

KETTLE VALLEY



NEWSLETTER

Produced by the Kettle Valley Community
Issue 43 Summer 2012



Kettle Valley's Ken D'Albertanson Cycles Coast to Coast for Inn from the Cold

Ken D'Albertanson and his friend Jason Tomm are more than half way across Canada, as they make their way from Victoria to Nova Scotia – by bicycle! They started their journey on May 28th, and hope to arrive on Nova Scotia's north shore (Antigonish County) by the end of July. Their wives and kids will be meeting them there, and there is already a welcome party and fundraising event planned at a local lighthouse by the people of Arisaig, NS!

It's been an incredible (yet WET) journey so far, and the boys are keeping people updated on their progress and stories on their blog (www.shelertoshelter.wordpress.com). They also have a Facebook page called "Shelter to Shelter". They have been meeting some of "Canada's Finest" when it comes to hospitality, so be sure to check it out!! They also picked up a third rider along the way – a UBC student who is cycling home from Vancouver to Toronto!
... Cont p. 8

Ken & Lynn, Blaise & Katelynn D'Albertanson

HIGHLIGHTS

Shelter to Shelter

Jordan Finney—New Resident

Why dance is so good for our children

Out of the Rat Race

A bit of Okanagan Wine History

The Benefits of a Personal Trainer

News from Chute Lake

Demystifying the mysterious world of the wine glass

What is “gluten-free”

Supermarkets are food specialists; florists are flower specialists!

Let's start with one question: where do you usually buy your fresh cut flowers - from Costco, Save-on-Foods, Safeway, WalMart or from your local flower shop? More and more people are buying flowers from supermarkets or even large department stores such as WalMart. It is a trend that makes business for local florists increasingly challenging. The two main reasons why one would buy fresh cut flowers from a supermarket are convenience and price. Unfortunately, the flowers on display at the grocery store have caused the value of fresh cut flowers to depreciate as, more often than not, they provide a poor representation of how genuinely fresh flowers look. The supermarkets are food specialists and make the majority of their profit from the food and other household products that we buy; they use flowers (and all of the other items on special offer around their front door) as loss leaders, intentionally accepting minimal or no profit, or even a loss, on these products in order to get us into a happy shopping mood. Flowers at the supermarket can be sold at a lower price than a florist can get buying directly from the wholesaler!

Florists are flower specialists and flowers are our bread & butter! We take a particular pride in ensuring high quality and creating a personalised final product. This certainly leads to a bouquet of flowers costing more in the florist than in the supermarket, but it is worth bearing in mind the following:
....continued on p. 13

“NEW” Kettle Valley Resident Participates in Rick Hansen Relay.

The 25th Anniversary Rick Hansen Relay rolled through British Columbia in May 2012. The journey covered 600 communities and 12,000 kilometers. Beginning August 24, 2011 in Cape Spear Newfoundland, the 25th Anniversary Relay retraced the original Canadian segment of the Man in Motion Tour done by Rick in 1985. The relay engaged 7000 medal bearers who participated from across Canada who made their own difference in the lives of others.

One of the excited participants was Jordan Finney a “new” Village of Kettle Valley resident. Jordan just moved from Rosedale B.C. Jordan has been an avid Rick Hansen supporter from a very young age. Rick has been a role model and inspiration for Jordan over the years.

As Rick Quotes “Never give up on your dreams”.

The Rick Hansen Foundation has funded research to provide better care and outcomes for those who sustain spinal cord injury, and contributed to improving accessibility for people with disabilities. “Quality of Life Initiatives” The foundation funds opportunities to improve the quality of life for individuals with disabilities and to advance accessibility in “Communities” across Canada.

Jordan’s family chose the Village of Kettle Valley community, because of the forward thinking of the development to ensure a more barrier free Neighborhood with wider sidewalks, easier transitions from sidewalk to road, a village centre with amenities, and 9 beautiful parks which are level and have ease of access for wheelchairs—and Jordan says we must mention all the friendly neighbors.

Stay tuned for Jordan’s next story in the October issue of the Village of Kettle Valley newsletter. “Building” a barrier free and accessible home in the Village of Kettle Valley.

For more information visit: www.rickhansen.com

**For more information on building barrier-free homes in the Village of Kettle Valley—
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Best Community in Canada

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WINNER OF 8 INTERNATIONAL GOLD NUGGET AWARDS

WINNER OF UDI AWARDS OF EXCELLENCE

WINNER OF THE CHBA AWARD BEST COMMUNITY IN CANADA

Jordan Cario, the young Freestyle Skier from Kettle Valley would like to thank everyone for their generous support of his “**Spring Clean-Up Bottle Drive**”. The proceeds have allowed him to purchase a set of new mogul skis and bindings.

