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Eating Disorders
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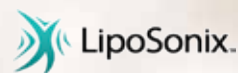
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Winter 2011/2012

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First Thought

I hope you are smiling.

I hope when you picked up this magazine, it was love at first sight and you thought, "I've been waiting for you my whole life."

On the other hand, maybe you've got a more practical nature and your first inclination was to chastise us, "Well, it's about time you showed up."

Or, if you're suffering from information overload, you may have said to yourself, "Geesh, this is all I need."

But you've read this far in the magazine ... and that's a good thing. Because it only gets better from here. Okanagan Woman is a new publication, but its publisher/editor – that's me – isn't new to the industry. I've been the managing editor of the regional monthly publication North of 50° for nine years (www.northof50.com) and in the new year, I will be donning a new hat, as editor of Okanagan Woman magazine.

Okanagan Woman will bring you thought provoking features like the one about Eating Disorders that starts on page 6. Then, on page 10, Renee Wasylyk is our local SHĒROS (definition: a leading lady; a courageous woman who has the principle share in some exploit). She's the new Chair of the Central Okanagan Economic Development Commission for 2012.

We've got SHĒFILES, too. Each issue, we will profile a woman of merit, one who grabs our attention

with her personality, style or dedication. This month, we spoke with actor, comedienne, educator, Christine Pilgrim, a regular contributor to North of 50°, who will take over as editor of that magazine in the new year.

Lise Simpson is another columnist from North of 50°, whom we've dragged over – kicking and screaming – to Okanagan Woman. I am prone to exaggeration. In truth, she strolled over without fanfare – unlike her columns – which will make you laugh, cry or just plain think.

For something completely new, allow me to introduce LOL. LOL (Ladies on Literature) is the brainwave of Shannon Linden, an educator and writer, whose Okanagan book club is – well – you'll see. Shannon will keep us posted each issue with what's happening at the book club, and you can follow her blog, too, at shannonlinden.ca

We can't really call it a women's magazine unless we include "girly" things. At the top of that list are fashion and food! Check out Okanagan Fashionista, pages 14 through 19. We visited the Centre of Arts and Technology Fashion Design program. These fabulous fashion shots were supplied by the school.

Next issue, our fashion spread will feature designer clothing from local boutiques, all photographed in an outstanding Okanagan location.



I don't claim to be a great cook, but I know how to follow directions! On pages 28 and 29 are a couple of fine recipes, prepared and taste tested by yours truly. Try them out to impress your holiday visitors!

This issue of Okanagan Woman is a well-planned 32 pages. We could have turned it into 48 pages or even more, but I would like to hear from you first. What do you want to see in those extra pages? Please drop us a line by email, fax or Canada Post. Let us know what we can do to make this magazine OUTSTANDING for you.

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TJ Wallis



More and More...

Story by Shannon Linden

When my friend's husband left her for a runner, my friend stopped eating and started walking. Pounding the pavement like she could crush her pain beneath her fast-moving feet, the serenity she sought soon became an obsession with her size. Naturally athletic with a strong frame, she was built a little bigger (and clocked in a little older) than the other woman. Within several weeks she was reduced to a stick figure of her former self. Skeletal in body and spirit, as her life spiraled out of control, she struggled to manage the only thing she could: her weight.

Sadly, my friend's story isn't unusual. Esther Kane, an eating disorder therapist in Courtenay BC, says half her patients are middle-aged women. In a recent *Globe and Mail* interview, she suggested most of these women have histories of abnormal eating, but suffered relapses following a crisis—

often a husband leaving for a younger woman.

Once thought of as a teen's disease, what some experts are calling the "Desperate Housewives Syndrome"—a reference to the hit TV show suggesting women can remain slim and sexy well into their forties—have helped put eating disorders on the middle-aged map.

Abnormal eating behavior combined with obsessive concern over body size and shape, eating disorders fall into three general types. Anorexia nervosa applies to individuals who refuse to maintain a minimally normal body weight and often have a distorted perception of their bodies. Bulimia nervosa involves binge eating followed by vomiting, use of laxatives, or excessive exercise to compensate for caloric intake. Compulsive overeating or binge-eating disorder applies to those who

regularly consume excessive amounts of food in relatively short periods of time, minus purging.

While the symptoms differ, a sense of failure and shame at the self-destructive nature of eating disorders is the same. Rooted in low self-esteem and anxiety, the issues are as complex as the individuals who suffer the conditions, but with the highest mortality rate of any psychiatric illness, eating disorders constitute a serious threat to the well-being of a concerning number of Canadians.

The Canadian Mental Health Association says up to 4% of Canadian women suffer from anorexia or bulimia, while 2% of Canadian women and men have been diagnosed with binge-eating disorders.

And the National Eating Disorder Information Center (NEDIC) in



COMING OUT OF THE CUPBOARD

Middle Aged Women Admit to Eating Disorders

Toronto confirms: an increasing number of middle-aged women are among those seeking treatment.

Don't hate me, but I've always been skinny. I got lucky.
--Malin Ackerman, Actress

With Hollywood hotties like Ackerman suggesting thin is the enviable ideal, how does the average woman hold up under the pressure?

