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From the editor

Melissa Smalley

It's the time of year when we begin to cozy up indoors for a season of quality time spent with our loved ones. What better time to honour the importance of family?

Sadly, a few weeks before this issue was completed, *Indulge* lost an integral member of our family. Publisher Linda Klitch - who was also at the helm of our sister publication, *Peace Arch News* - died Sept. 26 after complications from an earlier operation.

Her sudden passing has left a void not only around our combined *Indulge*/PAN office and parent company, *Black Press*, but throughout the entire White Rock/Surrey community.

Since moving to the Semiahmoo Peninsula more than a decade ago, Linda had been heavily involved in the South Surrey White Rock Chamber of Commerce, Peace Arch Hospital and Community Health Foundation and the White South Surrey Community Health Foundation. It's through the latter organization that Linda's legacy of selfless giving will continue, with the creation of the Linda Klitch Legacy Fund.

The fund is a way for those who were touched by Linda's spirit and infectious smile - and perhaps those who never knew her - to



honour a woman whose love and pride for her co-workers, community and publications was surpassed only by her love of friends and family.

To celebrate the power of family, we share in this

edition the stories of other inspirational people, including a man who ascribes his recovery from a traumatic brain injury to the love and support of his family. We take a look at a successful - not to mention delicious - family business, where kids are encouraged to get their hands dirty. Fun family fashions, kid-friendly travel and the latest in automotive safety round out the topics of this family-focused issue of *Indulge*.

As someone who's a few months away from starting a family of my own, this issue's theme is close to my heart - as is a sentiment that has been discussed widely around our office since we lost our good friend: be grateful for those you love and cherish every single day that you are blessed with.

To find out more about the Linda Klitch Legacy Fund, please email info@wrscf.org

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Indulge in...
INSPIRATION

The POWER of **FAMILY**

The love, faith and devotion that helped one man beat the odds

by Christie Judson • photos by Boaz Joseph



Michael Coss is a funny guy. His jokes come quick and, if you're not paying attention, his charming wit might just go over your head. But what you won't miss, however, is this Traumatic Brain Injury (TBI) survivor's uplifting spirit, dogged determination and the courage to come back against all odds.

It was May 18, 2006. Coss, who had been a leading sales rep for Molson Coors Canada, had recently been promoted to the beer company's field marketing department and was on his way – with wife Ann and their seven-month-old twins, Nathan and Danielle – to Kelowna for a work event co-sponsored by Maxim Golf.

Looking forward to the weekend getaway, the young family left their Coquitlam home at approximately 9 a.m. Coss, a former recreational pilot, avid sports competitor and doting new father, recalls the day as being "picture-perfect – not a gust of wind or drop of rain in sight."

There were no signs the day was about to take an ugly turn.

About two-and-a-half hours into the scenic drive along the Coquihalla Highway – just outside the small town of Merritt in the Nicola Valley – it is believed that Coss, who has no recollection of the event, suddenly swerved to avoid an animal. At highway speed, the quick change in direction put the vehicle into an end to end roll, flipping several times before landing upside down on the side of the highway.

Although witnesses say the vehicle was nearly unrecognizable, miraculously, baby Danielle was uninjured and Ann suffered only a fractured wrist. The Cosses' son, Nathan, sustained serious head injuries and was induced into a coma for 10 days. Thankfully, today, Nathan is a healthy and strong five-year-old, with no known lasting effects.

Michael Coss was not so lucky. Rated a severity of eight on the Glasgow Coma Scale (GCS), he sustained a near-fatal, diffuse axonal brain injury. Carrying up to a 90 per cent chance that the patient will never regain consciousness, it is one of the most severe and devastating types of brain injuries a body can endure.

At the hospital, doctors told Coss's devastated family that, if he survived, he would never eat on his own, walk or speak and would likely need to spend the remainder of his life in a long-term care home – a crushing dichotomy to the gregarious husband, son, son-in-law, brother



and father who had grown up playing competitive AA hockey and captivating people with his special "gift of the gab."

Unable to accept the bleak prognosis, his family and friends went into research mode, learning everything they could about TBI. They mobilized a team of support and hope.

Within 24 hours, his parents, Bob and Suzie Coss, had permanently re-located from Quebec City to Vancouver. His in-laws, Mark and Jenifer Bartlett, dropped everything, including a job, to move in with Ann to help with the house and children. His brothers and their families sat, night after night, in the hospital, while extended family and friends in Toronto and Quebec prayed and waited.

After months of no change in his condition, Bob and Suzie Coss began vigorously exploring Hyperbaric Oxygen Therapy (HBOT) – a promising, but expensive treatment that currently receives minimal to no funding from Canada's Medical Services Plan and private health-care insurers.

Undeterred, Coss's family, friends and co-workers banded

together to raise the \$22,000 required to cover the cost of two months of treatment.

Accompanied by his mother, Coss was transported from Royal Columbian Hospital to the Richmond Hyperbaric Health Center via ambulance, five days a week. On Christmas Eve 2006, after six-and-a-half months in a coma – and just three HBOT treatments – Coss opened his eyes.

From that moment on, Coss – who was at

the time only able to move the thumb on his right hand – began a gruelling recovery process, one he says he would not be able to undertake if it were not for the devoted support of his family and, most importantly, his daily inspiration: Nathan and Danielle, now five and in the first grade.

"They provide the inspiration for me to fight inch by inch, step by step, day by day," said Coss, who, just three months after waking from his coma – with minimal speaking abilities, confined to a wheelchair and still connected to a feeding tube – spearheaded a cross-Canada fundraising effort for the Rick Hansen Wheels In Motion program.