Jordan has already begun his training for the next competitive season, attending a two-week Whistler Training Camp in May. As soon as final exams are over he will once again leave for Whistler to begin a full-time summer training program.

Keep a look out for Jordan’s **Fall Clean Up Bottle Drive Flyer** and hang onto those bottles.

Happy Summer Holidays Everyone



Why DANCE is so good for our children!

Let's face it.... outside of being musical and artistic a dancer must be very physically accomplished. I use the word accomplished because it takes years of very hard work and precise muscle training to to achieve the physical prowess of a great dancer. Now, although not all take it to the highest level of professionalism most youngsters (and adults too, for that matter) benefit so much from having had dance training in their life at some point.

Let's explore the benefits oif the physical activity alone. In today's society we try so hard to get in our physical activity and our children don't get enough, we hear this all the time for some study or another that has proven this fact. Some Phys Ed teachers try to do what they can in their short allotted times but some children don't even opt for that in their later years. DANCE is a great alternative to those who don't like the rigours of plain physical training. Some individuals are more inspired to move if there is music in-

involved or even if there is a theme that they have to follow. But either way, you just can't lose with dancing for fitness! Have you seen the muscle definition and beauty of a trained dancer's body!? If dance is taught well (with injury prevention in mind, of course) then the physical strength and flexibility of the body is balanced to such a perfect ratio that the health of a dancer is stronger than most other non- physically active people. It is not just that they work hard, perspire and get their heart rate up but there is also a feeling of well being with one-self.

The emotional charge of moving rhythmically, beautifully or elegantly to music is so great that I believe that many "happy hormones" get set off and the sheer joy of moving and feeling good escalates as even a beginner dancer starts to feel more "at home" with moving to music.

There is such a personal satisfaction to learning something and overcoming barriers that seemed impossible to cross at first. So why would it be good for even small children? Well, the confidence they get through achieving something seemingly difficult is unimaginable.

For a child to be physically confident and be able to walk with head held high and strength in their physique is so important for the way others respond them. Also, a child just feels better about themselves when they are physically fit and capable of most activities at school or at home with family. Confident children grow up to be confident adults..... you know, feeling great in all aspects of their life, meeting new people, finding partners.....even impressing bosses because they have learned good work ethic and getting results through the many years of dance classes they had to slog through.

When a child is able to step out on stage and perform for a large crowd imagine what they will achieve as an adult.

In my years of experience in teaching children I have found that their hard work in the studio and performing experience on stage builds incredible personalities and and achievers. It is not always about the dance..... but the dance training provides the journey of exploring one's capabilities and personal future possibilities.

Tanya Bakala
Artistic Director/Owner
Mission Dance Centre
Rotary Centre for the Arts

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JULY SUMMER CLASSES NO AUDITIONS REQUIRED

JULY 9-13 Ballet (7-9yrs) \$45 M/W/F: 4-5pm	JULY 16-20 Ballet (6-7yrs) \$45 M/W/F: 4-5pm
Creative Dance (3-4yrs) \$30 T/TH: 4-5pm	Pre-Ballet (4-5 yrs) \$30 T/TH: 4-5pm
Teen Hip Hop/ Jazz \$60 M/T/TH/F: 5-6pm	Hip Hop/ Jazz (9-12yrs) \$60 M/T/TH/F: 5-6pm
Teen Ballet \$60 M/T/TH/F: 6-7pm	Ballet 9-12yrs \$60 M/T/TH/F: 6-7pm
Beg Adult Ballet \$45 M/T/F: 7-8pm	Flamenco/Contemporary \$45 M/T/F: 7-8pm
Beginner Flamenco (Adult) \$22 W: 5-6:30pm	Beginner Flamenco (Adult) \$22 W: 5-6:30pm



AUGUST INTENSIVE SCHEDULE AUDITIONS REQUIRED

Creative Dance (3-4yrs) \$30 August 14th and 16th 10:00-11:00	Apprentice 1 (10-12yrs) \$240 August 20th-24th & August 27th-31st 10:00-1:00
Pre-ballet (4-5yrs) \$45 August 13th, 15th, 17th 10:00-11:00	Apprentice 2 (11-13yrs) \$240 August 20th-24th & August 27th-31st 10:00-1:00
Pre-novice (5-6yrs) \$60 August 13th-17th 11:00-12:00	Junior Company (13yrs and up) \$480 August 20th-24th & August 27th-31st 1:30-5:30
Novice (6-8yrs) \$60 August 13th-17th 12:15-1:45	Senior Company \$480 August 20th-24th & August 27th-31st 1:30-5:30
Junior Apprentice (8-10yrs) \$90 August 13th-17th 2:00-3:30	



Tanya Bakala, Artistic Director, will be assessing each and every student personally. Placement in next years level is determined by your child's skill level and comfort zone so they will thrive, learn, make friends and, of course, have a great time in a safe environment.