Few of us are immune, with celebrities and super models setting unrealistic standards to follow. Forgetting that a host of helpers from make-up professionals to personal trainers are often involved, not to mention plastic surgery and photoshop, many women struggle to make peace with themselves in

comparison and a smaller number make themselves sick attempting to.

A 2002 report in Visions, the BC Mental Health Association's Journal, offered an example of just how far some women will go, quoting a bride-to-be who said, "I plan to be photographed in the gown every five years. It is the carrot I'm using to keep my weight under control and my body fit."

That's one way for a woman to get her money's worth out of the most expensive dress she will likely ever buy, but it sounds like an entirely unrealistic (not to mention slightly creepy) way to gauge weight gain.

Statistics tell us our metabolism slows with age, we are at the mercy of hormonal changes, and like it or not, gravity gains ground. Throw a pregnancy or a few in there, and nature takes her course, which

for most women, is probably not comfortably sashaying down the hallway in their wedding gowns every half decade.

While media pressure may be to blame for some obsessing over our bodies, there are a number of reasons eating disorders might resurface—or newly arise—in middle age. Typically a time when both men and women contemplate their identities, it's not uncommon for women in this demographic to examine themselves in new ways.

The high rate of divorce throws many women back into the dating game and some think they need to be thin to attract another man. Then there are career pressures, along with caring for aging parents and dealing with growing children, all of which leave many women drained or questioning their purpose.

Kelowna counselor, Keirsten Provost, says 70% of women who come in for counseling are seeking help with other issues but concerns about their weight inevitably arise. "Eating disorders are often accompanied by other issues, such as depression and anxiety," she explains.

"From a psychological point of view," Provost says, "It's like a vulture pecking every part of you...your job wants a piece of you...your kids... your parents and spouse." Before long, she suggests, some women feel like skeletons of themselves and turn to food to feed and rejuvenate what has been lost.

Forty-year old Kelowna mother of two, Michelle, knows what that's like.

She was 36 when she uncovered her husband's sixth affair. "My husband had cheated on me before and I stayed because of the kids," she recalls. Afraid of upsetting what appeared to be a perfect life, Michelle turned to food for consolation. "I didn't share what was happening with other people. I was the happy mom, dutiful wife, devoted employee. I wanted everything to stay the same."

Instead of throwing in the towel on her marriage, Michelle opened the cupboards and began swallowing her anger. "I've always struggled with my weight, even as a kid," she admits, "But I gained a little more with each affair. Food is not fuel for me," she explains. "It's a numbing agent."

Likening the behavior of binge eating to an alcoholic who reaches for the bottle with a shaking hand, desperately gulping down the first few mouthfuls, Michelle says she doesn't even enjoy the food she eats. "When I'm in one of those states, I don't even taste. I scan the pantry and just grab anything. It's my drug of choice."

Dr. Sam Reimer, another Kelowna therapist, agrees food is to the binge-

eater what booze is to the alcoholic. "It would be extremely exceptional for a woman in middle age to develop an eating disorder separate from other factors in her life," he says. "Like an alcoholic, there are always serious functioning disorders or issues that are not being dealt with in a healthy, constructive, or consistent way."

Lee, a 46-year old binge-eater can relate. The Kelowna mother of two teenage girls says she has carried an extra 15 to 20 pounds all her life, but an emotionally abusive relationship in her twenties, coupled with quitting smoking, had her turning to food to curb cravings and pacify pain.

Describing how she handed her pay cheques over to her partner at the time—a man who also struggled with food, purchasing vast amounts and quickly consuming it all—Lee learned to binge eat out of fear of depravation and for comfort. "I sense a calm and euphoria when I eat," she explains. "It's an escape, like checking out instead of checking in."

Married nineteen years, she credits her husband with supporting her through the ups and downs her binge eating has brought. "It affects your family," Lee admits. "One minute there's chocolate bars in the house and the kids are excited but then mommy has eaten them all. If you see me on a binge, it's not pretty."

"I am convinced that life in a physical body is meant to be an ecstatic experience."

--Shakti Gawain, Author

Most women suffering from eating disorders express regret for lost years and deeply yearn to enjoy food in a healthy way. Like all mental illnesses, however, eating disorders are not a choice and the road to recovery is often long, but worth every painful step, according to Michelle and Lee.

"I don't want to go to a specialty clothing store and grab a 3X only to find that's it's still too tight," Lee says. "I'm committed to being brutally honest with myself and finding the answers. I'm not afraid to make a change."

"I don't masquerade my broken family as happy anymore," Michelle insists. While the draw of the drug often outweighs the desire to kick it, she isn't afraid of sharing when she's having a hard time.

Crediting therapy, her desire to live a long and healthy life, and the power of her faith, Michelle is embracing middle age as the time to heal. "Forty is freedom," she says. "This is the decade to look after me."





FINDING HELP IN THE FOUR-SEASONS PLAYGROUND

"There is this perception that the Okanagan is the California of Canada," Kelowna counselor, Keirsten Provost comments. Known as a four-seasons playground with an emphasis on fitness and looking good, there may be an added pressure for women living here.