His efforts, not surprising to those who know him, raised more than \$25,000 – the largest amount ever amassed by a single supporter.

"When I look back, I think I was so grateful for getting my life back," he said. "I wanted to do something to make a difference. I also wanted to have a purpose – something to drive me. It's easy to let negative thoughts and emotions take over. It's easy to look at your present circumstances and feel down and out. It's easy to feel helpless."

But not for Michael Coss.

Although he continues to undergo intense rehabilitation therapy and requires daily living support, he is highly active in his community. Hoping to become an inspirational speaker, he attends weekly Toastmaster meetings and recently completed the Stand Up for Mental Health comedy course. True to form, he jokes that, on account of his wheelchair, his routine should be called "sit-down" comedy versus "stand-up."

*It's easy to let
negative thoughts
and emotions
take over... to feel
helpless...*

continued



It's my turn to give back to others because of what others have done for me...

It's not just his speech that is coming along. Signifying a major milestone that his doctors said would never happen, last month Coss got out of his wheelchair and walked the one-kilometre route of Langley City's Terry Fox Run. Amidst tears and cheers, he completed the walk in 57 minutes, all the way warning supporters not to count him out of a future Boston Marathon.

Although Coss – who resides in a Langley group home – is surely still described as the life of the party, he recognizes he is not the same person he was before the accident. But he says he's "cool with the new Michael Coss." He's also grateful to be in a position to help others through The Michael Coss Brain Injury Foundation, a charitable organization he founded in May 2009 to help fund HBOT treatment for children with brain injuries.

"I like the new me," he said. "I've met

new people that I feel have made me a much better person. I am very thankful of my support network, including my family, my friends, co-workers, all of the support members... my residential care workers... and for programs such as Semiahmoo House Society's Acquired Brain Injury program. Now it's my turn to give back to others because of what others have done for me. They rallied around me when I needed help the most."

In addition to the foundation, Coss recently launched an inspiring book about his experience. Titled *The Courage To Come Back*, it is available through Chapters bookstores across Canada. Proceeds from the sale of the book go directly to his foundation.

"In my case, family is the reason why I am here today," said Coss. "Such love, faith and devotion – that's the power of family.

"Doctors wrote me off over five years ago.

They told my parents that I would never be able to walk or eat again and that I should be placed in a long-term care home for the balance of my days. Because of them, and their belief in HBOT, I was given a second chance at 42 years old. Without it, I may not have gotten the chance to get to know my children. It gave me a fresh start. Now I want to be able to help others make a difference in their lives and give them a fresh start."

Though he's already accomplished more in life than most, he says he's still working on his biggest goal to date.

"My dream is to eventually walk with my children hand in hand through the park and to see them swing on the swing set. That will happen one day."

For more information about TBI – or to make a donation to The Michael Coss Brain Injury Foundation – visit www.secondchancestepbystep.org ①

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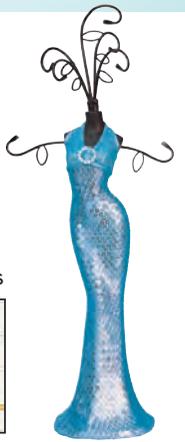
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Slice of the Good Life

by Jason McRobbie • photos by Rob Newell

The Rocky Mountain Flatbread Company's co-founders, Dominic and Suzanne Fielden, have always factored pie a bit differently – much to the delight of customers of all ages.

Consider them champions of thin-crust pizza with a true depth of character. By sticking to a core philosophy of organic freshness, together with executive chef Oliver Zulauf, they are offering a slice of the good life to even the most health-conscious diners. Since carrying the concept of fresh and frozen organic pizza to Vancouver in 2005, the eco-centric duo have been busy building a business and fulfilling a vision.

In making a common North American staple spectacular, Rocky Mountain Flatbread has already garnered plenty of praise, most recently from Rachel Ray, who dubbed them one of the best family dining experiences on the continent.

Healthy pizza? Rocky Mountain Flatbread's founders would never have settled for anything less.

Regardless, there is no denying that the kids are having more fun than anyone.

It is not just the organic ingredients that put the Rocky Mountain Flatbread Company at the head of the class.

It's the ethos.

For starters, their staff are often as busy at school as in the kitchen. Family-friendly from the beginning, the Rocky Mountain Education Society delivers direct to the classroom with hands-on programs aimed at encouraging eco-preneurialism.

Such triple bottom-line thinking has always underlined their efforts. Early adopters of the Green Table energy standards, OceanWise all the way and indelibly linked with local suppliers and growers, Rocky



Mountain Flatbread's greatest achievement lies in making its philosophy so appealing to its youngest guests.

This has translated into a wealth of initiatives ranging from eco-friendly holiday gift sales to teaming with Vancity and local organic suppliers to host Pocket Markets.

Dropping into classrooms with programs aimed at teaching kids more about the food they eat is simply part of the Rocky Mountain Flatbread ethos – and families are eating it up.

For the Fieldens, who have three children of their own, it all speaks to the philosophy that has guided their business plan from the start.

As forward-thinking change consultants in their prior lives, working

together with their youngest patrons has been a key goal.

"We're fortunate to have a tremendous team, all experts in their own right, who

are extremely bright and generous. We've had over 15,000 kids through our various programs and it has been an amazing experience for all of us. The kids never fail to inspire us in return," said Suzanne Fielden.

With the recent opening of another location on Main Street, little has changed – and that is a good thing. The Wall of Heroes, celebrating local growers, educators and entrepreneurs has grown, but the focus on family-friendly food morning, noon and night has stayed strong.