◀ "courtesy of Rand Zacharias" from a rehearsal of "Giselle" with Tanya Bakala rehearsing students of Mission Dance at the School's New Location, the Rotary Centre for the Arts

Please contact us for details to audition for the August Summer Intensive and/or Starting September 10th Fall Pre-Professional Performance Program and Spetember 4th, Competition Team. (Competition Team is a separate audition)

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Out of the Rat Race and into a Fairy Tale: Kelowna Waldorf School offers play-based preschool

Twenty years ago, choosing a preschool for your child used to be as easy as selecting an elementary school. Your child went to the school in their neighborhood. There were no other options. Now parents have so many options to choose from with programs ranging from play based preschools to academically focused preschools.

Over the years, certain studies have shown that children under the age of 6 learn differently and can absorb large amounts of information with very little effort. These studies led many educators to believe that it was important to take advantage of this period in a child's life and introduce children to as much information as possible. At the same time, studies were showing that play-based learning was more natural. Children who were given the opportunity to play freely would learn experientially from the world around them. David Elkind, author of *The Power of Play*, cites imaginative play as being essential for social, physical, emotional, and moral development in young children. Pretend play engages a child's creativity, provides children with an opportunity to develop social skills such as respect and co-operation and prepares them for academic learning.

As we learn more and more about child development, it appears that both studies have some merit. However, more and more parents are leaning towards play-based programs rather than expose their children to the stresses of academics at such a young age. Roberta Golinkoff, the author of *Einstein Never Used Flash Cards: How Our Children Really Learn and Why They Need to Play More and Memorize Less*, provides the following observation, "Research... shows that academic preschools offer children no long-term

advantages academically, but make them more anxious". Additionally some child development experts argue that that children who are enrolled in academic preschools often learn math and reading at the expense of their social skills. Children under the age of 6 have the capacity to learn social skills in a way that can only be learned before the age of 6 so while children in play-based programs can learn academics later, children who started with academics may never be able to catch up socially.

Kettle Valley is fortunate to be close to the Kelowna Waldorf School, which is a school started by Rudolph Steiner in the early 20th century, and which has always strongly linked play-based learning to creativity, innovation and social development. Many people believe that Waldorf schools are for children who are more artistically inclined than academically inclined, but that is not the case at all. In fact, many parents who have pursued academic careers such as law, medicine or academics have specifically chosen to send their children to a Waldorf school rather than a public school or more traditional preparatory school for the very reasons cited above.

Sara Johnson, a resident of Kettle Valley, who took her legal training in Paris, France and who is now pursuing a Master's Degree while working for an international bank is one such parent. "Our decision to send our son to a Waldorf School has allowed him to flourish in so many ways. We chose Waldorf after attending another preschool because Waldorf offered our son a chance to engage in creative play and to develop his social skills. As a result of Waldorf, my son at the age of 6 understands the importance of respect, community and friends."

The Kelowna Waldorf School offers preschool programs 2, 3 or 5 days a week for children 30 months and up, who are

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- The fastest growing educational movement in the world.

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attending another preschool because Waldorf offered our son a chance to engage in creative play and to develop his social skills. As a result of Waldorf, my son at the age of 6 understands the importance of respect, community and friends.”

The Kelowna Waldorf School offers preschool programs 2, 3 or 5 days a week for children 30 months and up, who are toilet trained. If you would like to register for preschool or would like to learn more about the Kelowna Waldorf School, please visit www.kelownawaldorf.org or contact us at info@kelownawaldorf.org.

Village of Kettle Valley Email List

If you would like to be added to the resident's email list please send an email to kvresidents@gmail.com or audreya@shaw.ca

We regularly update the community on events, security and safety issues, lost pets and more. This email list is sent out blind and is used only for Kettle Valley activities.

On FACEBOOK like **Kettle Valley Living** for regular updates.

YOUR NEIGHBOURS

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Tracy Steen & Leslie Keats



PROPRIETOR

THE HEISS FAMILY

A bit of Okanagan Wine History

2012 marks a momentous year for a pioneer in the British Columbia wine industry: Gray Monk Estate Winery. This year their 30/40/50 celebration commemorates 30 years of Gray Monk Estate Winery, 40 years of their estate vineyard in Lake Country and 50 years of marriage for George and Trudy Heiss, the winery's founders. George and Trudy planted their vineyard in 1972 and started Gray Monk Estate Winery in 1982. Gray Monk Estate Winery is the oldest

Estate Winery that is still family owned and operated in British Columbia. George and Trudy's three sons Robert (Bob)-Operations, George Jr.-Winemaker, and Steven-Sales and Shipping, run the daily business. Bob's wife Vicki and Steven's wife Dawn both work full time in the office. Bob's son Kieran also works full time in the vineyards completing the "Three Generations" of the family working full time at the winery.

