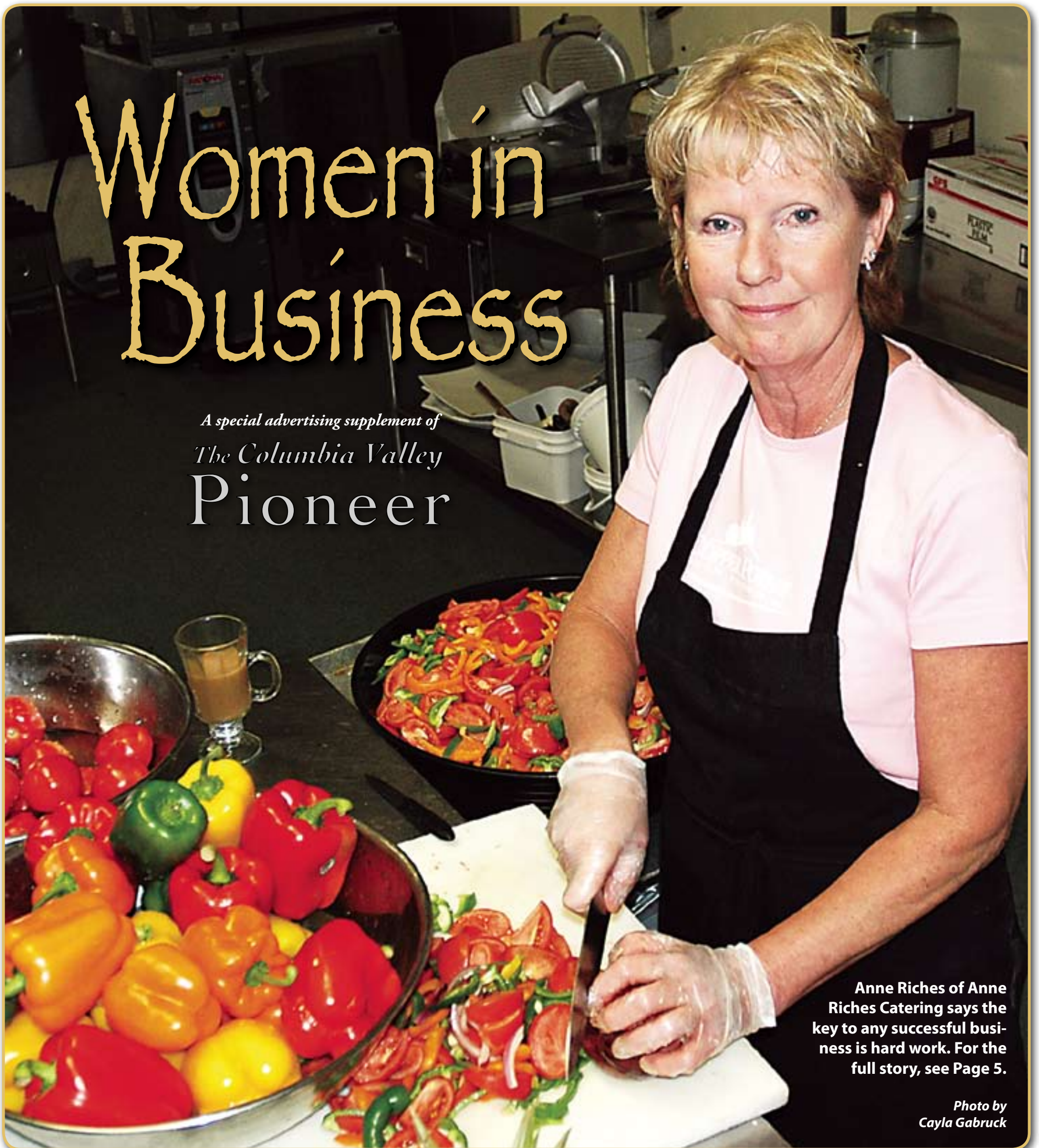


Women in Business

*A special advertising supplement of
The Columbia Valley
Pioneer*



Anne Riches of Anne Riches Catering says the key to any successful business is hard work. For the full story, see Page 5.

*Photo by
Cayla Gabruck*

Judy Beck, Co-owner Valley Solutions



When Judy and her husband Bob moved to the Columbia Valley five years ago, they noticed a need among their neighbours. Homeowners who were not permanent residents worried about their home's security when they were not in it.

So Judy started a business to routinely check on second homes, as well as clean them, keep appointments there, and maintain essential services. "It is a neighbourly service for people who haven't met their neighbours yet," Judy explained.

Judy looks after homes from Columbia Ridge to Spur Valley and is in regular contact with homeowners to provide peace of mind.

valleysolutions@shaw.ca

250-341-1903

Sandra Beingessner, Owner Bliss Hair and Esthetics/Blissbeads



This year marks a milestone for Sandra Beingessner. Twenty-five years ago she began her successful career as a hairstylist. In 2000, she purchased Bliss Hair and Esthetics from her parents.

"I credit my success to the strong work ethic of my mom and dad," Sandra said. "They are my heroes, they left the prairies in 1975 with a dream to live in the beautiful mountains of British Columbia. We have had the pleasure of styling hair for many locals and visitors. Our work is very personal. Our clients are like friends and family. Thank you for your support and friendship!"

Proudly creating beauty in the Windermere Valley since 1975!

