go into wolf control to protect the mountain caribou population.

"They're ignoring the real problem, which is over-logging of the ►



Up before light for Mary to set up and record the dawn chorus of birds as they awaken and begin communicating.



John writes or does research via computer link to the University of Waterloo's library and other data sources. Mary works on illustrations or helps John.



Lunch and relax. Discuss news about daughters Jenny and Michelle who accompanied them over the years and are now biologists.



Obligatory trips into town or bird watching—particularly the endangered sage grouse.



Dinner, then reading books like Richard Louv's *The Last Child in the Woods*.



Bedtime. In summer set up in a tent to hear the birds' final calls of the day and wolves and coyotes after dark. Ready for morning bird song.

old growth forest and recreational access to the wintering grounds the caribou depend on.”

Part of the story is covered in *The Ptarmigan's Dilemma*.

Problems such as these illustrate the need for the high level of protection afforded by national parks. “That’s why we have such a strong commitment for one in the South Okanagan Similkameen, where so many endangered species live. Birds like kingfishers are getting to be rare here. We used to see them all the time, but now when we go to the oxbows we only see them occasionally. We’ve got a host of environmental problems here in the Okanagan. Canadian Wildlife Service scientists abandoned the idea of introducing prairie falcons when they found that the smaller birds falcons prey on were loaded with pesticides.”

But the national park debate has drawn a dividing line between various groups who would be stakeholders.

To combat the rhetoric surrounding the park, a science forum to inform the public about the benefits to the different species and ecosystems of the Valley was held in 2007, but rumours continue to fly.

John’s reading of the situation is that there is a degree of misinformation being spread by lobby groups to encourage their points of view. Among these is one inaccuracy that claims land will be expropriated from the area’s ranchers to create the park.

“If everyone (all levels of government, lobby groups and area residents) goes for the national park, it will be developed on land the ranchers want to sell out. The government can’t just come in and expropriate the land. They’ll have to negotiate in good faith so it’s a chance for a lot of ranchers to sell out and make their retirement money.”

If the ranchers aren’t ready to retire yet, they can keep the property until they’re ready to go.

Hope still shines through in John and Mary’s conversation. They are not drumbeaters, but consummate explainers.

“A national park would not only increase the chances of survival for endangered species, but begin to deal with the other land use and environmental problems in the Okanagan.

John and Mary believe these problems can be combated by education. They have spent 40 years taking their message to the public and maybe it’s taking hold.

“You have to have some hope that something’s going to change,” says John. “As ecologists we have an obligation to play whatever role we can in helping human society to form a sustainable relationship with the biosphere.”

Looking south they point to the advantages accrued from Yellowstone National Park where wolves and other endangered wildlife are making a comeback. “It’s successful. People line the roads to see wolves and bears in the wild and the annual input from that to the regional economy is somewhere around US\$24 million.”

The Ptarmigan's Dilemma reflects on all of this. It isn’t a light read that you can pick up and put down as you drift in and out of sleep on a warm summer afternoon. It takes some thinking on the part of the reader. That’s not to say the book requires a major science degree to get through it. It just can’t be skimmed the way you’d zip through a romance or action novel.

Part scientific reporting and part philosophy the work has been called a Third Age book—meaning the grand

BEDTIME READING: *THE LAST CHILD IN THE WOODS*, BY RICHARD LOUV. THEY AGREE WITH HIS IDEAS ON THE NATURE DEFICIT SYNDROME.

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WHO KNEW: MARY WAS A GIRL GUIDE COMMISSIONER. SHE WORKED HER WAY UP THROUGH THE MOVEMENT AND BELIEVES IT TO BE ONE OF THE MOST BENEFICIAL OF THEIR DAUGHTERS’ EXPERIENCES.

retirement project that comes after the study and working years—but it really isn’t. This book is the thoughtful culmination of a lifetime of asking questions.

Since writing it, says Mary, “We have developed a lot more texture to our lives. Our lives have become a far greater tapestry because we expanded into those different areas.”

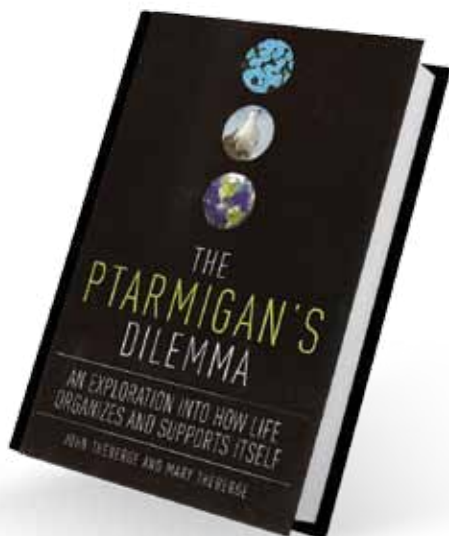
John has his own thoughts. “We’re better ecologists now, after writing the book, than after all those years of teaching.”