The winery is situated at Latitude Fifty which is considered to be at the northern limit of grape growing in the world, so it is no wonder that in tribute to their location the number one selling wine

from Gray Monk Estate Winery is their Latitude Fifty White. This wine is one of the most popular wines in British Columbia with its fresh fruity flavours. A blend of several German aromatic white wine grapes, this blend changes slightly from vintage to vintage as the winemaking team endeavours to have the wine have a similar flavour profile year after year. This wine is a great value and an excellent choice as a patio sipper or with appetizers and seafood.

The winery name, Gray Monk, is derived from the grape Pinot Gris where it is known as Grauer Monch (Gray Monk) in parts of Germany. Pinot Gris is also known around the world by several other monikers including: Pinot Grigio (Italy), Rulander (Germany),



... cont from p.1 The guys are riding unsupported, with camping gear loaded on their bikes. As this newsletter is being printed, they are on Day 30 of their two month Journey, and have travelled more than 3400kms. Ken and Jason have both had this adventure on their "bucket list" for as long as they can remember, and this was the year to make it happen. Ken has recently ended his 25 year career with Mearl's Machine Works, and thought this was the perfect way to kick off his new chapter in life! Jason is an at-home dad who looks after his kids and animals on their small farm, and does payroll for his wife's dental office. He is carrying a small laptop, and doing bookwork at coffee shops along the way!

Jason and Ken are also riding to support a charitable cause – a local non-profit society called "Inn from the Cold", which shelters some of Kelowna's most vulnerable people during the winter months, and also provides support and advocacy year round. This is an incredible charity, and brings huge value to our community. By nature, however, it is a difficult charity to raise funds for. Jason and Ken would appreciate any donation of any amount – 100% of which goes directly to the services provided. You can see more info about Inn from

the Cold, a list of supporters to date, and a link to the donation page on their blog under the "Our Supporters" tab (www.sheltertoshelter.wordpress.com/our-supporters).

Meanwhile, Lynn and Angelyn (the wives – who are being lovingly called "bike widows") are holding down the forts at home, taking one day at a time through jobs, kids, and all the fun associated with the month of June craziness! They look very forward to the safe arrival of their husbands on the east coast (Lynn's homeland), and will spend some time there with their families after Jason and Ken arrive.

Good luck, boys!



...cont. from p. 8 Grauer Burgunder (Germany), Malviosie (France), and Monemvasia (Greece). Gray Monk Estate Winery Pinot Gris is considered their flagship wine and consistently wins international acclaim. The current release 2011 Pinot Gris garnered a Gold Medal at the All-Canada Wine Championships. This fresh apple and pear flavoured unoaked wine is very balanced and versatile with a variety of foods including pork, chicken, salmon and creamy pastas. This wine is available by the glass at many fine restaurants including: Cabana Grille, Wild Apple Restaurant, Poppadoms and the Fixx Café here in Kelowna.

Off-dry wines from Gray Monk have always had a strong following in Western Canada. The 2011 Gewürztraminer is a fantastic offering with unctuous peach, melon and litchi with aromas of rose petals. A Bronze medal winner at the All-Canada Wine Awards this wine is perfect on a hot day paired with your favourite spicy dishes especially Thai cuisine.

Red wines from Gray Monk have been a company focus for several years where Roger Wong was brought in as co-winemaker to utilize his expertise in barrel management and other aspects of red wine making. The 2009 Red Meritage (a Californian word that pairs “merit” and “heritage”) is a fantastic wine. A Gold Medal winner at the All-Canada Wine Awards this classic blend of Cabernet Sauvignon, Merlot and Cabernet Franc over-delivers for the price (around \$35). Huge aromas and flavours of blackberry, raspberry and plum burst forth with silky rich tannins and hints of chocolate on the very long finish. Try this wine with roasted or barbecued red meats especially beef and lamb.

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Congratulations to the George and Trudy and the rest of the Heiss family for their incredible achievement as an excellent winery and pioneer in the British Columbia wine industry for the last 30 years. The quality of the wines and plethora of recent awards prove that they continue to raise the bar for quality and value in British Columbia every year. Next time you are able; take hold of a bottle of history (and the future) by sharing a bottle of Gray Monk Estate Winery wine with your friends and family and savour a fantastic bottle of wine. Cheers!