814-13th Street, Invermere

250-342-6507

Wendy Bennett, Owner Rocky Mountain Pet Resort & Spa



Turning her passion into her pension and enjoying every minute, Wendy opened a mountain paradise for dogs and cats two years ago. The freedom to continue learning and creating has made this an exciting career change for the entrepreneur.

Wendy has a support group of women entrepreneurs and acts as a mentor to many women and young people searching for that special career.

Rocky Mountain Pet Resort offers boarding with indoor suites, off-leash areas, grooming and, new this spring, the "Tail Waggin'" indoor recreation centre. Going away? Call Wendy to take care of your pets.

www.rockiespetresort.com

250-347-9911

Cajsa Fredin, Jen Abra and Natalie Ruby Black Star Studios



With the help of many friends and family and immense support from the talented art community in the Columbia Valley, Cajsa Fredin, Jen Abra and Natalie Ruby opened Black Star Studios on July 1st, 2009.

Complemented with gallery space featuring more than 20 artists, Black Star uniquely includes five working studio spaces, occupied by varying artists of differing mediums, welcoming people to come by and see art in the making.

"We're always up to something, and the walls always have something new on them," said co-owner Cajsa Fredin.

Get creative! Get inspired! Get in here!

4884-D Athalmer Highway

250-342-6663

Anicka Blais, Owner Divine Insight



Not sure where your life is going? Need some directions? Have an important decision to make? Looking for answers to your questions?

With her psychic abilities and the use of tarot and oracle cards, Anicka can help you find some clarity into your life.

Highly intuitive and insightful, she has guided many people on their life path.

Also, Anicka is a Reiki Master and offers healing sessions through divers modalities.

"To serve others through readings or healing work brings me the greatest joy," Anicka said.

"With Compassion, Humility and Integrity."

Private consultations and group bookings.

Invermere

250-342-0822

Joanne Broadfoot & Sandi Clark Owners, Canterbury Flowers



Two years have passed since Joanne and Sandi opened Canterbury Flowers on 7th Avenue, Invermere.

Joanne's natural talent and flair for flower arranging, together with Sandi's lifelong passion for houseplants, make owning a flower shop a natural choice for these sisters.

Canterbury Flowers is your source for fresh-cut flowers and arrangements, houseplants and supplies, 100 percent Beeswax candles, gift baskets and event rentals. A valley-wide delivery service is available.

Canterbury Flowers is open at 9 a.m., Monday to Saturday.

1021-7th Avenue, Invermere

250-342-0383



Sandy Traverse, an independent consultant with Epicure Selctions, shows off some of the beautiful cookware and tasty spice blends the company offers.

Photo by Cayla Gabruck

Leanne Brooks, Owner Lucky in Love Wedding Design



Leanne Brooks of Lucky in Love Wedding Design has assisted 28 brides since 2006.

Many of Leanne's clients are from out of town and find it extremely helpful to have a local wedding consultant. She acts as their eyes and ears when it comes to seeking out and hiring vendors and knowing the inside scoop.

Leanne will take you on a venue tour, book your appointments and be your vendor liaison. She will budget-track, provide on-site assistance, decorate and tear down, and best of all, relieve stress!

For more information on Leanne Brooks, visit her website and let her help make your special day simple and stress-free!

www.luckyinloveweddings.com

250-341-LOVE

Kyla Brown, Owner Kyla Brown Photography



Kyla Brown is a freelance photographer, artist and writer.

As a graduate of the Emily Carr Institute with her Bachelor of Fine Arts in Photography, Kyla has been developing her business for the past six years.

Focusing on architectural and interior photography, Kyla captures both private homes and business locations with an artistic eye.

Her commercial work is balanced, with weddings and creative portrait work entitled "Honouring Life". These unique pieces layer beautiful photos with inspiring text to create artwork that celebrates people's passion for life.

www.kylabrown.com

250-688-8888

Elke Budenholzer, Life Coach

Resolutions for Life



Elke Budenholzer is a certified Power Coach® who helps individuals shift their thinking pattern in order to make meaningful changes in their lives. She uses tools and methodologies that assist clients in moving from fear into higher levels of peace and accomplishment, with lasting results.

Based in Invermere, Elke works with people, both in person and on the phone, and is able to accommodate evening and weekend appointments. Her mission to support individuals through emotional and spiritual challenges is incredibly rewarding and she continues to take training to further her abilities. Selected coaching packages are currently up to 30 percent off.

www.resolutionsforlife.com

250-341-5017

Jodi Clark, Owner

The Valley Shine Shop



Since buying Valley Shine back in April 2007, Jodi Clark has had a ball grooming valley cars.

"I love cars, I always have since I was a little girl," Jodi said. "I'm not a mechanic, so this is the next best thing!"

She has recently expanded Valley Shine's range of accessories and said, "Literally anything you can add to a vehicle, I can get."

But Valley Shine remains true to its roots: your car will always come away looking fantastic. The store will clean, polish and detail vehicles, offers window tinting and vehicle accessories. "Your vehicle will be perfectly clean every time," Jodi said.

valleyshine@shaw.ca

250-342-9696

Tanya Clutterham, Owner

Oasis Gifts



When you walk into Oasis Gifts, a stylish boutique in downtown Invermere, you will experience two things: a beautiful variety of gifts, bath and body supplies, jewellery and housewares, combined with customer service that is second to none.