Thankfully, there are also some excellent resources for those ready to seek help:

Kelowna Eating Disorders Program: A publicly funded program administered by the Interior Health Authority: (250) 862-4494

BC Eating Disorders Help Line: 1 (800) 665-1822

National Eating Disorder Information Center (NEDIC) offers a comprehensive directory of providers treating eating disorders: toll-free (866) 633-4220 or nedic@uhn.on.ca or try www.therapists.psychologytoday.com or www.theravive.com

Kelowna counselor, Kiersten Provost says eating disorders are often accompanied by other issues such as depression and anxiety.



SHEROES

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

Renee Wasylyk

Interviewed by Tracey Fredrickson

Since starting her Kelowna-based firm, Troika Developments in 1998, Renee Wasylyk has grown her company to include 75 employees with projects throughout western Canada. In the process she has been recognized as one of Okanagan Life magazine's Top 20 Most Influential Okanagan Leaders for 2011; was among Business in Vancouver's Top 40 Under 40, and a Kelowna Business Excellence Award Young Entrepreneur winner, and City of Kelowna Woman of the Year Finalist in 2008.

An energetic and self-described "go getter," Renee is passionate about the concept of "building community," whether she's focused on a development project or her volunteer work with organizations such as the Central Okanagan Economic Development Commission. Moving into the role of Chair of the Commission for 2012, she will lead a 38-person board comprised of representatives from a cross section of industries, government and community organizations throughout the Region, and COEDC staff and contractors.

Okanagan Woman talked with Renee about the work of the COEDC and her vision for the Central Okanagan.

OKW:
You've been on the board of the Central Okanagan Economic Development Commission for about five years now. Why did you choose to volunteer with this organization?

RW:
I was attracted by the broad reach of the Commissions' work – it goes beyond supporting one industry sector or one municipality. I have the opportunity to work with like-minded board members with a vested interest in growing a diversified regional economy. The COEDC staff and board together make a dynamic organization that really makes a difference to quality of life and business climate in our community.

OKW:
What specific programs and services does the Commission provide?

RW:
A large part of our work is focussed on "business enhancement" – working with existing businesses in the Region to help them grow, and providing assistance to business start-ups. We conduct one-on-one site visits with companies to really understand what they do, their goals and their barriers to growth. We support them by providing information, resources and strategic connections related to business planning, finding key employees or suppliers, diversifying their markets, developing export connections and many other areas.

We also partner with other

organizations to deliver programs and services specifically targeted at the needs of Central Okanagan businesses. For example, we work with Okanagan College and UBC-Okanagan to link the workforce needs of local companies with education and training available in the Region. We work with the Airport to promote transportation access between the valley and key markets. We partner in presenting workshops and seminars on such topics as importing and exporting, accessing capital, succession planning and many others.

We also work to attract businesses to the Okanagan as well as investment in businesses in the region.

OK Woman:
What do you think are the Commission's most important accomplishments?

RW:
For many years, organizations throughout the Central Okanagan were focussed on attracting people to live and work here for our desirable lifestyle and diverse economic opportunities. In recent years the needs of existing businesses for workers with specific skill sets, new approaches to agriculture and export development have become paramount, and we have shifted our efforts to addressing these through the focus on business enhancement.

The results of our work show up in both short term solutions and long-term opportunities. Through our Foreign Skilled Worker program we have worked with hundreds of Okanagan businesses to meet their foreign skilled worker recruitment



and retention needs as a means of developing the workforce in the region. Our metabridge program has created unprecedented links between our growing hub of technology firms and major players in the Silicon Valley, resulting in strategic connections and actual deals for local companies. Our Agricultural Support Program has helped agriculture-based businesses develop new value-added revenue streams. I'm proud to say that our Commission has received international recognition from its peer organizations for these and other initiatives.

OK Woman:

What do you think you bring to organization in your role as Chair?

RW:

Having built my own company from the ground up, I know that having essential information, contacts and support when you need it can accelerate a company's growth. As Chair, I believe my role is to ensure the necessary energy and focus is in place for the COEDC to deliver the broad range of programming we offer. The Board is not there to micro-manage but to help refine the process in a spirit of collaboration.

OK Woman:

What is your vision for the Central Okanagan five years down the road?

RW:

We are already well on our way to becoming a unique region that blends the integrity of our agricultural heritage with diverse economic activity in other sectors. I see us continuing to grow our profile as a great place for entrepreneurs to start and grow their businesses. The connections and information needed to do this are all here along with an exceptional lifestyle opportunity.