Rainer Wilkins
 Buy the Bottle
 Wine lover and Sommelier in Kettle Valley.
 rainer@buythebottle.ca

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The Benefits of A Personal Trainer

A Personal Trainer is a great way to achieve your fitness goals, let it be weight loss, build muscle, improved cardiovascular, sport specific training, increased flexibility or even to improve general fitness. No matter the goal a personal trainer is able to monitor progress by setting specific goals in tact with your ultimate goal. By offering detailed fitness assessments a personal trainer is able to establish the strengths and weaknesses of the individual right off the get go. This outlines the areas where improvement is needed. By focusing on results and taking important strides towards goal achievement working with a personal trainer can lead to increased confidence, lower levels of stress, increased energy levels, greater knowledge of fitness programs and nutritional habits, safe and effective routines that provide quick results, and most importantly a personalized regime that meets the requirements needed by the given individual. Lack of knowledge within a gym and boredom of the same exercise program is often the main cause for a monthly membership to become washed away. Keep things fresh and exciting by working with a personal trainer who can bring expertise and is able to teach you how your body works and how to use it properly. Bottom line individuals need to be challenged on a level that meets their comfort zone and allows them to have fun at the gym. Drop into Kettle Valley Fitness to meet our personal trainers and get started today. My name is Lyndon Dyas and I look forward to taking the proper steps towards meeting your fitness goals!!

THANK YOU THANK YOU THANK YOU

Have you ever wondered how this newsletter ends up on your door??? It's thanks to a group of families who volunteer to deliver it and many have been doing it for years!!! We still have a few routes uncovered if you and your kids are interested in going out for a wee walk a few times a year around your block!

The Fleming family on Providence
Charles "Papa" Gordon on Providence
Jonathon & Olivia McDonald on McCarren
The Parmar family on Quilchena
Colin and Louise Bernard
Lindsay & Chilina Crawford
The LaGrange & Walsh family
The Welch family on Ptarmigan
Jordan & Lily Pink
The Stewart Family on Tulameen
Michael & Jenna Gargaro
The Tamaki family on Quilchena
Linda Beahun on Chute Lake Road
The Beckett family on Tulameen
The Edwards family Amberhill
The Ladoucer family on Mountainside
The Bishop family on Quilchena
(I hope I didn't miss anyone!)

NEEDED: Delivery families for one or 2 routes (20—30 newsletters) around the Rindle and Mountainside area and more.

New you Day Spa

ahh the spa....

202-5315 Main Street
Kelowna, BC V1Y 4V3
(250) 764-0664

New You Days Spa Celebrates 1 Year!

The New You Day Spa in Kelowna celebrated its one-year anniversary recently. Since opening its doors this beautiful spa located in the scenic neighborhood of Kettle Valley has been growing and flourishing! Now going into its second year, the team at New You is excited for the summer season. With great new promotions that are updated often, including daily Facebook specials, there's always something to look forward to! Penny and the girls would like to extend a great big **Thank You** to the community for its support and they look forward to continuing to provide top-notch service to all their new and existing clients.



As a full service spa, New You offers a broad range of spa services including:

- Massage
 - Relaxation
 - Deep Tissue
 - Hot Stone
 - Pre-natal
 - Head & Scalp
 - Couples massage
- Manicures & Pedicures
- Hydrotherapy Capsule Treatments
- Waxing & Tinting
- Body Wraps
 - New You Specialty
 - Detoxifying
 - Age Reducing
 - Exfoliating
- Facials
 - Express
 - Rejuvenating
 - Customized
- Teeth Whitening
- Men's Specialty Services

Meet Our Team

Our amazing spa practitioners will pamper you and help you to find the right balance of relaxation and care for your body & mind.

Amanda & Kelly provide a full range of services for you to choose from. Miriah is our Neuromuscular Therapist, specializing in deep tissue massage. Terry specializes hand & foot treatments, and our reception team Peggy & Penny can help you book your appointment and answer all your questions.

Special Promotion

Bring this ad in and receive
**\$25 off any service and
\$50% off any product!**

*Expires August 31st, 2012

Come & see us today!

... cont from p.1

Quality & Freshness – Florists are committed to the products - specifically, flowers!- they offer, and work tirelessly to constantly provide customers with the freshest and healthiest flowers available. Flowers require specific care to ensure their maximum vase-life and in many cases the staff at the grocery store is not properly trained to do that. As most grocery stores carry the obvious long-lasting types of flowers –carnations, alstromerias, gerberas and chrysanthemums – the difference in freshness is not always immediately obvious. If you really want to see the difference, try roses from the supermarket and compare them to a bunch from your local florist; it's very likely that you will see the difference. To ensure that you will enjoy your flowers for as long as possible, your local florist will also give you some basic care instructions and provide you with a pack (or two!) of flower preservative

Skills – Florists are flower professionals, and many of them must be considered artists. Indeed, floral designers create stunning arrangements that are more an art form than simple flower arrangement. A high quality flower bouquet will combine many principles of design – contrast, proportion, texture, colour, harmony, rhythm, balance, etc...