Tanya Clutterham prides herself on going the extra mile for her clients and offers one of the biggest selections of Pandora jewellery in Canada. If you are looking for the perfect gift, look no further than Oasis.

Stuck on an idea for that special someone for Valentine's Day? Call Tanya and ask about made-to-order romance packages! For more information, check out the website at www.oasisgiftsbc.com.

905-7th Avenue, Invermere

1-877-342-9339

Danielle Elford, Co-owner

The Valley Alley and Lucky Strike Gas



Danielle has always had an interest in business but found the corporate city life wasn't what she wanted for her family. It was then that Danielle and her husband Jason jumped at the chance to purchase the Valley Alley and move to Invermere.

The Valley Alley has a friendly, family-oriented atmosphere, offering five-pin bowling, golf simulators, tournament-quality pool tables, a licensed lounge and an ice-cream parlour. Valley Alley is well known for its gas station, Lucky Strike Gas, which provides full service from the excellent attention of its friendly, helpful staff. "Our staff is really what makes the difference to our business. We are very fortunate to have the team we do!"

Highway 93/95, Windermere

250-342-BOWL (2695)

Shelley Ferguson, Owner

Bud's Bar & Lounge



After five long years, Bud's Bar and Lounge is now recognized as the premiere nightclub in the East Kootenay.

On top of its recent accomplishment, Bud's has been working on a new opportunity – becoming an entertainment venue hot spot.

From stadium rock shows like Bif Naked to candle-lit, dinner theatre with Fred Eaglesmith, there is something for everyone.

This new direction is only possible with a great team that bring professionalism, fun and excitement to your next evening out! Experience new flavours from talented chef Mark Hagan.

722-13th Street, Invermere

250-342-2965

Heather Fischbuch Kehr, Owner

Bare Hands Day Spa



With 24 years' experience in massage and aromatherapy, Heather Fischbuch Kehr is passionate about what she does.

"I am not afraid to tackle any problem that massage is eligible to tackle," Heather said.

After purchasing Bare Hands Day Spa last month, Heather will offer spa retreats in the spring and fall, open a store front upstairs at The Prestige, and network with other local health providers to offer a full health assessment for clients.

There are three massage therapists and two estheticians at Bare Hands Day Spa. Services include massage, waxing, facials, manicures and pedicures.

Prestige Inn, Radium

250-347-2121

Anne Riches: Culinary queen

By Cayla Gabruck
Pioneer Staff

There aren't many chefs, women or men, who can boast they have catered four weddings in one day or fed hundreds of hungry cyclists during a gnarly, 400-kilometre race through the high Canadian Rockies.

Anne Riches can. The 52-year-old mother, grandmother, business woman and self-taught chef is like Super-woman when it comes to supplying people with delicious dishes for every occasion.

"I've always had a passion for cooking," Anne said. "I like seeing people enjoying my food – I like making people happy."

Born in Copenhagen, Denmark, Anne moved to the Columbia Valley with her family when she was only three years old.

After making a home in Edgewater for three years, the family travelled back to Denmark for a year, before settling for good in the Columbia Valley.

Anne graduated from David Thompson Secondary School and has two grown children: Brandi Ponych and Vaughn Riches. She also has three grandchildren: Vaughn's daughter, Cassie, 4, and Brandi's two girls, Jersey, 4, and Josie, 2.

Anne began cooking at an early age. You might say



that cooking is in her blood.

As a young girl in Denmark, she spent many hours in the kitchen with her grandmother. It was there she learned to make frikadelle – flat, fried dumplings of minced pork – her favourite dish.

"Making frikadelle always reminds me of Denmark," Anne said. "I remember coming down the stairs from my grandmother's place and the smell wafting down the street from the bakeries."

Since opening Anne Riches Catering in 2001, Anne has developed quite the reputation around town.

Known for her famous stuffed chicken breasts, her succulent stuffed mushroom caps — and

her work at various valley events, including the Lake Windermere Rod and Gun Club Wild Game Dinner and Dance – Anne said she prides herself on making things from scratch.

"I like inventing things," she said. "Sometimes, when I am in a really good mood, I just like to get into the kitchen and create something."

Aside from the booming catering business, Anne has taken on a new chal-

lenge this spring. She will be taking over The View, the restaurant at Copper Point Golf Course.

She said she is looking forward to the new business endeavour, especially designing a new menu – which will include her own secret recipe for fish and chips.

But what's it like being one of the best in a field dominated by men?

According to Anne, the secret for success is the same – man or woman.

"I think if somebody gets into this business they just have to be ready for long hours and hard work," she said.

"When summer hits, don't expect too many days off – just keep smiling and don't be grumpy. Life is too short."

Jolaine Undershute, Co-owner Endeavor Fitness



Jolaine and her fiancé Brandon opened Endeavor Fitness in 2009 and with a reputation for intense, effective training, the pair has already developed a strong client base.

Jolaine has always had a passion for fitness, even as a young girl. She began as a gymnast, which eventually led to fitness competition. Back then, her dream was to open a training studio and inspire others to achieve their fitness and nutritional goals.