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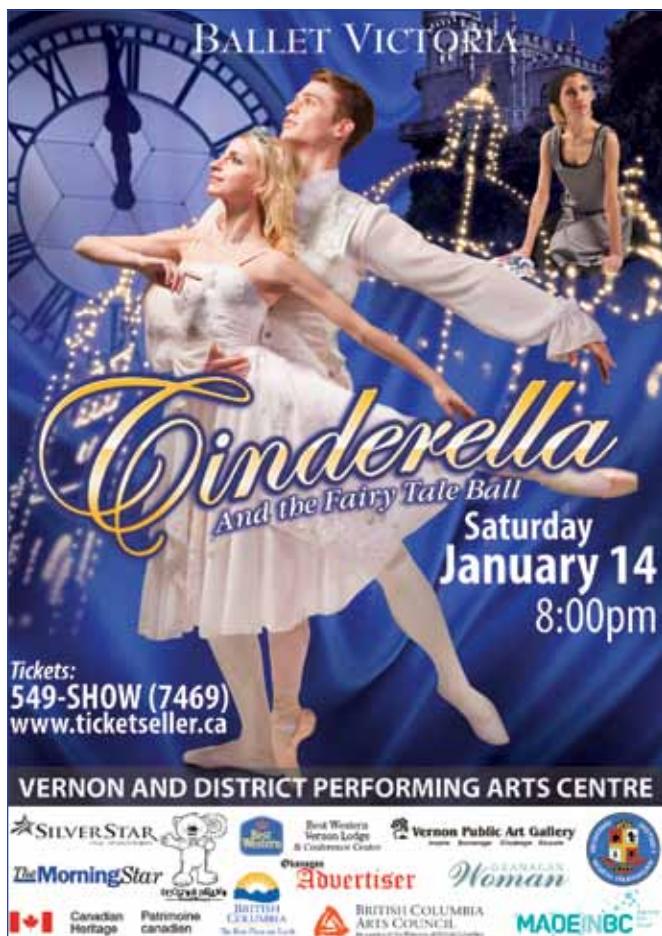
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Holidays by the numbers

Many people, including retailers, have high hopes for the 2011 holiday shopping season. As much of the country and world continues to gut it out through an economic recession, speculation reigns as to just how much consumers will spend this holiday season and whether such purchases will help businesses rebound after another tough year.

➔ **41 percent** of consumers are planning to spend less on holiday and Christmas-related activities, which marks an increase over the percentage of people who planned to scale back for the 2010 season. (Alix Partners)



Purchasing a real Christmas tree can be less expensive for consumers. The average dollars spent on a real tree is about \$37, while the average artificial tree costs roughly \$60. (National Christmas Tree Association)



Consumers will shop online more and use their mobile devices rather than stepping into malls and other brick-and-mortar stores. (Shopper Trak)



Shopping on smartphones and tablets is expected to be significant for this holiday season. (National Retail Federation)



➔ Retail sales are expected to rise just **3 percent**, which is less than the 4.1 percent gain of last year. (International Council of Shopping Centers)

Internet sales are estimated to grow by **12 percent** in 2011, despite the uncertainty of the economy. (Emarketer)



12 percent of survey respondents said they will use social media to find and share good holiday deals. (Steelhouse Marketing Consultants)



Many people plan to shop the day after Christmas. Roughly 20 percent did so in 2010. (International Council of Shopping Centers)



Lise Simpson

Wine Tasting with Chad

It is October 8th 2009. Chad finishes giving us the tour of the winery and leads us to the tasting room. At last, we come to the real reason we are here – free samples. Chad begins with a Pinot Noir. He pours miniature, infinitesimal amounts into our glasses, and out of the corner of my eye I see my husband peering down into his almost empty glass with a bemused expression. I elbow him discreetly.

Chad stylishly sloshes his wine around his glass, “to release the bouquet,” he explains. The five or six of us gathered around him copy his technique. “No fear of spilling any” my husband mutters quietly. I ignore him. Chad asks us to describe what we can smell. “Umm....blackberries?” one lady offers tentatively. “Excellent!” exclaims Chad, beaming at her as one might beam at a child who has successfully performed a difficult task. My husband rolls his eyes. The others in our group eagerly jump on board the Pleasing Chad Express. Apparently, between us, we smell blackberries, peaches, chocolate, pepper, and dirt.

Although our responses are widely varied and somewhat improbable, none of them are dismissed by Chad. He nods thoughtfully and agrees with each one. The mood of the group rises sharply, and everyone

holds their wine glasses like Chad does and smiles at each other. ‘I smell pretentiousness’ my husband whispers, and it occurs to me that perhaps asking a couple of girlfriends to come with me on this outing might have been a better idea.

Chad raises his glass to the light and peers ponderously into the glass, “assessing the hue and clarity” of the wine.

Dutifully, we mimic him, and assess hue and clarity. When Chad asks us to describe what we see, we fall silent, and an embarrassed hush settles over us. “I see a nearly empty wine glass,” my husband quietly states. Chad prompts us with words like “delicate rosy hue” and “nearly opaque in its clarity” and we agree enthusiastically. The convivial mood is restored.

Now Chad explains that we must swirl the wine in our glasses so that we may assess the legs, or tears, of the wine. I see my husband check his watch.

At last, we are ready to actually taste the wine. We all raise our glasses expectantly. We look to our leader. Chad explains that while it is actually proper wine sampling protocol to spit out the sample and not swallow it (my husband groans), the winery has found that to be a rather messy

tradition, and therefore we are asked to swallow. We chuckle and nod. My husband downs his sample in one swallow and looks around in amusement as the rest of us copy Chad and swish the wine around our mouths. We keep glancing at each other and continue swishing, wishing that Chad would just hurry up and swallow. At last, he does, and so do we. By this time I have been holding my breath for so long I am more concerned about passing out than I am about the taste of the wine. My husband is chuckling at me as I quietly gasp for breath.