Locally-grown flowers – Most florists will try as much as possible to work with local growers or buy local flowers from their wholesalers. This tends to be a more expensive way to do business, but it helps ensure the flowers that they offer are healthier and fresher and more importantly, it's also a good way to support local businesses.

Variety – Florists can find just about any flower a customer wants, any time of the year. While it's sometimes more expensive to do this, it means that the florist can offer a wide variety of flowers and ensure that the customer gets exactly what he/she wants. Supermarkets only offer the most abundant flowers for a given season. Variety is extremely important when it is time to create something unique for that special someone.

Last but not least... Shop local. Most flower shops are locally and privately owned and not all of them are associated with the wire services - e.g. FTD, 1-800-Flowers, Teleflora - as their primary goal is to offer unique products customised to their clientele. Most local florists offer delivery to a wide area or if you want to pick up a nice bouquet on your way back home, just call your florist to make sure everything will be ready when you are ready!The decision to pay less for lower quality flowers or more



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and always...
great gardening gifts

4600 Lakeshore Rd. (beside Sunshine Market)
250-764-2900

for better quality flowers (in a bouquet carefully arranged by a professional) is yours! Considering the 5 points mentioned above will hopefully convince you to call or visit your local florist next time you are thinking of buying flowers for that special someone (even if that special someone is YOU!).

Flowers enhance our surroundings and help create a lively atmosphere due to their colour, texture and scent. No matter what the reason is for buying fresh cut flowers, they should be chosen with special care and thought. And, bigger is not always better. A small arrangement created with elegance, thoughtfulness and taste will invariably be better appreciated (even if it's for you!) than a huge bouquet of poorly assorted coloured flowers wrapped in clear cellophane found at any supermarket for 19.99\$. If you really want to offer a stunning bouquet of select flowers professionally arranged and wrapped in a way that enhances your gift, there is no better place to find it than at your local flower shop.

As a professional florist, not only do I love creating flowers for weddings and other special events, but I also LOVE creating special gifts for Birthdays, Just Because, Congratulations, Anniversaries, New Baby, Thank You, etc... It is a passion and an absolute requirement for me (and all the employees at *FlowerScene*) to listen carefully to a customer's needs and create a unique arrangement that fits his or her budget and meet the very highest expectations. Whether it is a special vase, a nice ribbon, a butterfly, a cute ladybird, we always add that special something for your special someone. As a *FlowerScene* customer, you can be absolutely sure that we bring extra special attention to each and every arrangement: nothing leaves the shop without meeting our highest quality standards. After only 5 months in business, we are already known for offering an exceptional, personalised customer service (always with a smile!), and our customers love our uniqueness and attention to details. Most importantly, we have received a lot of positive feedback on the *quality* of our flowers. In fact, I bring home flowers from my own shop every week, and I can assure you that I have never had a bouquet that lasted less than 7 days (as a former scientist, I do experiments all the time and I need a proof for every fact!). However, we never stop thinking and we are constantly looking to refine our products and services. My employees and I are always looking for new ideas, inspiration and unique ways of presenting our wonderful flowers. We deliver to a wide area (FREE in Kettle Valley), our flowers are always delivered in water and we also offer the sender to receive electronically a photo of the arrangement we created for that special someone.



**Your neighbourhood.
Your friends.
Your coffee house.**

**4600
Lakeshore Road
(beside Sunshine Market)**

... cont from p. 13

Please contact me at 778.477.5661 or at info@flowerscene.ca to order your flowers or if you have any feedback, comments or suggestions. Oh... and don't forget to follow us on Facebook (<http://www.facebook.com/kelownaflowerscene>) or visit our website to stay updated on our promotions and events.

FlowerScene's News for July and August 2012

In July – we are offering 5\$ GC from Mission Coffee House with every **IN STORE** purchase. With every **in store** purchase, you can enter our Monthly Draw. The prize for July is a 50\$ gift certificate at Moksha Yoga in the Mission. kelowna.mokshayoga.ca - 2900 Pandosy Street (#206) in the Mission. We are currently scheduling an Open House at **FlowerScene** in August – stay tuned for further details.



A Thoughtful Approach to Flowers...

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Body Products - 100% Natural & Hand-made by a local herbalist

WE LOOK FORWARD TO YOUR VISIT AND TO FULFILL YOUR FLORAL NEEDS!!