From their all-organic play areas to the frenzied fun of kids pizza-making nights to the ongoing initiatives of their education society, no other pizza parlour really comes close to approximating the Rocky Mountain Flatbread experience.

And while the secrets of their ultra-thin crust and special organic sauce remain under wraps, they offered up a quartette of dishes that can be enjoyed by the whole family, both in preparation and at the table.

For more information about their education programs, visit their website at www.rockymountainflatbread.ca

Recipes, see page 12



Old-Fashioned Granola



Roasted Beet & Goat Cheese Salad



Fettucini w/ Parmesan Crusted Chicken

Old-Fashioned Granola

Die-hard granola lovers will always have a preference regarding the oats. We do a nut-free version with cranberries and raisins, but of course, half the fun is coming up with your own mix.

- 2 cups oats
- 1/3 cup butter
- 1/3 cup maple syrup
- 1/4 Tbsp salt
- 1/3 cup sun-dried cranberries
- 1/3 cup raisins

Preheat oven to 375 F. Melt your butter and blend together with maple syrup in a large bowl before adding salt and oats. Mix together and place on a parchment-lined baking tray. Bake for 15 minutes before stirring and baking for another 15.

Allow to cool and then add your cranberries and raisins. Serve atop yogurt or any way you wish. Store in the fridge in an air-tight container.

Roasted Beet and Goat Cheese Salad w/ Arugula

You can make great use of the many colourful beets to be found and serve this dish either individually or family style in one bowl.

- 2 lbs. fresh beets, medium-size salt and pepper
- 3 Tbsp. olive oil
- 2 cups baby arugula
- 2 oz. goat cheese, crumbled

Dressing:

- 1/2 lemon, juice
- 4 Tbsp. extra virgin olive oil (EVO) salt and pepper

Preheat the oven to 375 F. Clean the beets, removing the top and cutting off the tip; place them in a bowl and season with salt and pepper and olive oil. Single wrap the beets in aluminum foil and place on a baking tray. Bake/roast them for 60-90 minutes depending upon size and oven. To test doneness, poke with a fork;

if they fall off, the beets are ready.

Remove beets and let cool until manageable. Unwrap and slide the skins off. Cut, slice, dice the beets anyway you like. Place the beets in a bowl, drizzle with lemon juice and EVO; season to taste with salt and pepper. Place arugula on the serving dish as a bed, spoon beets atop and finish with the goat cheese.

Fettucini w/ Parmesan Crusted Chicken & Seasonal Vegetables

- 500 grams fresh fettucini
- 1 winter squash (butternut squash)
- olive oil
- pinch of cayenne
- to taste parsley, chopped
- to taste salt and pepper
- 4 portobello mushrooms
- 1 leek
- 2 red peppers
- 10-12 garlic cloves, peeled
- 9 basil leaves
- 500 ml cream
- 2 to 4 chicken breasts, organic
- flour
- 100 g parmesan
- 4 eggs, beaten

The Vegetables:

Preheat oven to 450 F. Start with the squash; peel it and cut in two to scrape out seeds before cutting into bite-sized pieces. In a bowl, mix the squash with some olive oil and salt/pepper with a dash of cayenne pepper and chopped parsley. Spread on a tray and roast until light brown for about 10 minutes. Let cool.

Scrape the gills out of the underside of the portobellos and slice them into strips. Wash the red peppers and cut them in half, removing both the seeds and white ribbing, before cutting them into strips. This is known as a julienne cut, and we'll use the same for the leeks. Cut the white of the leek lengthwise and give it a good rinse to remove any dirt; then cut into 10-

cm pieces and next into julienned strips.

(Set aside scraps in a pot, add water and salt, bring it to a boil and let simmer for 20 minutes for a nice vegetable stock. Season as you wish.)

The Sauce:

To keep things fresh, we make the sauce while we cook the pasta, but we need to have the garlic roasted. Roll the garlic cloves with some olive oil, salt and pepper and wrap tightly in tin foil. Pop into the oven at 200 F for an hour until cloves are brown and soft; the sweet scent will let you know it's done. Mash with a fork and set aside. Chop up six of your basil leaves and save the rest for garnish.

The Fettucini:

We like to cook by feel and aim for just shy of al dente. When the water boils, in goes the fettucini. It's ready when it feels soft, but still firm. Strain and quickly cool with cold water. Add a touch of oil and massage to keep the pasta from sticking.

The Chicken:

Preheat the oven to 475 F and have an oven-proof pan on hand. Slice the chicken breast open lengthwise and put some flour on a plate; gently press the chicken into it and season with salt and pepper on both sides.

Mix the parmesan with the eggs.

Heat up your pan, add some oil and sear the chicken on one side until golden brown. Turn and sear the other side for 30 seconds.

Spread the parmesan egg mixture over the chicken until covered. Put the pan into the oven for about 5 minutes. The chicken is done when the crust is golden brown.

Bringing it together:

Take the biggest pan out of the cupboard (or two if you don't think one will suffice.)

Sautee the veggies for about 2 minutes, add the roasted garlic and chopped basil.



Apple Cinnamon Crumble

followed by a splash of your home made vegetable stock. Add the cream and let it reduce a little. Add the pasta and let cook for another 2 minutes; if it gets too thick, add some more stock. Season with salt and pepper.

Take the chicken out of the oven, cut in half to see if it is fully cooked. Divide the pasta over four plates. Arrange the parmesan crusted chicken on top and serve. Garnish with additional shredded basil as desired.