The group then unleashes a flurry of descriptive phrases, each of us attempting to outdo the other in an exuberance of flowery praise. “The wine is rich, mellow, and finishes beautifully” states one man, receiving an approving smile from his wife. “The wine is gone” states my husband, holding out his glass hoping for another sample. “The wine is young, it is impertinent, but has great promise. It must lie in the bottle for another year or two” declares a woman knowingly.

My husband smacks his hand to his forehead and quietly advises me he will be waiting in the car.

Okanagan Fashionista:

New Designers Showcase Their Creations

By Shauna Oddleifson, Marketing Coordinator at the
Centre for Arts and Technology



Designer



Designer Jennifer Ann, Photographer Jacey Paton



Jennifer Ann, Photographers Lisa Haywood and Tony Colgour



Designer Roxanne Garand, Photographer Lisa Haywood

(from left to right)
 –Suzette van Bakel
 (Department Head at
 the Centre for Arts and
 Technology), Roxanne
 Garand (designer), Kelly
 Furlotte (designer),
 Jenn Remple (designer),
 Shawna Weninger
 (Instructor at the
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The Events and Promotions Management students from the Centre for Arts and Technology partnered with the Kelowna Community Theatre to host a Fashionable Autumn on Saturday, September 24, 2011. This event showcased designs from four local boutiques: Frakas, Influence, Raw 69 Athletics, and Asphalt Shoes, as well as unique creations from the Centre for Arts and Technology's 2011 Graduating Class of the Fashion Design and Merchandising Program.

Over 175 guests attended the event, and were wowed by the amazing talents of the Fashion Design grads as the stage came alive with a fusion of contemporary womenswear, tailored menswear, and casual children's clothing. These outfits represented the last two years of applied skills in market research, creative design, pattern drafting, and garment construction. The finale showcased outstanding individual collections, demonstrating the passionate area of study that each student has chosen to follow.

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A woman with red hair and dramatic dark eye makeup is posing on a modern, white, curved bridge at dusk. She is wearing a bright orange dress with a large, flowing blue panel draped over her shoulder. Her right arm is raised, and she is looking towards the camera with a serious expression. The background shows a cityscape with lights and mountains under a twilight sky.

The Fashion Design and Merchandising program at the Centre for Arts and Technology is 24 months long and extremely challenging. It speaks to the creativity of fashion and the important part it plays in our lives and our economy. Students develop creative and technical skills along with commercial aptitude necessary for entry into the global fashion business.

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Designer Jennifer Ann, Photographers Lisa Haywood and Tony Colgour

A woman in a long, flowing gold dress with black lace details and long black gloves is posing on a modern bridge. She has one arm raised and is looking towards the camera. The bridge has a white railing and a curved design. The background shows a cityscape and mountains under a cloudy sky.

Designer Jennifer Ann, Photographers Lisa Haywood and Tony Colgour



Designer Roxanne Garand, Photographer Lisa Haywood



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LOL!

Don't you love those three letters together? Someone is so amused, she has to laugh out loud. Or maybe, like my friend, Karen, you thought someone was sending you "lots of love", which was occasionally uncomfortable...

Then there's this LOL: Ladies on Literature.

It's the newest book club in town and you're invited! If you like to eat savory food and sip sumptuous wine—if you crave the company of dynamic, women—Oh, and if you like to read—then LOL if for you.

Concerned you're a literary lightweight? I offer some reassurance.

I joined my first book club when my kids were babies and I was desperate for adult conversation and an excuse to get out of the house. Each of the members was a lawyer. Other than the one friend I was allowed to invite, I was the only attendee who had not passed the bar.

I considered myself a professional (even if the only reading I was doing at the time consisted of three-



LOL

LADIES ON LITERATURE

Shannon Linden

I'll never forget (can you tell) the look on her face as she narrowed her eyes and slowly shook her head. "Attorney? I'm a lawyer."

Apparently attorney is what they call you when you pass the bar in the USA—or you're on LA Law, the re-runs of which I might have been watching at the time. I must say that first meeting gave me a rather dry view of the entire book club thing but you know what? Our group fell into a groove, read some fabulous stuff, and then I quit, but not because of the lawyers. I moved to the Middle East, where a Canadian contingent of women with a yearning for the word and a good glass of Gertzweiner, formed a book club.

Now, back home in Kelowna, I decided it was time to club it again—this time with a varied group of gals, all with stories of their own—especially my cohort in LOL and the written word, Laura. You'll love her—even if she is a former lawyer.

Thought book clubs were stuffy? Don't have time for meetings? Love the convenience of being online instead of deciding what to wear out? Maybe your book club is boring or you're interested in exchanging ideas with another club in town...Join us in Okanagan Woman, and the LOL blog @ shannonlinden.ca.

Log on! There's What's it All Mean Mondays, Wordy Wednesdays, and Free-For-All Fridays. We'll talk themes, characters, reviews, and links to other blogs and sites, author news, what we're eating and drinking and wearing...where we're going and with whom... whether Winners has any great dresses...

I love that books are as diverse as the people who write and read them, so consider this your official invitation to LOL—Ladies on Literature—No legal knowledge necessary.

Cheers!
Shannon

word sentences and contained vocabulary like binkette). I felt qualified to engage in meaningful, intellectual conversation, but as the mother of a toddler and an infant, there were times I wondered...