HOMEMADE LAUNDRY SOAP

- 1 bar of soap (any kind you want)
- 1 cup of Borax
- 1 cup of washing soda
- a big pot (that holds more than 2 gallons)
- a grater
- a funnel
- a long spoon
- 2 empty gallon jugs/containers

Grate your bar of soap into your pot. Fill one gallon jug and pour water into pot with grated soap. Cook

until the grated soap dissolves. Add the Borax and washing soda. Bring to a boil. It will coagulate. Turn off the heat. Add 1 gallon of cold water. Stir well. Pour 1 gallon of your detergent into each container (use a funnel). Now you have 2 gallons of homemade laundry detergent. I use 1/2 cup per load. This won't make many, if any, suds. Suds don't equal clean!

THE NEXT NEWSLETTER IS OCTOBER 2012. For advertising and classifieds or to submit an article email kvresidents@gmail.com or audreya@shaw.ca



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- Kristin

Kettle Valley
family chiropractic

Dr. Todd Webb, BSc., D.C.

Kettle Valley Family Chiropractic

#201, 5315 Main Street

www.kvchiropractic.com

News from Chute Lake Elementary

It has been a busy year at Chute Lake Elementary and there are many things to celebrate. Our efforts as parents and volunteers for the school and PAC were to focus on fund-raising while, at the same time, sponsoring and supporting events that enhance the experience of attending school at Chute Lake.

This year at CLE we:

- Hosted our second annual **Family Movie Night** in November. Families could "walk to the movies" and even wear their PJs! Everyone also enjoyed a homemade spaghetti dinner put on by volunteer parents.
- Held our first annual **Valentine's Day Family Dance**. Families danced the evening away to our great DJ while enjoying door prizes, sweet treats and even light-up novelties. This event was a great success and plans are already in the works for next year.
- Hosted the third annual **Spring Carnival** on June 1st and it was a great get-together for parents, students, staff, and community. Hundreds of people enjoyed the many activities and delicious food and even the sporadic moments of rain didn't seem to impact the fun. We can't wait until next year!
- Ran a wildly successful **hot lunch program!** Our hot lunch program accounts for the majority of our fund raising. Running a twice-weekly hot lunch program is not easy and, to our knowledge, we are one of the only schools willing to take that on. Our hot lunch organizers should be congratulated for all their hard work and commitment to CLE.
- Held a **Scholastic Book Fair** with the money going to support the library with author visits.
- Held a very successful **Family Photo Day** at Thanksgiving.

It has been a busy year as PAC Co-Presidents. The parent volunteers that gave their time and energy to our events and programs this year should be proud of the work they have accomplished. Thank you to everyone that made our jobs easy and fun! See you all in September!

The Chute Lake PAC is still looking for a President, a Vice-President and three members of School Planning Council for the 2012-2013 year. Volunteering is not onerous and is a great way to be involved in your children's year. Any parent interested should contact the school.

COMMUNITY AND CLASSIFIEDS

WANTED Babysitter to look after a nine year old boy. Someone who is flexible with availability, who still likes to play, and who could supervise and assist with some spelling, reading and math. Babysitting certification course an asset, but not necessary. Please call 250 764-0048

FOR RENT in Kettle Valley - Upstairs of home on Tulameen., 1900 square feet. \$1,850/month. Call James at (250) 862-6281

BABYSITTERS:

12 year old girl with babysitting certificate available to care for your children in Kettle Valley. Call Reigan at 250-764-2913 or email reigy@live.ca

I am in grade 6, love kids (and dogs!), live in Kettle Valley, and have taken the Red Cross Babysitter's course. Let me know if you are interested in talking with me or meeting me! Katelynn D'Albertanson 250-764-3230 or Katelynn.emily@telus.net

KETTLE VALLEY PIANO STUDIO

All ages, all levels, piano and theor. For information call Andrea Brown at (250) 764-9706.

WATERCOLOR PAINTING CLASSES in Kettle Valley
All level painters welcome. A new focus every onth. Go to www.michelle.droettbloom.com or call Michelle at 778-477.4768 to register. Thursdays 1—4 \$80/month

HIGH SCHOOL STUDENT available for odd jobs, lawn cutting, yardwork, pet sitting etc... Call Ryan at (250) 808-2913

SUPPORT OUR LOCAL BUSINESSES!

Kettle Valley Pizza - 250-764-1990 www.kettlevalleypizza.ca

European Hair Studio—250-764-1166

Mission House Coffeee - check our their facebook page and website at www.missioncoffeehouse.com and watch for upcoming events!

Crispy Coyote—they are open again!!! Closed Mondays & Tuesdays ... stop by for a visit and meet the new team!
778-477-5665

New You Day Spa—250-764-0664

Don't forget to stop by People's Pharmacy and introduce yourself!

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Demystifying the mysterious world of: The wine glass.

Glassware and *using* the correct wine glass, is at times as intimidating as the wine you pour into it. I confess, I am bit of a glass glut-ton, and have cabinets filled with every shape and size! The shape of the wine glass will act according to the characteristics of the wine...I have tried one wine in many different glasses and yes, its true, the wine bouquet and flavor will be different!