Now, a certified Crossfit Trainer and Nutritional Consultant, Jolaine has achieved her goals and is looking forward to helping her clients do the same.

www.endeavorinvermere.com

250-688-0783

Shelley Ford, Owner Shelley's Shiners Cleaning Service



Over 14 years, our services have included: post-construction, move-in-out cleaning, property rental, residential, reno clean up, along with offices, hotel common areas, and recreational centres. Soon new areas will include: grocery shopping/pick-up and delivery; house sitting/checking while you are away on vacation or business; providing our customers with pet care such as dog walking or just simply stopping by to let dogs out when our customers cannot get home in time. Need a plumber, carpenter, electrician, or painter? We have a highly recommended list of professionals that can help! New areas coming soon to our website.

www.shelleysshinerscleaningservice.com 250-342-5837

Shizu Futa, Owner Touching Tranquility



Shizu grew up in the valley, does contract bookkeeping, and values maintaining wellness over combating illness.

It is important to have a physician one trusts; it is equally important to take responsibility for one's own well-being.

A Touch for Health practitioner, Shizu can "tune" the body to operate at its optimum level of wellness, to maximize the benefits of its energy core, and to maintain its communion with mind and spirit. Appointments may be made at Spring Health Foods, located on Invermere's main street. Or book a "backward chair" party by e-mail.

touchingtranquility@yahoo.ca

250-342-2552

Shannon Gertner, Owner Shannon's Blinds & Designs



When Shannon Gertner started renovating her home two years ago, she was overcome by the many choices available for window fashions.

So, with 20 years' experience in customer service, she decided to fill the need. Now, Shannon's Blinds & Designs offers green, high-quality blinds, drapery and bedding. What's more, treatments can be customized to fit any window, any bed and any budget. "Our latest project was The Residences at Fairmont Ridge, where we just furnished the newest seven town homes," Shannon said.

Shannon also provides at-home consultations. "I look forward to meeting you – let's decorate!"

shannonsblinds@yahoo.ca

250-349-7507

Carol Gordon, Consultant Ki Associates Enterprises, Inc.



Carol and her husband Jim McElroy are co-managers of Pleiades Wellness Spa at the Radium Hot Springs Pools, as well as being partners in the business and wellness consulting company Ki Associates Enterprises Inc., and Nikken Independent Consultants.

Are you looking for natural and sustainable approaches to improving your health and well-being and increasing balance in all areas of your life?

Carol invites you to explore a variety of non-invasive natural options with her.

Call or e-mail kiassociates@telus.net for a complementary wellness or business consultation in their downtown Invermere office.

202A – 926th Avenue, Invermere

250-341-6114

Interior World Downtown Invermere



Since 1994, Pat Conway and her husband Karl have owned and operated Interior World in Invermere.

Now her two daughters Erin McNeil and Sue Hoyne (pictured), along with Sylvie Janin, manage the day-to-day activities.

This unique store is a one-stop shop for housewares. "You can furnish your entire home here," said Erin.

Items for the kitchen, bed and bath, lighting, wall art and much more highlight the ladies' outstanding furniture choices. A focus on "made in Canada" products ensures great quality.

926-7th Avenue, Invermere

250-342-4406

Dorothy Isted, Owner FaceFair



Dorothy found the perfect job: selling high quality merchandise. When she established FaceFair, her signature product was Dr. Hauschka Skin Care & Mineral Cosmetics. Customers with normal, dry or blemished skin are happy they've found a product that gives superior results. Up to five percent man-made chemicals are permitted in certified organic products, but Dr. Hauschka is 100 percent natural. A perfect fit with FaceFair are Anion napkins with their negative ion healing factor. (Gals, say goodbye to cramping, bloating, yeast infections and headaches. Say hello to enhanced metabolism and balanced hormones.) FaceFair: Your body. Your world. Be kind to both.

facefair@nanonow.ca

250-342-3826

Charlotte and Vivian Jablanczy Realtors, Royal LePage Rockies West Realty



Charlotte and Vivian believe that by focusing on customer service, they can help alleviate some of the stress that comes with buying or selling property and get you the best deal possible. They want to ensure that their clients have a positive experience when searching for their ideal property by being reliable and always a couple of steps ahead.

Charlotte and Vivian recently had their website renovated into a cleaner, more modern look that is user-friendly and full of useful information. Check it out!

Whether you are looking to buy or sell, Charlotte and Vivian would love the opportunity to meet with you!

www.charlottej.com

250-341-5894

Natascha Kendler, Owner Helna's Stube



Natascha had 10 years of experience in the tourism industry in Austria when, in 1999, she and her husband Helmut, an international chef, combined their expertise and opened Helna's Stube in Radium.

People come from far and wide to enjoy their authentic Austrian cuisine. Helmut's appetizers, entrees and desserts are an ever-changing variety of delicious treats. Natascha and her servers make sure to provide their patrons with an excellent dining experience in a tastefully decorated cozy room. "We take a great deal of pride in our business," she said. "Our motto is, 'For the love of fine food.'"

www.helnas.com

250-347-0047

Beva Kirk, Co-owner Crazy Soles Running/Yoga Store



It's the third year in business for Beva Kirk and her husband Jordan, and business continues to boom.

"Finally I think we have reached a balance between us both working full-time, parenting our two boys and training in trail-running, cross-country skiing and mountain biking," Beva said. "We still have passion in our business and our active lifestyle!"