**For a bonus recipe for Apple Cinnamon Crumble, see www.indulgemagazine.ca*

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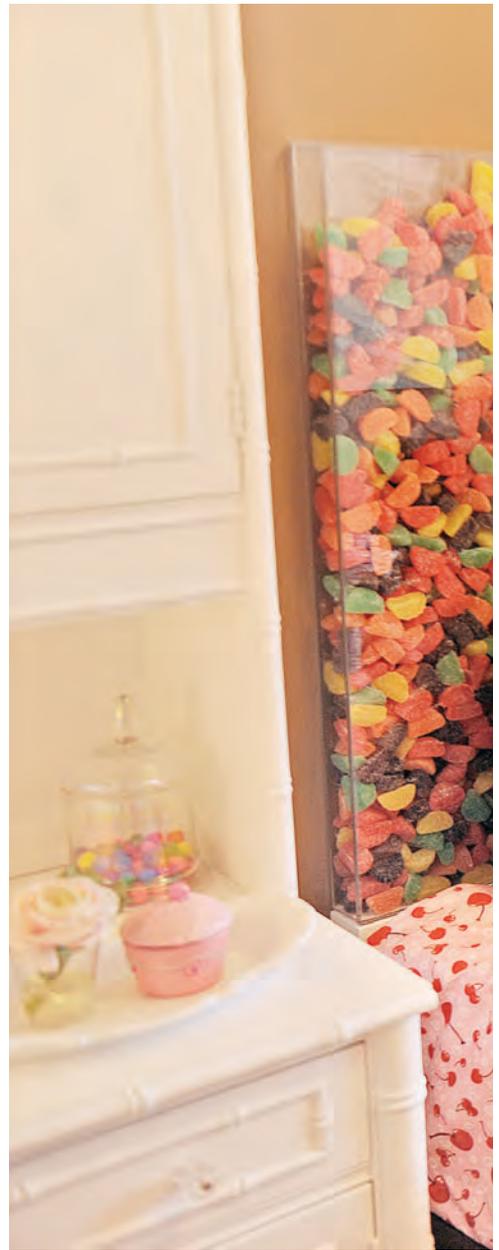
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Leadon (left) is wearing a Blü signature T-shirt and leggings, while her twin sister, Micah, is in a Blü floral patterned dress and leggings, all available at Cotton 'n' Crayon Children's Wear & Toys, 604-535-0466.



Indulge in...
FASHION

Styles & Smiles

Fun fall fashions for the whole family





Far left, Tobin is in a Billabong striped sweater and Hurley jeans from Extreme Clothing (604-531-9291) and Dunham Winchester shoes from Strides (604-538-8276). Sarah is wearing green Hurley cargo skinny pants, a Billabong grey button-up hoody and a Hurley tank, all from Extreme, matched with Semler select 'Betty' boots from Strides. Leadon is in a patterned brown top and leggings by Cricket and Micah is in a Blü purple dress and leggings, all from Cotton 'n' Crayon.

Left, mom and dad head out for a date, she in a Maison Scotch jacket, Ella Moss beige shirt and Hudson jeans, with Liebeskind purse, all from Warren Fashion Boutique (778-292-0562), while he is wearing Volcom jeans, Imperial Motion T-shirt and a Billabong leather jacket from Extreme, with Mephisto shoes from Strides.

Below, cute and cozy for bedtime, Sarah is in a Frou Frou nightie and robe set, from Silhouette Fine Lingerie's new High Street location (604-541-1007), and Leadon is in jammies by Pj'zzzz, available in a variety of adorable patterns at Cotton 'n' Crayon.



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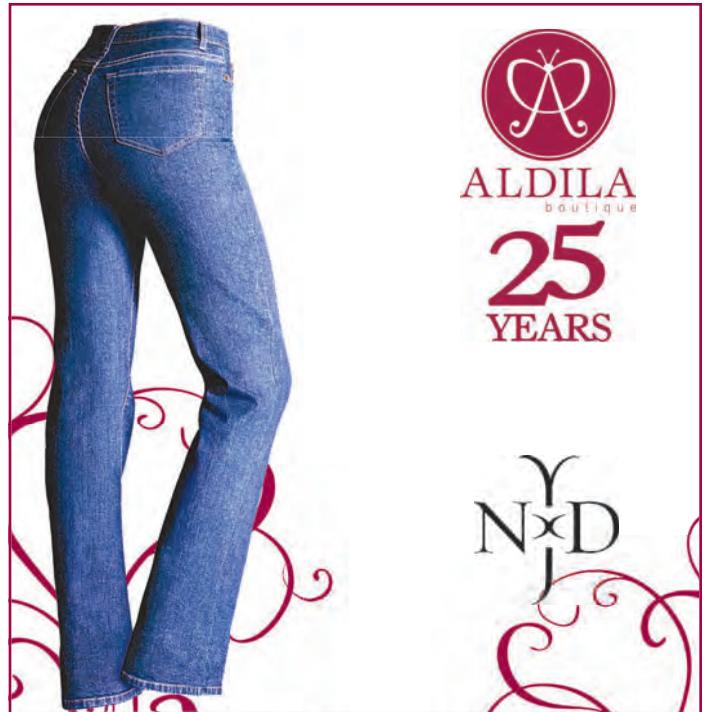


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Adventurous destinations for the family that plays together



Looking for a fun family travel idea that is sure to please the entire brood? From the white sandy beaches of the Caribbean to the snow-covered mountains of Vermont, here are five “ultimate” holiday picks guaranteed to turn your next family trip into the vacation memory of a lifetime.