First meeting, one of the more articulate (and I believe well-meaning) ladies of the law turned to me and asked, "So, what do you do?" to which I replied, "I'm a teacher, although I'm taking some time off to raise my children and pursue my writing." She nodded at me, definitely dubious. But I persevered. "And I understand you're an attorney." I sipped my wine, smiling and congratulating myself on my big-girl choice of words.

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COLORFUL ACCENTS

chic for this year's bridal gowns

Almost as long as there have been bridal gowns, white or ivory have been the colors of choice for first-time brides. These light hues represent the purity and innocence of the bride. Although a few brides-to-be choose to forego wedding white for something a bit more flashy -- like pink or yellow gowns -- a popular trend today is to wear gowns with accents of black or other deep colors to add dimension to the white canvas.

Considering the groom and groomsmen will be dressed in black tuxedos, black accents on a wedding gown have been growing in popularity and add a formal, regal look to a wedding. Darker color embellishments can add drama to a gown. Another advantage is they can call out pattern or adornments not easily seen on a white-on-white gown. Furthermore, deep colors against the white backdrop of the gown show well in photography, particularly the black-and-white journalistic style that is very trendy as well.

Women shopping for bridal gowns who are considering colored accents should be careful that these embellishments are subtle and do not overwhelm the gown -- or the person who will be wearing it! Popular enhancements include appliques on the bodice or the train of the gown. Another idea is to select a white gown and then tie a black bow or sash around the waist or put a lace shrug over bare shoulders. Black-and-white lace gloves are also an option for those who want to add just a little splash of dimension.

The same concept can be applied to any accent color. Burgundy or plum colors also work well to add the contrast of dark against light and aren't as extreme as black. Some brides can also opt for a paler, more pastel shade to serve as an accompaniment to the white gown. Many times the accent colors chosen are replicated in the hue of the bridesmaids' gowns, so the entire wedding party looks cohesive.

Because the spectacle will be the beauty of the gown, it's best to carry a neutral-colored bouquet in a small size. Or, a black-and-white gown can be accented with a small nosegay of red flowers or roses.

Consider black stitching in the appliques of a gown for some drama. Many gowns come with colorful accents or they can be added later by a talented seamstress.



Quiz: How many of these famous women can you name?
Answers on page: 25

Who's That Girl?



Christine Pilgrim



Who's that Woman?

That's Christine Pilgrim – Actor, Entertainer, Storyteller, Educator and Writer, dressed in one of her many guises, as Mrs S. Claus. Pilgrim came to the North Okanagan from England in 1992 to look after her then recently widowed mother. It was the year of Vernon's Centennial, and she wrote, directed and hosted the Vernon Centennial Revue. That feat, completed in six weeks, was instrumental in her becoming a Canadian citizen. Okanagan Woman talked to Christine Pilgrim in her attic apartment at Vernon's Caetani Cultural Centre. What's your favourite role? I enjoy every role I play - from Benny Hill's wife to the Queen of England.

Did you ever meet the Queen of England? Yes, I was performing in a play called LOCK UP YOUR DAUGHTERS at the Theatre Royal Windsor directly opposite Windsor Castle. After the show, the cast was presented to Her Majesty, along with Prince Phillip, Princess Margaret and Lord Snowdon.



Christine Pilgrim as MRS CLAUS OF THE OKANAGAN....
Photo by Okanagan artist/photographer/teacher, Heidi Thompson
Photo inset: Christine as Christine, Photo by Debbra Butler

Did Lord Snowdon ever photograph you? Yes he did. I was playing a Victorian lady in Christine Edzard's film *THE FOOL* with Derek Jacobi and Miriam Margolyes. None of us was made-up because no one wore make-up back in the 1800s. We felt rather naked, especially in Lord Snowdon's photograph. However, we were apparently still recognizable. There's a lesson there somewhere.

Any rare movie moments? When I played a prostitute in *BURKE AND HARE* (two famous grave robbers who supplied cadavers to medical professors at Edinburgh University), my then husband Glynn Edwards played Hare and his former wife Yootha Joyce played Mrs Burke. The National press captioned a photo of the three of us: "Which wife is which?"

What's your latest character? A leprechaun. At Halloween, I danced in and out of a coffin outside Vernon's Museum, then skipped off to the Caetani Lantern Festival that I was co-ordinating, via Gallery Vertigo where I'd helped with the opening of its *PATTERNS* exhibition. My photograph of bamboo in the Caetani's Italian garden was included in the exhibit.

Have you visited Italy then? Three times. I'm researching for the opera I'm writing about the Caetani Family who owned the house where I live. Okanagan composer Imant Raminsh is writing the music.

How would you categorize yourself? I wouldn't. One day I might be a stand-up comic and the next an educator bringing history to life through role play.

Do you use role-play much? Constantly ... during workshops resolving conflict in the workplace; with high school students studying literature and languages; and on my tours of local historic sites. It's helpful when I'm writing too.

What do you write? Articles mostly. And children's stories. I've just written a play that may be mounted at Vernon's Hub next year. It's about the Palestinian situation in Gaza.

So you're a woman with a cause? Many causes! I tend to stand on my soap box at the drop of a hat!