This project has also helped to focus external attention on the issues they espouse and the work they do. *The Ptarmigan's Dilemma* has been recognized with the Lane Anderson Prize for scientific writing and it was nominated for a Writer’s Trust Award (non-fiction).

These honours follow on previous achievements. In 1993, *Equinox* magazine proclaimed John and Mary Theberge Environmentalist of the Year and in 1998 they were presented with the Harkin Award (for environmental contributions) by the Canadian Parks and Wilderness Society.

John and Mary’s other books include *Wolf Country: Eleven Years Tracking The Algonquin Wolves* and *Kluane: Pinnacle of the Yukon*, which John edited and to which they both contributed.

Despite all the words they’ve written and the emotional hurricane that ecology and the environment provoke, John sums everything up in one elegant statement of belief. “Science is the rational springboard for a greater emotional connection with nature.”



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Castoro de Oro

Restaurant focus

www.castorodeoro.com

Castoro de Oro has recently changed its focus to include a larger presence in the fine restaurants of BC where its wines so easily complement well-prepared food. Sommeliers have been tasting and selecting. Here are some of the restaurants where you can now (or soon) pair Castoro de Oro with your meal. In Penticton: Salty's, Hooded Merganser, Sage & Vines, Penticton Golf and La Casa Ouzeria. Kelowna/ West Kelowna restaurants include Christopher's Seafood & Steak, 19 Okanagan (Two Eagles Golf) and the Kelowna Yacht Club. In Summerland Zias Stonehouse is now serving Castoro de Oro wines, while in Oliver they are available at Fairview Mountain Golf, Firehall Bistro, Savvies and Miradoro, and in Osoyoos at Watermark Resort, Wildfire and Walnut Beach Resort. Farther afield, order Castoro de Oro wines in Kamloops at Dorian, Mino's,

Felix on Fourth and Storms on the River. Greater Vancouver is represented by the likes of Lava Room, The District, Lafflines Comedy, Blue Canoe, Ouisi and HY's Steakhouse, Whistler. On the Island try The Grand Cru Nanaimo and Amuse on the Vineyard (Unsworth Vineyards). List updated weekly at www.castorodeoro.com. Like Castoro de Oro on Facebook.



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Kangaroo Creek Farm

Say, "G'day, mate!"

www.kangaroocreekfarm.com

We're used to Aussie invasions. Every year our friends from down under storm the ramparts with their boards and skis. But we've also had a subtler incursion. Who knew that right here in the Okanagan, a phalanx of antipodean wildlife have been quietly making themselves at home half a world away from their native outback. We're talking kangaroos, here, and wallabies. Baby-in-pouch carrying marsupials

that many of us know little about beyond Winnie the Pooh. So here's your chance. See the hoppers and other critters—parrots, emu chicks, Nubian miniature goats, potbellied pigs, rabbits and guinea pigs. Kangaroo Creek Farm is located in Lake Country and open weekends from 10 a.m. to 5 p.m. until June 30, then open daily. Get details and directions at www.kangaroocreekfarm.com.



Siri-ous business

An app-titude for modern-day intimacy

■ My husband has a new woman in his life. She wakes him in the morning, keeps track of his appointments, even reminds him to shop for my birthday present. She's deferential and submissive. Sometimes, she's the last thing he touches before falling asleep.

Apple calls Siri the "intelligent personal assistant" in the new iPhone 4S who, using voice recognition, obeys your every command. Me, I call her the Antiwife.

I don't know what she looks like (if she's flashing coy pictures of herself to my husband, he doesn't share). She sounds sultry. When he asks her a question, Siri hesitates as if flipping unruly blonde curls from her eager brow.

My husband can't get enough of her.

"Siri!" he says, marching about the bedroom in his boxers, waving his toothbrush for emphasis. "Call my office."

There's a beguiling pause as Siri mulls this request.

"Okay," she intones, "I think you want me to call your office."

"Yes!" my husband cries, elated, like he's just taught the dog to sing Handel's *Messiah*.

We did well for years, my husband and I, at keeping our bedroom to ourselves. No television, no computers, the ringer on mute.

I couldn't say when the smartphones crept in, but I'll admit they're handy for checking the next day's yoga schedule or scanning urgent emails before rolling out of bed in the morning. Now, if I'm sleepless at 2 a.m., what better way to pass the time than trolling my Twitter account or watching *Just for Laughs* classics on YouTube?

But Siri is tipping the balance. Her first night in our home, my husband dawdled in the walk-in closet before bed, murmuring things like "Siri: who's your daddy?" and "Siri: who do you love?"

According to a 2011 poll conducted by the US National Sleep Foundation, electronic devices are a leading cause of disrupted sleep, with 95 per cent of people surveyed saying they regularly use some kind of communications technology within the hour before bed.

Not only do email, texts and social media keep us awake, the close-proximity light the devices emit appears to suppress the release of melatonin necessary for sleepiness. Add to that a torrent of studies looking at the adverse impact of mobile devices

on human interaction and intimacy and you'll understand why I begrudge Siri's trespass into the marital bed.