Lets think of an aromatic white wine, like a Gewurztraminer. Taller, and narrower, the glass will act as a funnel to help move the beautiful aromas upwards. For reds, like a Cabernet Sauvignon, they will do nicely with a big bowl for you to swirl it in to release, but still capture, the aromas. If you are looking to have the basic wine glasses that will cover off most of the wines you will be drinking everyday, there are 4 that should be a staple in your cupboard.

White Wine:

Riesling, Gewürztraminer, Pinot Gris/Blanc, Chardonnay, Rosé



Red Wine:

Merlot, Syrah/Shiraz, Cabernet Sauvignon



Pinot Noir:

Yes, it is a special grape, so it needs it's own exclusive glass. The curved rim allows the wine to hit in a different spot in your mouth, which will affect the flavours and aromas of the wine. Seriously...try it one night, and you will see the difference.



... cont p. 19



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Baked Sweet and Sour Chicken

The chicken coating:

3-4 boneless chicken breasts
salt + pepper
1 cup cornstarch
2 eggs, beaten
1/4 cup canola oil

The sweet and sour sauce:

3/4 cup sugar
4 tbs ketchup
1/2 cup distilled white vinegar
1 tbs soy sauce
1 tsp garlic salt

Start by preheating your oven to 325 degrees. Rinse your chicken breasts in water and then cut into cubes. Season with salt and pepper to taste. Dip chicken into the cornstarch to coat then dip into the eggs. Heat your 1/4 cup oil in a large skillet and cook your chicken until browned but not cooked through. Place the chicken in a 9x13 greased baking dish. Mix all of your sweet and sour sauce ingredients in a bowl with a whisk and then pour evenly over the chicken. Bake for one hour and during the baking process you will need to turn the chicken every 15 minutes.

A FANTASTIC GLUTEN FREE RECIPE!

IN THE COMMUNITY

Thank you so much to Tricia Labrie and her family and friends for organizing another fantastic Easter Bike Parade and Easter egg scramble in April ... because of volunteers like Tricia we are able to continue to have great family events in our community!

KETTLE VALLEY FALL FAIR

Is it gone for good? Likely not ... there were quite a few people that came forward to discuss organizing one this year but sadly between school, work, kids and sports I didn't get around to connecting them ... my humblest apologies. ARE YOU STILL INTERESTED? I am available the week of July 16 to talk about it if you want to email me at audreya@shaw.ca or call me at (250) 764-2913. Unfortunately with another year of school ahead I'm not able to assist with the event but I will gladly stay in the background to help out. Email me at audreya@shaw.ca

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250.862.1103



deborahlecaulier@royallepage.ca
www.deborahlecaulier.com



... from p. 17



Bubble Flute:

You must always have plenty of these...so many reasons to celebrate, everyday, with bubbly. For me, it can be as simple as finding a killer pair shoes, 50% off...

What I am swirling in my glass today?

CedarCreek's 2011 Rosé:

Pink and perfect, this rosés colour comes from my favourite grape, the pinot noir. Enticing aroma's of sun-kissed strawberries, carry through to a bright and lively acidity. Not only is this wine extremely food friendly, but it's the perfect patio sipper as well!

Looking for a little wanderlust in BC's wine-filled wonderland?
Visit us at Wineagogo.ca...its where to go to get your BC grape on!

Subscribe to our vinomail, and get the goods before anyone else to receive discounts on BC boutique wines, every week!



Connie Parker, Wineagogo.ca



GLUTEN-FREE? Why are “gluten-free” signs popping up everywhere these days, have you noticed over the past few years that grocery stores and restaurants have special gluten-free sections and menus. Have you ever wondered why? It's not a new fad, it's due to the higher known prevalence of celiac disease in Canada. Experts believe that one in 133 people have celiac disease, however, until recently it wasn't being tested for and was being misdiagnosed. Misdiagnoses can include ADHD, fibromyalgia and a number of other ailments. It is genetic so if you have a family member with celiac disease you should be tested.

Celiac disease is a medical condition in which the absorptive surface of the small intestine is damaged by a substance called gluten. This results in an inability of the body to absorb nutrients: protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health. A wide range of symptoms may be present. Symptoms may appear together or singularly in children or adults. In general, the symptoms of untreated celiac disease indicate the presence of malabsorption due to the damaged small intestine.

Gluten is a protein found in wheat, rye, triticale, barley. It is the gluten in the flour that helps bread and other baked goods bind and prevents crumbling. This feature has made gluten widely used in the production of many processed and packaged foods. At present there is no cure, but celiac disease is readily treated by following the gluten-free diet.

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