Do you have an outlet for that? Funny you should ask. The Okanagan monthly, *North of 50*, is morphing into a reader supported magazine, which will voice opinions on everything from local concerns to international ones. I'll be editor. The first edition will be available, by subscription, in March 2012.

Quiz: **Who's That Girl?** **ANSWERS**

1. Ann Landers, advice columnist, aka Esther "Eppie" Lederer. The "Ask Ann Landers" column ran for 56 years. A few months after Eppie Lederer took over as Ann Landers, her twin sister Pauline Phillips introduced a similar column, *Dear Abby*, which produced a lengthy estrangement between the two sisters.
2. Pop star, Lady Gaga's real name is Stefani Joanne Angelina Germanotta. At age 25 she has more than 33 million 'Likes' on Facebook and has over 9.5 million followers on Twitter.
3. Katy Perry kissed a girl and she liked it. At least that's what the 27 year old pop star claims in her hit song of the same name. She was born Katheryn Elizabeth Hudson in 1984. She is married to British actor Russell Brand.
4. Joan Crawford's real name was Lucille Fay LeSueur. She was a film star in the 1920s and 30s. She adopted five children, one of whom wrote a scathing memoir of her mother, titled, *Mommie Dearest*.
5. Betty Ford, First Lady of the US from 1974 to 1977. Her full name was Elizabeth Ann Bloomer Warren Ford. She raised awareness of addiction when she announced her long-running battle with alcoholism in the 1970s and was the founder of the Betty Ford Center for substance abuse and addiction.
6. Golda Meir, born Golda Mabovich was the fourth prime minister of Israel.
7. Brigitte Bardot is a French former fashion model, actress and singer, and animal rights activist. She was one of the best-known sex-symbols of the 1960s.
8. Miley Cyrus (born Destiny Hope Cyrus; November 23, 1992) is an American actress and pop singer-songwriter. She achieved wide fame for her role as Miley Stewart/Hannah Montana.
9. Scarlett Johansson (born November 22, 1984) is an American actress, model and singer.

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Women in the Know



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What should I do to winterize my car?

The three most important things when winterizing your car is to make sure your antifreeze (or coolant) is in good condition, that your battery is not weak, and that you have good winter tires for the conditions you will be driving in.

When you take your car to your automotive shop, or for those of us who enjoy working on our own vehicles, they will take a sample of the antifreeze to test the alkalinity, PH balance, and the freezing and boiling point. Coolant flows freely just inside the walls of your engine block keeping it cool while driving, so winterizing ensures your coolant does not freeze, which could cause your engine block to crack.

They will also test the cold cranking amps (CCA) of your battery to ensure that your battery is not too low in amperage to be able to function in the cold.

And finally - tires, the hardest decision and the biggest expense. A good general rule of thumb is that a chunky tire, with or without studs, is perfect for snowy conditions like driving out of town and mountain passes. A tire with a lot of 'siping' (small grooves) cut into the tread and soft rubber compound is a good tire for in town driving where you get more ice than snow. There is a huge variety of winter tires that do the best of both.

So now that you are armed with a little more knowledge, be confident this winter and drive safe!

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What is Bread Flour, aren't all flours the same?

This is the #1 question asked on the Rogers Foods Consumer Line. Home bakers are often confused about the difference between Bread Flour and All Purpose Flours, not appreciating that there truly is a difference. Commercial Bakeries have always used bread flours, but the home bakers have only had this made available through retail with the introduction of Bread Machines. There are two differences between Bread Flour and All Purpose Flour. Bread Flour contains a dough enhancer that increases the elasticity of the dough allowing it to rise to its full potential. Second, Bread Flour has added gluten, which is the natural protein contained within a kernel of wheat. The high protein gives the bread strength to rise. With today's trend of healthy multi-grain and seed breads the use of a Bread Flour will produce a light healthy bread whether you are baking bread in a machine or by hand.

Bread Flours are available in White and Whole Wheat. White Bread Flour is a good base for adding multi grains, seeds or low gluten flours like Rye. Whole Wheat Bread Flour is a specific blend of Whole Grain flour and White flour which will produce a light whole wheat bread. If you choose not to use a bread flour there are recipes for converting All Purpose flour into a bread flour by adding approximately 2 tablespoons of gluten per loaf and following the Lemon Juice secret of adding 2 tbsp per loaf. These quantities will vary depending on the size of loaf.

Consumers often comment they do not have enough room for a variety of flours. If that is the case we usually suggest Bread Flour for all of your baking. After all there is nothing wrong with fluffy muffins!

For more tips and recipes we invite you to visit www.rogersfoods.com
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Good Eatin'

Editor's Choice

I confess. I stole this recipe off the Internet a few Christmas's back when I was planning a dinner party for a large group. What a hit!