Ultimate Family Beach Holiday

Atlantis, Paradise Island, Bahamas

Surrounded by turquoise lagoons and white sandy beaches, Kerzner International’s awe-inspiring Atlantis, Paradise Island, Bahamas is a one-of-a-kind resort destination designed to offer the family vacation experience of a lifetime.

Home to a plethora of children’s, tweens’ and teens’ activities, the mega resort features a 141-acre water adventure park boasting 13 pools, a seven-acre snorkelling lagoon, high-speed water slides, two river rides and a life-size replica of a Mayan temple. In addition to swimming with the resident dolphins and diving the “ruins” of Atlantis, guests can ascend the resort’s state-of-the-art multi-surface climbing walls and tour the many underwater exhibits, including the world’s largest open-air marine habitat, which showcases more than 50,000 species of marine life.

While adults are sure to enjoy the seaside resort casino and the more than 40 restaurants, bars and lounges, teens won’t want to leave Crush, a 14,000-square-foot “nightclub” dedicated specifically to youth aged 13 to 17. The popular hot spot features an Internet lounge, a gaming stadium featuring a 22-foot floor-to-ceiling “gaming tree” and private cabanas stocked with state-of-the-art technology, including Kinect for Xbox 360; and a 1,500-square-foot dance club outfitted with multi-purpose video walls, a performance stage and VIP sections.

Additional dry-land activities include pottery classes, golfing, tennis, a workout in the fitness centre, a trip to the spa, racing on the Atlantis speedway, catching the latest blockbuster at the on-site theatre or enjoying an Atlantis Live performance by top recording artists, including Bryan Adams (November 5), Cody Simpson (November 12) and Brad Paisley (December 10).

Price: Low-season room rates starting at \$280 per night, not including airfare.

Ultimate Family Shopping Trip

West Edmonton Mall VIA Rail Getaway

What could be more fun for kids than a train ride and shopping trip to the largest retail mall/entertainment complex in North America?



‘Serpent Slide’ at Atlantis Paradise Island

Departing from Vancouver, VIA Rail Canada’s “Edmonton Shopping Getaway” is not only fun – it’s super easy. Once on board, travellers can sit back and relax as VIA’s “Canadian” train winds its way through the snow-covered canyons and wintery forests of the Rocky Mountains.

Kids will have a ball meeting new friends in the staff-hosted “activity car” filled with games, puzzles, craft supplies and more. When it’s time to eat, family members of all ages will enjoy a freshly prepared, sit-down meal in the 1950s art-deco-style dining car, followed by a picturesque ride in VIA Rail’s famous glass-dome car.

While it’s tempting to stay up late, be sure to get a good night’s sleep – West Edmonton Mall’s Galaxyland, World Waterpark, Ice Palace and more await. All Aboard!

Berth and cabin packages include: five nights accommodation (two nights onboard VIA Canadian, three nights hotel stay at Fantasyland Hotel or Coast Edmonton Plaza Hotel), three breakfasts, two lunches and three dinners.

Price: Starting at \$791 per adult, \$315 for children (ages 2-11) for five nights.

Ultimate Family Disney Holiday

Aulani Disney Resort & Spa

Designed for families and inspired by the wonders and traditions of Hawaii, the new Aulani resort and spa is a stunning beachfront paradise offering a touch of Disney magic.

Located approximately 30 minutes from Waikiki in Ko Olina, the 21-acre resort – which cost a reported \$800 million to build – features a seven-acre water play area that mimics the flow of a watershed as it moves from mountain to ocean. When all phases are complete, Aulani will include 359 traditional rooms and 481 two-bedroom Disney Vacation Club villas in two towers.

Family-friendly resort amenities include the 18,000-square-foot Laniwai spa offering 15 treatment rooms and state-of-the-art fitness centre. Offering world-renowned Disney service and enchanting entertainment, Aulani allows dreamers of every age to enjoy Hawaii like never before.

Price: Room rates starting at \$399 per night, not including airfare.

continued

Indulge your family's curiosity with an interactive walking seminar

Ultimate Family Cultural Experience

Context Walking Tours

Intellectually curious travellers of all ages will appreciate the enlightening experience of an interactive family walking "seminar" designed by Context Travel, a network of scholars, museum educators and specialists, uniquely equipped to bring a city's rich history to life.

Designed to engage children and their parents with the area's culture and heritage, the fun and informative walks are led by docents trained in Visual Thinking Strategies and inquiry-based learning.

From locales including the United States to Europe, there are nine different available family outings, all of which include a special activity, such as a treasure hunt, game or painting project.

In addition to exciting family tours in London, Florence, Naples, Barcelona and Madrid, Context offers the following unique outings:



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- Rome – Search for papal crests in the Vatican with a trained museum educator.
- New York – Seek and find ancient Greeks

- and Romans in the Metropolitan Museum
- Venice – Get your hands dirty with a marine scientist in the Venetian Lagoon.

Price: Approximately \$230 to \$300 per family, not including flight or accommodations.