New this year is Inov-8 Trail Shoes, Arc'teryx clothing and outerwear and GoMotion light systems. Referrals from physiotherapists and massage therapists can be accommodated with Beva's expertise in fitting footwear and other athletic gear.

www.crazysoles.ca

250-342-2074

Elizabeth Klein, Co-owner Te Papa Nui Antiques and Collectibles



Vacations are always a little hectic for Elizabeth Klein and her husband, Joe. They own one of Canada's largest and best antiques stores, so as they travel, they are constantly looking for unique and creative antiques. About four times a year, the Kleins travel to Europe or Asia, and most recently South America, searching for items for their store.

At 8,000 square feet, Te Papa Nui has an amazing variety of large pieces from Europe, along with smaller items such as Art Nouveau tile, wrought iron gates and beautiful stained glass windows.

The Kleins' passion for antiques has made Te Papa Nui popular among locals and visitors alike.

Industrial Park, Invermere

250-342-0707

Maria Kliavkoff, Owner MK Facilitations



For more than 15 years, Maria Kliavkoff, founder of MK Facilitations, has studied the human story as an educator, theatre director, workshop leader, personal and professional development facilitator and Belief Re-patterning™ practitioner.

Through monthly circles, workshops, retreats and one-on-one consultations, clients gently explore limiting beliefs and discover truths that free them to live the lives they choose.

Upcoming opportunities include: monthly phone circles, private consultation and "From Surviving to Thriving", a 12-day retreat in Golden. For more information, visit our website or call.

www.mkfacilitations.com

250-347-2110

Nancy Loraas, Owner Nancy Loraas & Associates Inc.



Nancy's work as a leadership and business coach, facilitator, mediator and trainer enables her to live her passion of inspiring possibilities for others.

She has had the privilege of assisting personal, political, entrepreneurial and corporate clients in the valley in her various capacities.

Nancy's keynote speaking – using the power of effective communication to elevate work teams, businesses and personal situations, and aligning your work place for success – continues to create bottom-line results.

nloraas@shaw.ca

1-877-220-9633

Pat Luders, Sculptor Portraits in Bronze



Pat creates life-sized bronze portraits of people, and more recently, their pets. "It's a wonderful challenge to capture the spirit and vibrancy of my subjects!" Pat said.

Her spacious new Labyrinth studio – with a 60-foot labyrinth – with the sound of a river, and the changing light on the mountains provide year-round inspiration for this artist. However, she is willing to travel anywhere in western Canada suitable to the client for portrait sittings.

"It's a privilege to live in this incredibly supportive and growing arts community and to have an opportunity to contribute through my art."

www.patluders.com

250-345-0350

Jayne Magri, Owner It's A Wrap! Specialty Gifts & Baskets



Jayne lovingly creates beautiful, one-of-a-kind gift baskets using a full array of funky containers, gourmet goodies and gift items.

She can make any day a special day with designs for every age, style, occasion and budget. Each gift is crafted in Jayne's home studio and is as individual as the person receiving it.

Her hand-made specialty gift baskets cater to both corporate and personal needs. Order anytime, or find her baskets at select stores, the Invermere Farmers' Market and craft fairs throughout the year. No matter the season or the reason, give her a call and she'll take care of it all! Delivery, too!

info@itsawrapgiftbaskets.ca

250-342-3160

Brayenna Murray, Co-owner Efficient Lifestyles



It's been over a year since Brayenna established Efficient Lifestyles, offering personal assistance to small businesses and individuals.

Brayenna has a background in social work and is extensively trained in Quickbooks, but her most recent accomplishment is becoming a certified wellness consultant through Nikken Inc.

Passionate about making life simple and healthy, Brayenna can work with you to take care of your bookkeeping, vacation rental/house cleaning and now offers wellness consultations. "Efficiency is a key to success with all aspects of life, health, and business – I can help with that."

www.efficientlifestyles.com

250-688-1500

Shandrea O'Brien, Owner The Stem Floral Design and Giftware



Going into its third year of business in Athalmer, The Stem Floral Design and Giftware, owned by Shandrea O'Brien and her mother, Norma O'Brien, is having continued success with numerous wedding bookings and providing local clients and businesses with unique and contemporary designs.

The Stem carries a wide array of house plants, Granville Island Soy Candles and Soaps, Karen Graham gift cards and a selection of unique vases and home decor.

Shandrea also provides weekly floral arrangements for business and corporate accounts or simply for your own home!

305-3rd Avenue, Athalmer

250-342-7559

Caio Paagman, Owner Concrete Gallery Design



For years, Caio Paagman has been combining her passion with her profession, creating unique works of art using concrete.

"My goal is to make concrete feel and look soft, warm, earthy, natural and timeless," she said.

Highly trained in Fu-Tung Cheng and concrete countertop work, Caio said her inspiration flows from the beauties of nature.

"Elements such as wind and water continue to be one of the many inspiring elements," she said. "My designs can be traced to the earth-like colours of stones that carry the beauty and feeling of both roughness and 'softness'."

For more information, visit her website.

www.concretegallerydesign.com

250-688-0321

Julie Parent, Owner Luminescence



Julie is the owner and operator of Luminescence Salon, offering a full service hair salon and three types of non-invasive, non-chemical cosmetic procedures: Alexandria Professional Body Sugaring, Cold Laser Therapy and Microdermabrasion.

She is a licensed hairdresser, as well as a certified practitioner of the three cosmetic treatments listed above.

Luminescence is open Wednesday to Saturday. Julie is also available for evening appointments.