Yummy Yam Casserole

Original Recipe Yield 8 servings

Ingredients

4 pounds yams
2 eggs
1/4 cup brown sugar
2 tablespoons butter, melted
1 teaspoon salt
1 teaspoon ground cinnamon
1/8 teaspoon ground allspice
1/8 teaspoon ground nutmeg
6 ounces pecan halves
1/3 cup brown sugar
1/4 cup melted butter

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Poke yams in several places with a fork, then cook them on high power in microwave oven until heated through and soft, about 20 minutes. When cooled, remove skins and place the yams in a large bowl.
3. Beat yams until smooth. Then beat in one egg at a time, blending after each addition. Stir in 1/4 cup brown sugar, 1/8 cup melted butter, salt, cinnamon, allspice and nutmeg; beat until the mixture is light and fluffy.
4. Transfer mixture to an ungreased 3 quart casserole dish. Arrange the pecans in a single layer on top. Sprinkle with remaining brown sugar and drizzle 1/4 cup melted butter over the top.
5. Bake for 25 minutes in the preheated oven, or until browned and bubbly.



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Imperial	Ingredient	Metric
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1	¼ cups brown sugar	300 mL
1	egg	1
1 tsp.	vanilla	5 mL
¼ tsp.	almond extract	1 mL
2 cups	ROGERS ALL PURPOSE FLOUR	500 mL
1 tsp.	baking powder	5 mL
½ tsp.	salt	2 mL
1 cup	semi-sweet chocolate chips	250 mL
½ cup	almonds, chopped	125 mL
½ cup	coconut	125 mL
½ cup	maraschino cherries, drained & chopped	125 mL

Directions

Preheat oven to 350°F (180°C).

Cream butter and brown sugar until light and fluffy; beat in egg, vanilla and almond extract.

Combine ROGERS ALL PURPOSE FLOUR, baking powder and salt and gradually add to creamed mixture, mixing well after each addition.

Stir in chocolate chips, almonds and coconut. Carefully mix in maraschino cherries.

Drop from a teaspoon 2 inches (5 cm) apart onto ungreased baking sheets.

Bake for 12 – 16 minutes.

YIELD: 70 - 75 cookies.

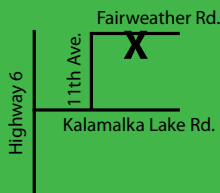


Candy canes are very popular holiday treats

and are often used to decorate Christmas trees. That hooked shape certainly makes them whimsical and able to hang on tree boughs. But candy canes weren't always the curved and colorful treats they are today. In the 1700s, candy canes were nothing more than straight white sticks of sugar candy used to decorate Christmas trees. A choirmaster at Cologne Cathedral decided that having the ends bent to depict a shepherd's crook and passing them out during church services would help keep children quiet. It was not until roughly the 20th century that candy canes acquired their red stripes. Some surmise that the candy cane is shaped like a shepherd's crook to represent Jesus Christ, who tended to his flock of supporters. Others say that it's a "J" for Jesus. Regardless of their shape, hundreds of thousands of candy canes are now manufactured and shipped for the holiday season each year.

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Sports and Venous Disease

by Dr. Craig Crippen MD ABPh DPD



A new trend in athletics is the use of graduated compression garments on different parts of the body. The idea behind their use is that compression therapy will both increase athletic performance and decrease recovery time. This article will give an overview on the knowledge we have to date about this athletic and fashion trend.

Here are the touted benefits of using compression stockings:

1. Before Exercise

a. looks cool - no scientific studies on this but most people would agree.

2. During Exercise

- a. increases venous return helps the body return blood to the heart after being used for exercise.
- b. reduces buildup of muscle breakdown products and lactic acid less lactic acid and metabolic breakdown/anaerobic products in the blood would be a positive thing to increase stamina, performance and recovery time.
- c. reduces injury due to muscle movement/shaking since muscles and tissues are designed to move around, it is unclear how this can help other than making the area feel tighter and firmer during exercise.
- d. decreases muscle fatigue this goes along with the reduced amounts of breakdown products in the blood, improved venous return.
- e. increases athletic performance as a result of all of the above presumably the athlete who wears these compression clothing items should hopefully get a boost in their performance and not just look better exercising.

3. After Exercise

a. quicker recovery and less muscle soreness .

While there are a long list of stated benefits we don't have a lot of information to go on so far with this new trend. A recent study published in the Journal of Strength and Conditioning Research in May 2011 showed that Graduated Compression Stockings (GCS) during a 10km time trial did not affect performance time. Another study in the same journal in January 2009 did however show increased running performance at the anaerobic threshold in patients using compression stockings.

There does appear to be some more conclusive information regarding delayed-onset muscle soreness (DOMS) in those patients who wear compression stockings during and after exercise report less leg soreness and a quicker recovery time. Also, patients who wear these stockings say they just feel better from having worn these stockings not only while exercising but hours to days later.

Other studies have also shown that compression therapy for the lower legs can lead to lower lactic acid and creatine kinase blood levels which would help explain quicker recovery times and less post-exercise soreness.

The jury still seems to be out on just how these stockings can help the average athlete but certainly there are some people who swear that they perform better while wearing them. The good news here is that the average to elite athlete wearing compression stockings, there seems to be no harm and it may actually be helpful. So if you've been curious to try them out, I say give them a shot and make your own mind up on the matter because in the end, if you like them and you feel they are a benefit to you and your athletic performance, that is all that matters.



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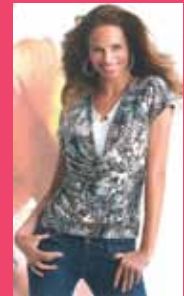
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