

# TRAVEL

## The Newest Stars in BC's Firmament

BY RANDI WINTER



### Learning to Thrive at ALIVE

*The ALIVE Resort for Wellness and Longevity*

Driving between Penticton and Vernon, Lake Kalamalka still shimmers with the same magical colours I remember, but there is more development since the days when my children went to summer camp. To them, it meant freedom, meeting new people and fun! Time flies and they are grown. Now it's my turn to leave city thoughts and cares behind. As the car approaches the ALIVE Resort for Wellness and Longevity, "Staying Alive" echoes in my head, reminding me how welcome five days of nature and nurture could be.

The story of its conceptualization and creation cannot be told in one short article. It exists because Phil Brewer had a dream of offering unique, life changing experiences. Vic Lebouthillier, former ALIVE publisher and coach also believed people can effect personal changes—physical and emotional. The local community perceived that lack of land and physical buildings should not deter a noble vision. After just five days I could understand what makes people want to come to experience and be part of a place like ALIVE.

*One by one we did arrive,  
To make ourselves feel more ALIVE.  
We came in sickness and in health,  
To unlock our inner wealth.*

*Some of us came and brought a friend,  
Others alone, for a different end.  
Sex, age and weight it mattered naught,  
For each inside, a dream we brought.*

This is a very special place, and this small resort (12 rooms) has a very big heart.

*Fresh air, sunshine, climb a hill  
Was the daily prescription of Dr Phil,  
While our favourite medicine for feeling blah  
Was another great treatment at the spa.*

There are three programs— 5 days, 12 days or 2-day weekend. All include the opportunity for a medical evaluation, hiking, a range of outdoor activities, 2 health lectures each day, and stress reduction workshops every evening. There are a very generous amount of spa treatments, ranging from traditional treatments such as Aveda facials, scrubs, and several types of massage to a deprivation tank and cold wraps.

*Manage stress, and EFT*

*Became our forms of therapy.*

Food matters, and the culinary experience won over our very diverse group.

*A vegan diet-no fish, dairy or meat;  
What, oh what, would they serve us to eat?*

The atmosphere is one of tranquility, with the lodge décor in single and double rooms comfortable and welcoming.

*We learned to tap into our heart,  
Believe in ourselves, and know we're smart.*

*We each came with our personal goal,  
And now we depart a bit more whole.*

ALIVE is committed to worldwide wellness, so the Health Quotient Test (HQ) and Eileen's recipes for tasty, healthy vegan recipes are online, at [www.aliveresort.com](http://www.aliveresort.com).

*I came to write about ALIVE,  
And found a place to grow and thrive.  
ALIVE with heart and soul and vision,  
We honour you in this noble mission.*

Earlier, my HQ said "devote more time and effort to my overall state of wellness". Heading back, I felt my "Staying Alive" mode had been transformed into "Learning to Thrive" and it was no longer just in my head. Rather, the notes permeated my heart and soul. To find out more, contact me, your travel specialist, or the resort at 1 888 763-4744. Tell them you want the "Learning to Thrive" Special!



Photos clockwise: Brentwood Bay, Chef Brock Windsor with Randi Winter, Stone Soup

### Brentwood Bay Lodge and Spa

*The Legend of Stone Soup Nourishes a New Resort and its Community*

It is no coincidence that Stone Soup—a smoked duck broth, hearty herbs and farm gate vegetables—is the first thing on Chef Brock Windsor's lunch menu. Just two days before opening, there was no electricity, nor pots or pans in the kitchen. Miraculously, here we were, on opening weekend, sitting in the Arbutus Grille and Wine Bar perusing exactly what you would expect from Brock—inspired cuisine that pays homage to all things local, paired with Brian Storen's award-winning wine list. During dinner there was not an empty seat in the house. During brunch, too. The Art Gallery opening was an artistic and culinary success. Every specialized spa treatment room was deservedly full.

You will understand the vision of the Brentwood Bay Lodge and Spa, with its open Northwest architecture and 33 OceanSuites that are true to the location and setting, but with a contemporary and sophisticated edge to the design, once you understand the origins of stone soup.

"Once upon a time, there was a great famine. People jealously hoarded whatever food they could find. One day a stranger came into a village. It seemed there was nothing to eat anywhere. Ceremoniously he brought out a large pot and filled it with water, and an ordinary-looking stone was dropped inside. Gradually, the townspeople came one by one with a small scrap of something to offer; vegetables, some meat, until there was enough for a delicious meal for everyone. The townspeople always reminisced about the finest soup they'd ever had."

Here, too, community has developed around the creation of the Brentwood Bay Lodge and Spa. The lodge is today's stone; a collaboration and convergence of support of the group of local owners, community, craftsmen and artisans. It inspires the art gallery to go

beyond its traditional gallery walls and donates 10% to charity. Staff are empowered to make things happen.

The passion of those who are dedicated to honouring the bounties of the surrounding land and sea is to grow, prepare and serve each dish and ingredient with love and respect. Be sure to visit some of the local suppliers, including the Marley Farm, Victoria Estate Wineries, and the Ravenhill Herb Farm (Sundays), where we learned about the region's commit-

ment to grow as an agricultural community and a tourist destination. Sign up for the July 18th Farm Tour or the Friday night Medieval Knights Dinner Theatre at the Oldfield Orchard and Bakery. For more info check out [www.islandfarmfresh.com](http://www.islandfarmfresh.com).

The spa's treatments, designed and run by sisters Donna and Jorgina, from Spa 517 in Victoria, are worthy of the name "The Essence of Life" (try their individual and couples signature treatments, Essence of Life and Vintotherapy). Their hydrotherapy treatments, and flower-laden manicures and pedicures, remind you that Butchart Gardens is a water shuttle away and celebrating its 100th anniversary. Whether you make it to Butchart's or not, visit the Lodge's culinary and medicinal herb garden.

I loved the water view suite, with fireplace, jetted tub, power showerhead, great in-room spa amenities and high speed internet. Until August 31, stay 2 nights or more in an OceanSuite, and your first night, as well as gourmet breakfast each morning, is on the house. Why not splurge for a room with a hot tub on the deck?

The Marine Pub, Fine Wine and Spirits Shop, 65-slip Marina and Eco-Adventure Center round out your resort options. It is a perfect setting for a small to medium conference, culinary, romantic or soft adventure getaway.

With its acceptance as one of only three exclusive hotels in Canada to be awarded membership in "Small Luxury Hotels of the World", Brentwood Bay Lodge and Spa's "Stone Soup" approach is a recipe for success. Visit [www.brentwoodbaylodge.com](http://www.brentwoodbaylodge.com) or call 1 888 544-2079. ■

Randi Winter is a Travel Specialist in *Inspired Pursuits* who loves giving you the vocabulary to create the experience of your dreams. As always, she recommends using a travel specialist to ensure the best experience possible. 604 261-7871 or 1 800 745-7753. [randiwinter@passionatetravel.com](mailto:randiwinter@passionatetravel.com)