Please call or e-mail Julie for more information or to book an appointment. She looks forward to hearing from you.

japarent@telus.net

250-341-5474

Jacqueline Pinsonneault, Owner Pathmaker Immigration



Jacqueline Pinsonneault became a Certified Canadian Immigration Consultant last year.

Together with lawyers, they are the only authorized representatives allowed by the Canadian government to offer immigration assistance to clients. She specializes in temporary workers, permanent residency and sponsorship programs.

She is member of the Canadian Society of Immigration Consultants, the Canadian Association of Professional Immigration Consultants and a fellow with the Canadian Migration Institute.

"Immigration can be a complicated and scary process," she said. "I help people navigate the system and get good results; it's gratifying."

505 – 7th Avenue, Invermere

250-688-1399

Sydney-Anne Porter, Owner AG Valley Foods



Sydney-Anne believes quality and customer service are key to making her business a success.

"I only hire staff who like people," Sydney-Anne said. "I am very proud of the friendly service the AG team provides to ensure a pleasant shopping experience for our customers."

The Columbia Valley Chamber of Commerce agrees. It named AG Valley Foods Retailer of the Year for 2000, 2001, 2005, 2006, 2007 and 2008; and Business of the Year for 2002 and 2003.

When Sydney-Anne became sole owner in 2006, her sons Eric and Greg moved here to help out, making it a real family business.

906-7th Avenue, Invermere

250-342-3330



ONE TOUGH COOKIE — Former fitness competitor Jolaine Undershute now calls the Columbia Valley home. Just last year, she and her fiancé Brandon Bloom established Endeavor Fitness, a training studio located on Arrow Road, next to the Kicking Horse Cafe. The couple is expecting their first child in May. Photo by Cayla Gabruck

Erin Reid, Owner Erin Reid Design, The Natural Home



At The Natural Home, located near Home Hardware, the furnishings are unique and represent quality workmanship with style at an exceptional value. “It’s a store for people who want a comfortable, relaxing and stylish feel for their home,” Erin said.

The Natural Home offers a great selection of in-stock inventory. Custom orders are also available.

As a designer, Erin works on all scopes of design and decorating projects with a particular focus on lifestyle, budget and balance between practicality and esthetic appeal. She works with the highest in industry professionals, with contacts in every area of home construction.

www.thenaturalhome.com

250-688-3746

Anne Riches, Owner Anne Riches Catering



Anne Riches has cooked for the Columbia Valley since she was 19 years old. She has been head chef at the Invermere Inn, and worked as a cook at R.K. Heliski and Radium Resort.

That was all before she started her Invermere-based catering business in 2001. Since then, she has provided delicious hors d’oeuvres, hearty roast dinners, and party appetizers for events like Bonspiel on the Lake, the Edgewater Homecoming and the TransRockies bike race.

“I just like to see people enjoying my food.”

This year, Anne has accepted a new challenge – running The View restaurant at Copper Point.

ariches@telus.net

250-342-2168

Jeanette Riches, Owner Fusion Wellness Spa



Jeanette opened Fusion Wellness Spa, a little piece of zen in Invermere, in 2007. For years she has been a health and wellness enthusiast, working as a personal trainer, fitness leader and massage therapist around the valley.

When you walk through the doors of the spa, the professional, friendly service will surpass your loftiest expectations. Fusion offers a range of treatments: massage, body treatments, facials, advanced facials with microdermabrasion and cold laser, esthetics, energy balancing treatments and a full retail area to meet your skin-care needs.

Fusion transcends mere pampering, taking your wellness and beauty to divine new levels.

518-13th Street, Invermere

250-341-3511

Carrie Rickards, Owner Essentials Department Store



It's been a year full of changes and rich learning experiences for Carrie Rickards.

But it's also been a busy year; in addition to revamping the store logo, the new mother has been taking courses and working with a business coach.

"It helps push me out of my comfort zone," she said. "My business coach is like having a coach at the gym – you work harder because they push you but the end result is rewarding."

The shopping experience at Essentials is made even more enjoyable by the experienced staff that work there. "Even though we have only been around for four years, we have over 50 years of experience between the team," Carrie said.

729-12th Street, Invermere

250-342-9313

Angela Ross, Owner Mountain Vacations



Angela Ross started Mountain Vacations in the spring of 2006. She has over 20 years of experience in the tourism industry. Her knowledge and charm certainly benefits this company.

Mountain Vacations is a vacation accommodation and activity planning company. Angela has a variety of deluxe condominiums, beautiful homes overlooking the lake and mountain cabin retreats throughout the Columbia Valley and Panorama.

Let her organize your next golf holiday or mountain escape: she will take care of everything.

So all you have to do is RELAX . . . and just enjoy. Visit www.mountainvacationsbc.com.

250-341-3263

1-877-341-3263

Elizabeth Shopland, Owner Banyan Tree Solutions



Banyan Tree Solutions vision is to inspire, educate and empower people to make personal, business and environmental choices that support a Vision for Global Wellness.

Elizabeth Shopland, owner of Banyan Tree Solutions, is a Nikken Independent Wellness Consultant, Certified Momentum Coach, Author and Speaker. Look for her powerful new book to be released in the summer 2010.

Elizabeth, a certified horticulturist, also owns and operates Homefront Essentials Gardening Services.