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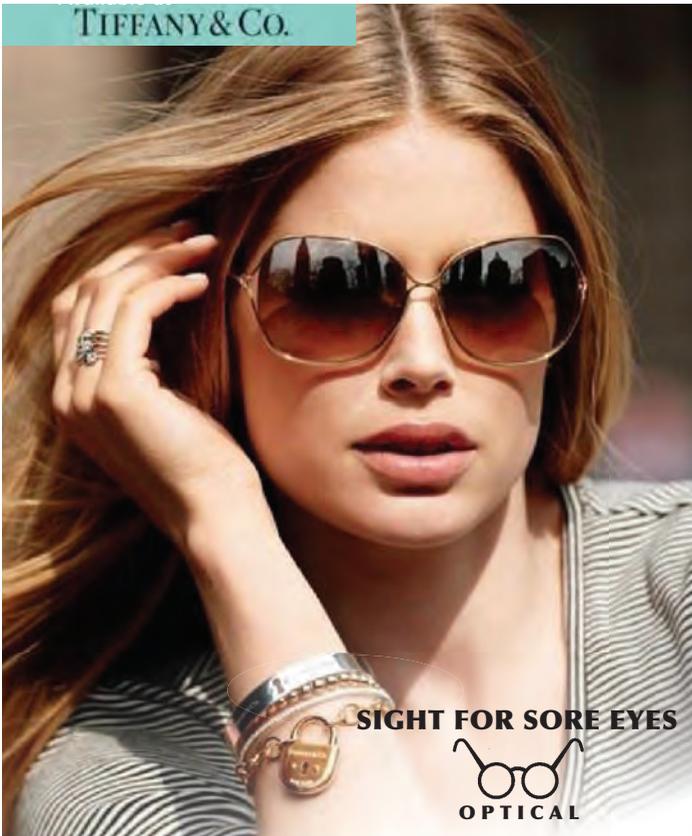
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~Venessa Facciotti, Miss Universe Canada Finalist 2011

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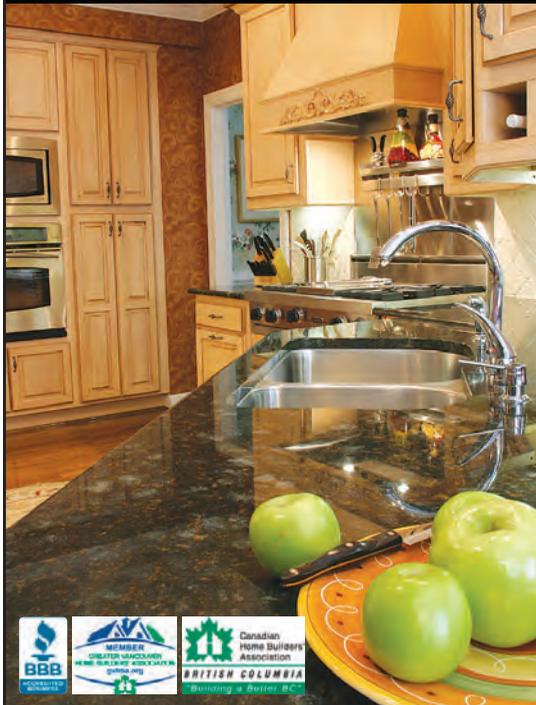
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Ultimate Family Ski Vacation

Smugglers' Notch, Vermont

Rated #1 for family programs by *Ski Magazine* readers, Smugglers' Notch is a year-round family vacation resort nestled in the heart of Vermont's Green Mountains, just outside the city of Jeffersonville.

Surrounded by more than 3,000 acres of pristine forest and breathtaking mountain vistas, the resort's three interconnected mountains offer northern Vermont's biggest vertical drop at 2,610 feet. In addition to adaptive instructional programs for children with special needs, the resort's Snow Sport University offers group and private instruction for all ages and ability levels. All-day ski and snowboard camps include Discovery Dynamos (ages 3-5), Adventure Rangers (ages 6-10), and the Notch Squad (ages 11-14). Mountain Explorers is for teens ages 15-17 and includes two hours of on-slope instruction or a full-day camp during holiday weeks. For beginner boarders, Night School for Boarding is offered two evenings a week.

Additional "Smugg's" offerings include: ice skating, snowshoeing, snowmobile tours, dog sledding, tube sliding, airboarding, swimming, 4,000 feet of zip lines, arts and crafts workshops, a fully-licensed child care centre, plus, in the evening, families can enjoy the FunZone indoor family entertainment and recreation centre featuring an arcade, bouncy house, table games, a 22-foot double-lane slide, a 45-foot obstacle course and after-hours teen-only activities.

Ranging from studios to five-bedroom townhouses, accommodations are equipped with kitchens and located within walking distance of the village.

Price: Ski and stay packages starting at \$79 (youth)/\$109 (adult) per night. ①



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My first experience with vehicle safety began at an early age. I was three years old when I took possession of my newest ride. Santa was kind enough to deliver a bright red "Rebel Rider" pseudo-motorcycle made from that wondrous 1970s-grade plastic.

And yes... it came with training wheels.

But the Rebel Rider was still cool. You see, those training wheels were simply an early example of crash-avoidance technology.

Like any fearless three-year-old, I was determined to charge that bike as fast as possible. This caused a great deal of anxiety for my grandparents (who may have convinced Santa to choose the gotta-have-it Rebel Rider). I would blast down the sidewalks on a daily basis, leaning forward

and shouting a barrage of vroom-vroom engine sounds just to raise the intimidation factor and warn the neighbourhood that trouble was coming (until the day

I accidentally drove it into a neighbour's pool. The Rebel Rider didn't handle the water very well).

Fast forward a few decades and things have changed in a big way. My current ride is a car with an infant child seat in the back. And sadly, I no longer fit on the Rebel Rider.

Now, being both an adult and a parent, I value safety more than ever.

According to a report by Transport Canada, in 2009 there were 2,209 traffic fatalities and 11,451 serious injuries. As high as those numbers may seem, fortunately, they represent a 25 per cent decline from statistics recorded approximately 10 years earlier.



by SCOTT

Sutherland



Two-stage child booster, Volvo XC60

While the reduction in traffic fatalities and injuries may be attributed to a number of reasons, the progress in safety technology in vehicles should take some credit.