"Siri!" my husband commands from his side of the duvet, "Reset the alarm for 6 a.m.!"

Pause.

"I'm sorry," Siri replies. "Did you need me to set a new alarm?"

Husband: "No. Please change the alarm from 7 a.m. to 6 a.m."

Siri: "You want me to set an alarm for 7 a.m.?"

Me: "Why say, 'please'?"

Husband: "Shhhhhhhh! It's confusing for her to hear two voices."

Siri: "Would you like me to look this up on the Internet?"

Husband: "No! Set the alarm for 6 a.m."

By now we could have manually set every alarm in the house, including the sundial in the garden.

"Siri!" I bellow. "Smother my husband with a pillow!"

"I'm sorry, I'm not allowed to do that."

I content myself with searching iTunes using the term "romance" turning up 180 apps ranging from Erotic Dice and Cupid's Love Tester to (intriguingly) *Zombie Minesweeper*. My husband, meanwhile, is grilling Siri about her birthplace and formative years. This, I know, is not how a committed couple should close out the day.

I snatch the iPhone from my husband. "Shut up and see if you can learn something," I tell Siri. Then I reach up and dim the light. **OL**



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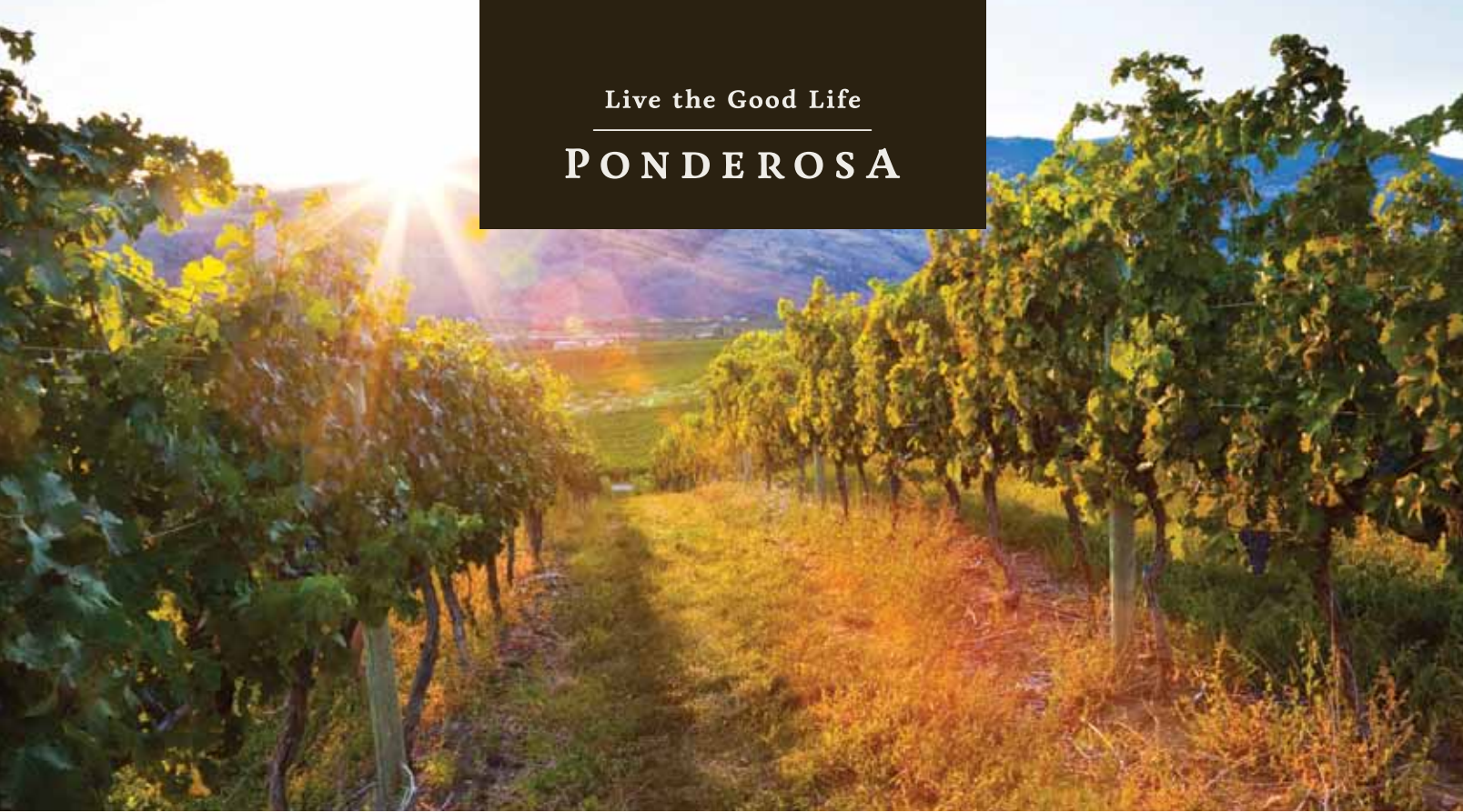
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