She has enjoyed living in this valley for over 15 years and looks forward to supporting you.

www.btswellness.com

250-342-8978

Maureen Szott, Co-owner Fairmont Goldsmiths



With 45 years of business experience under her belt and a love for customer service, Maureen moved to the Columbia Valley from Edmonton to retire.

Little did she know that before long she would be managing Fairmont Goldsmiths – a booming business on Invermere's main street.

Maureen operates the business with her husband Fred, son Terry and grandson Brandon. Together the family offers a variety of services including gold repairs, on-location insurance appraisals and one-of-a-kind design and craftsmanship.

The shop is open Monday to Saturday. Have questions? Call Maureen!

926-7th Avenue, Invermere

250-342-8778

Shari Taft, Owner Aurora Home Staging & Design



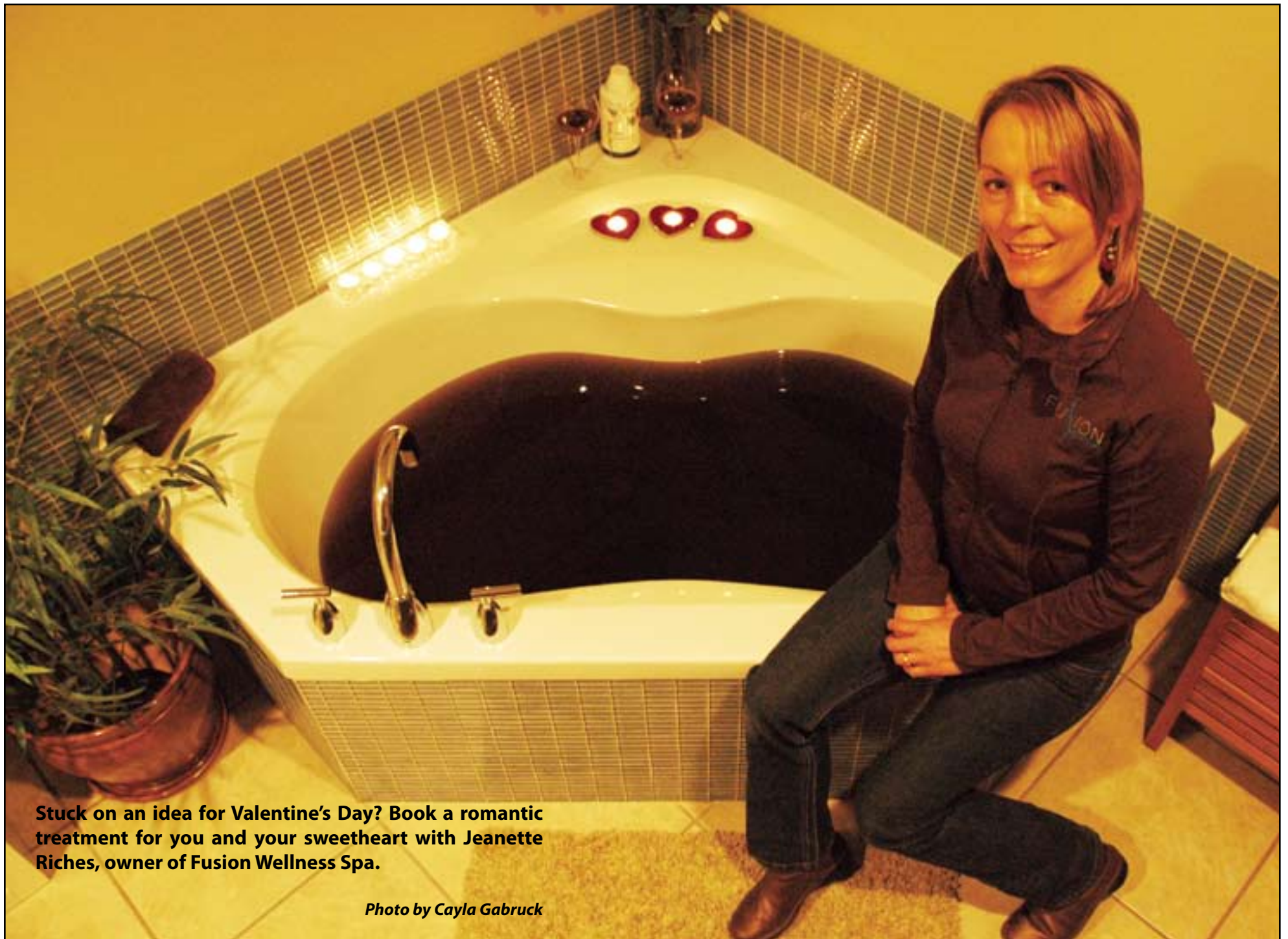
After completing her studies in Interior Design and Merchandising, born-and-raised local Shari Taft returned to the Columbia Valley to fill a void in the market: "Interior design for the average person." Shari takes on jobs of many shapes, specializing in home staging: making esthetic changes to a home for sale to attract more buyers, which is extremely important in today's competitive real-estate market.

Shari also offers consulting for any design job, from colour consulting to completing an unfinished basement.

Stop in and visit Shari at Mercer & Company, Invermere, from Tuesday to Saturday.

www.aurorastagingdesign.com

250-341-5971



Stuck on an idea for Valentine's Day? Book a romantic treatment for you and your sweetheart with Jeanette Riches, owner of Fusion Wellness Spa.