The newest generation of vehicles are packed with some of the most amazing safety technologies ever imagined.

One organization that measures and tests vehicle safety is the National Highway Traffic Safety Administration (NHTSA).

continued

New generations of vehicles are packed with the most amazing safety technologies...

The NHTSA is a U.S.-based agency known for its crash testing and safety reviews. Often, auto makers will aggressively advertise a '5-Star Safety Rating,' if so blessed by the NHTSA.

For the 2011 model year, NHTSA introduced tougher testing procedures.

While reviewing a vehicle's integrity for frontal crash, side crash and rollover protection, it also examines 'recommended technologies' such as electronic stability control (ESC), forward collision warning and lane departure warning. In extreme situations, ESC systems selectively apply the vehicle brakes and/or modulate engine power to assist the driver and prevent losing control of the vehicle.

Forward collision warning systems monitor the area ahead of the vehicle and sense when another vehicle is slowing or has stopped. The system can then alert the driver of a potential crash risk.

The third recommended technology, lane departure warning, will monitor the vehicle's position with regards to road markings and will warn the driver if it senses the vehicle is unintentionally drifting from its lane.

Some of the 2011/2012 SUV vehicles that were awarded 5-Star Safety Ratings from NHTSA include: Acura ZDX 4WD, Acura MDX, Buick Enclave, Chevrolet Traverse, GMC Acadia, and the Volvo XC60.

Another influential organization that reports on vehicle safety is the Insurance Institute for Highway Safety (IIHS). Much of its research examines insurance data and independent vehicle testing. Those vehicles that earn strong ratings then receive the respected 'Top Safety Pick' designation.

According to IIHS, "the Institute rates



6D Vision, in development by Mercedes Benz

vehicles... based on performance in high-speed front and side crash tests, a rollover test, plus evaluations of seat/head restraints for protection against neck injuries in rear impacts.

To earn Top Safety Pick for 2011 a vehicle must have good ratings in all four Institute tests. In addition, the winning vehicles must offer electronic stability control."

Some of the 2011/2012 SUV vehicles that were awarded 'Top Safety Pick' honours include: Audi Q5, Cadillac SRX, Honda Element, Infiniti EX35, Hyundai Tucson, Kia Sportage, Lexus RX, Lincoln MKT, Mercedes-Benz GLK, Saab 9-4X, Subaru Forester, Volkswagen Tiguan, Volvo XC60 and the Volvo XC90.

With pressure from research groups, consumers and government agencies, auto makers are investing heavily into the research and development of safety technology. In fact, Transport Canada has mandated that ESC systems be equipped on passenger cars, multipurpose vehicles and trucks manufactured after Sept 1, 2011.

Looking into the future, there are also

plenty of advanced safety technologies in development.

BMW engineers are working on introducing laser-light technology for production within a few years, an advancement that could be utilized for a vehicle's exterior lights and would be a safer alternative to today's LED headlights.

Mercedes-Benz is also pioneering a brighter future with its development of 6D-Vision technology. Utilizing an advanced camera system to view outside the front of the vehicle, 6D-Vision is able to differentiate between moving and stationary objects and identify potential hazards.

For example, if a child runs unexpectedly into the road, the 6D-Vision system analyzes the situation and will intervene to bring the vehicle to a standstill in approximately half the time it would take for a human. Mercedes-Benz is planning to offer 6D-Vision technology for production in the near future.

When lives are at stake, the progress of safety technology will always be at the forefront of automotive development.

While the security of those training wheels from your childhood days may be long gone, the latest advancements in vehicle safety technology are there to protect you.

So go ahead and give your vehicle a personal name – it may be more intelligent than you previously thought.

But I must apologize, the name Rebel Rider has been taken.



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All in the family

The winery's name says it well: 8th Generation Vineyard at Summerland is a family winery.

Most family wineries like to boast of that because, rightly or wrongly, we all feel more warmly about family businesses than about corporations.

The family of 8th Generation winemaker and co-owner Bernd Schales has grown grapes in Germany since 1783. After the winery was named, it was discovered that the family of his wife, Stefanie, began making wine 10 generations ago. Bernd and Stefanie are the first of their families to make wine in the Okanagan, immigrating here in 2003 and opening their winery in 2007. They also have four young children who just might grow up to take over the business.

The old European tradition for children to take over the wineries is just developing here. Most British Columbia wineries only opened since 2000. However, there are

notable examples where the tradition of family ownership is taking root.

At Wild Goose Vineyards in Okanagan

Falls, the vines were planted in the 1980s by Adolf Kruger and his sons, Hagen and Roland, and the winery opened in 1990. Adolf still spends time in the vineyard, leaving Hagen to make the wine and Roland to sell it. Hagen's son, Nik, is being groomed as a winemaker of the future.



JOHN
Schreiner

A visit to Wild Goose illustrates how family values benefit a winery when the family is as friendly as the Krugers and their spouses. Often, a family member

runs the tasting room with a memorable and warm welcome. To me, that's the appeal of small family wineries. No matter how capable the hired staff is, family members just know the business better.

There are other notable family wineries. Gehringer Brothers south of Oliver is run by two brothers, Walter and Gordon, whose father and uncle planted the

continued

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*No matter how capable the hired staff is,
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property in the 1980s while they were in wine school. Walter's son, Brendon, is studying winemaking in Australia.

Stoneboat Vineyards, also in Oliver on Black Sage Road, was opened in 2007 by the Martiniuk family: Lanny and Julie, who have been growing grapes here since 1984, and two of their three sons. Jay is the budding winemaker. His brother, Tim, is the marketer. Look for a Martiniuk in the wine shop on weekends.

Down the road a ways is Burrowing Owl, which is too large a winery to expect Wyse family members routinely meeting the public. The family influence here is in the conservationist values that founder Jim Wyse espoused when naming the winery for an endangered bird. The tasting fees here all go to a burrowing owl recovery program that has started to succeed.

Quails' Gate Estate Winery near Westbank is run by Tony Stewart and his three siblings. Their father, Richard, planted the original vineyard here and their grandfather was a pioneer horticulturist in the Okanagan.



Bernd, Helena, Phillip, Stefanie and Johanna Schales, of 8th Generation Vineyard.

At Lake Country, Gray Monk Estate Winery was founded in the 1970s by George and Trudy Heiss. They are still active in the winery but they have handed a lot of the duties to their three sons; and one of their grandsons is working in the winery's vineyards.

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John Schreiner is one of Canada's best-known wine writers with 15 books published since 1984.

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- **Fraser Valley Wine Tasting Festival**, hosted by Rotary Club of Langley Central, takes place Nov. 5 from 7 to 9:30 p.m. at Willowbrook Shopping Centre.

in the photos

Clockwise from left:

- Making its popular – and petrifying – return, is **Potters House of Horrors**, running nightly until Halloween. For all the ghoulish details, visit www.pottershouseofhorrors.com
- **Cops for Cancer** riders get cheered on by Star of the Sea students Sept. 30, during the final leg of the nine-day, 800-km Tour de Valley, which raised money in support of pediatric cancer research.

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vein doctor, with 18 years experience, offers the most modern diagnostic and therapeutic modalities for the treatment of unsightly and symptomatic veins. Venous problems are common, affecting one in three women and one in seven men. The tendency to have veins is inherited but people with jobs that involve prolonged standing with little walking or jobs which involve a lot of squatting such as with floor laying and even gardening, are more prone to developing symptomatic veins. Pregnancy, due to increased pelvic pressure often results in dilated veins. After delivery, these veins may normalize but as women age, vessel walls may weaken enough to cause venous incompetence.

The underlying pathology is damage to valves which are located within veins and help support venous blood flow back to the heart. When valves are damaged, pressure builds up stretching veins not only in thickness but also in length. That causes bulging and the twisted appearance seen in more severe cases on the surface. Increasing pressure may cause the dark pigment from blood to be deposited in the skin particularly in the lower legs and ankles where pressure is the greatest. Spider veins may be an early sign of increasing underlying pressure and should be thoroughly examined especially when symptoms are present. In extreme cases, fat atrophy, thinning of skin and ulceration may occur. Trapping of blood in surface vessels may cause inflammation or phlebitis. When it occurs in deeper veins, blood clotting or thrombosis may occur.

This condition is known to plague travellers or truck drivers where prolonged sitting and dehydration are contributing factors.

Veins may therefore be simple spider veins that are purely a cosmetic problem or more complicated larger truncal or branch veins

that signal more serious underlying venous disease. Symptoms may include "restless legs", heaviness, aching particularly at the end of the day and with prolonged standing, "tiredness", and muscle cramping. Some veins are symptomatic but not visible at the surface. Testing equipment such as Duplex and color flow ultrasound are essential tools that help a phlebologist sort out the often complex anatomy and pathology. Treatment of veins that are damaged yet are below the skin surface can be aided by Duplex ultrasound. The target vessel is clearly seen as it is treated by injection or fiber optic laser treatment.

The process of patient evaluation therefore starts with taking a thorough history followed by visual inspection, Doppler examination and where necessary, mapping with duplex color flow ultrasound. Treatment is then planned according to the individual patient's needs. This may include the following:

COMPRESSION SCLEROTHERAPY - For small veins such as spider veins, a sclerosing agent is injected into the veins through a very fine needle. Multiple injections may be needed. A pressure wrap or stocking is applied and maintained for one to three days. For larger veins, the solution is stronger and when veins are below the surface, the injection is guided by ultrasound. **DUPLEX GUIDED SCLEROTHERAPY**. The more recent process of "foaming" the solution has improved efficacy.

SURFACE LASER TREATMENT - Various lasers can be used to treat small spider veins as long as pressures are low or where they are not being fed by larger deeper veins.

AMBULATORY MICROPHEBECTOMY - This treatment uses fine hooks that draw the vein out through a small 1-2mm puncture in the skin. This is done under surface anaesthesia and leaves no scars. Often these same veins may be injected rather than removed.

LIGATION - Tying the vein off with a suture, a surgical procedure. The recurrence rate of about 30 % is the same as injection.



STRIPPING - This is a surgical procedure performed in hospital on large incompetent veins that would not be treatable by more conservative non-surgical treatments.

COMPRESSION STOCKINGS - This approach helps relieve discomfort but does not cure the problem. Compression stocking can help prevent the development and progression of venous disease in high risk patients.

EVLV- ENDOVENOUS LASER TREATMENT - This is the latest and most effective treatment for large vein disease. It has a recurrence rate of less than 2-5%. It involves the use of a fibre optic fibre that is threaded into the vein under local anaesthesia and under duplex ultrasound visualization. The vein is then bathed with liquid anaesthetic under pressure and the laser is turned on as the fibre is slowly drawn out. The vein is ablated or welded shut from the inside. The procedure is painless and there is no down time. A compression bandage and stocking are applied and maintained for about one week. The patient is encouraged to walk and stay mobile.

Dr. Strauts provides these innovative approaches to managing his vein patients. Patients can either be referred in or are welcome to make appointments on their own. Consultations are generally covered by the medical plan.

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