Photo by Cayla Gabruck

Michelle Taylor, Owner Columbia Valley Life Sports



"I can't believe I'm entering my sixth year coaching sport and fitness in the valley!"

Since the beginning, programs have been added and changed. One thing remains and that is the wonderful attitude and camaraderie among participants, adding energy, laughter and sweat to the programs. In 2009, children's sport camps, private fitness consultation and running video analysis were implemented.

Watch for a new format to the running clinics this spring and some free hiking and running sessions. Other programs include triathlon training, snowshoe fitness, adult fitness camps and Nordic pole walking clinics.

www.columbiavalleylifesports.com

250-342-8737

Sandy Traverse, Unit Leader Epicure Selections



Epicure: n, 1. a person who cultivates a discriminating palate for the enjoyment of good food and drink; gourmet.

Sandy has always been passionate about food and is a real people person who enjoys sharing her love of food with others. So when she heard about Epicure Selections, a 100 percent Canadian, family-owned company offering healthy, gourmet food products and professional quality cookware, she knew right away this was for her! Sandy and her team offer fun tasting parties, catalogue sales and fund-raisers. She is expanding her team, so if you would like to party for a living, call to ask about Epicure's flexible, affordable business opportunity.

ttravers@telus.net

250-342-2121

Lori Watt, Owner Columbia Valley Sign Artists



Columbia Valley Sign Artists will design any sign to promote your business. Window signs, vehicle lettering, storefront art and sandblasted signs can be custom-made.

Lori took over the business in 2003.

Some of her clients in the valley include Panorama Mountain Village, Columbia Valley Arts, Sears, Essentials, and The Bargain Shop.

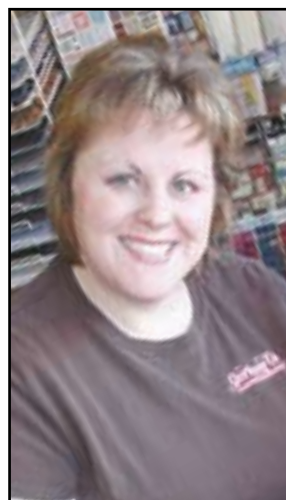
She even created the colourful ice-cream sign at Gerry's Gelati.

"Each sign is unique to the client's specifications. There are no pre-fabricated signs here," says Lori.

signart9@telus.net

250-342-8331

Trudi Wells, Owner Scrappy-Do's



Well into Scrappy-Do's second successful year, store owner Trudi Wells is still enjoying the magic of supplying scrapbookers and card-makers with the materials they need to put a smile on their face and a twinkle in their eye.

With Quikutz die-cutting products, new paper lines, stickers, buttons, ribbon, fiber, chipboard, inks, cool tools, albums, and other kinds of embellishments, the crafting epidemic continues to soar.

To find out how much fun scrapbooking can be, drop by the store, take a class, enter the monthly layout contest, sign up for our annual retreat or come by on crop nights. Trudi said no matter how or when, JUST CROP!

No. 1, 1206-7th Avenue, Invermere

250-342-7238

JoAnne Willox, Owner Details by JoAnne



It has been eight years since JoAnne Willox opened her trendy boutique in downtown Invermere and the busy entrepreneur said her main goal is still to provide a unique shopping experience for each and every customer.

"It gives me great joy to bring in new and exciting fashions and accessories. To see the excitement on my customers faces when they find that special item that makes them look and feel awesome is very rewarding," she said.

JoAnne is very passionate about her profession and has added many new and exciting elements to the store, including ladies' night celebrations and after hours shopping by appointment.

Parkside Place, Invermere

250-342-7171

Coralie Woelfle, Co-owner Valley Spas



Coralie and her husband Neil have owned and operated Valley Spas for going on four years now. The couple opened their hot tub business in 2007, selling Dynasty Spas. That same year they expanded into a store front on Invermere's main street. In 2008 the business expanded to include Arctic Spas from Thorsby, Alberta.

Valley Spas specializes in hot tub sales, service and accessories, as well as other leisure products such as steam showers, saunas, massage chairs and more.

Valley Spas takes pride in their commitment to service after the sale. Come see Coralie at 503B 7th Avenue, Invermere for all your hot tub needs.

www.valleyspas.ca

250-342-3922

Ruth Zehnder and Gina Mannheimer, Physiotherapists Invermere Physiotherapy Clinic



Invermere Physiotherapy Clinic is pleased to welcome Gina Mannheimer to the clinic. Gina and her husband moved to the valley a few months ago and have loved every moment spent here.

She studied physiotherapy at the University of Cape Town in South Africa, and then worked in a private clinic and hospital in Namibia. Gina has an interest in pe-

diatrics as well as in treating neurological conditions, but she enjoys all aspects of physiotherapy.

Gina will join Ruth Zehnder and Wallace Ross at the clinic beginning February 1st where she hopes to add fresh knowledge and to assist with extended hours.

Ruth is continuing to treat and educate female patients with urinary inconti-

nence and irritable bladder syndrome.

As well, our clinic uses a computerized gate system, designed for assessing and ordering custom foot orthotics, which helps to alleviate foot, knee or back pain.

We also offer treatment for sports, work-related and motor vehicle accident injuries, as well as chronic posture-related pain.

1317C-7th Avenue, Invermere

250-342-0415