

GET TO KNOW YOUR EXPERTS AND HOSTS

During the Solstice Girls Weekend, you will be hosted by Carolyn and Lisa from The Flock Social Club. They have taken care of the logistical details for the weekend, and will be your main contacts.

In addition to being a host, Lisa will be the wine expert. As a Level 3 certified wine expert, she'll pair the wines that we'll enjoy with dinner each night, and take us through the wine tasting on Saturday.

Our experts for the weekend are Julie and Nicole. The details on what they will provide are noted on The Flock Social Club events page.

To help you get to know these four ladies, they've answered some questions about themselves. Have a quick read through to learn more about each of them.

Carolyn Keery — Co-founder, The Flock Social Club

What's coming up that you are excited about? *My husband and I are planning a trip to France in September. I am looking forward to putting my years of French immersion to good use, enjoying fantastic Champagne and wine, spending time doing romantic things in Paris — such as a picnic overlooking the Eiffel Tower, along with visiting adorable small villages in Provence. On the other hand, my hubby is looking forward to visiting buildings designed by his favourite architect. He is himself an architect and has wanted to take this trip for quite some time. With our combined interests, it'll be a fun and explorative three weeks!*

What are you most proud of in personal life right now? *I can't begin to share how super proud I am of my son, who will complete his BScN degree in April 2019. In addition to that, he has been accepted into med school to be a doctor, starting in 2020. The news is relatively new, and I am still in shock! When we meet up, ask me where he'll be going to school.*

What's your go-to morning beverage? *Always tea, usually jasmine green, or peppermint. As a weekend treat, or on a summer vacation by a lake, I love to have a spicy Bloody Caesar.*

Share something new to you, that you are enjoying. *I am fairly new to gardening, and to my surprise, I am really enjoying it. What started out as work, is now something I look forward to every weekend after Victoria Day. There is something really relaxing about being outside and getting your hands dirty, plus it's really rewarding to look at what I've accomplished.*

When do you have your best ideas? *My best ideas come to me either in the middle of the night, or while I'm curling my hair. I always have a notepad nearby so I don't forget any of them, and then often find sticky notes in random places around my house, purse, and car.*





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Julie Norcott — Founder, Arise Wellness

What's coming up that you are excited about? *My Graduation! I'm a bit of a lifelong learner, always adding new certifications and qualifications to my bag of tricks. This time around I've been back in school for what feels like far too long (3+ years), and though I only have under a year and a half before I can call myself a Manual Osteopathic practitioner - I can see the light! With that, I'm excited to see where this new direction of my career takes me and my business.*

What's your favourite type of wine? *Give me all the bubbles. The good stuff, please! I swear bubbles make people happier. Depending on the meal or the occasion, I'll gladly sip on almost anything aside from an oaky chard or a too dry Merlot.*

Where's your next vacay? *I'm heading to England for a wedding in September, it will be my fourth time visiting this amazing country but my boyfriend is English, so I'm sure it won't be my last. We're planning to take a road trip from there around Inverness and Aberdeen, Scotland. He's into scotch and I'm into beautiful adventures, so we're heading off on the Whiskey Trail. In the meantime, there have been talks of a girl's hiking trip to Arizona and a long weekend away in NYC.*

When do you have your best ideas? *My best ideas come when I'm in my "zone" - when I'm walking my dog through the park, hiking on trails just outside of the city, when meditating or doing cardio.*

What does your morning routine look like? *Typically my morning will include a big glass of lemon water, a quick meditation, a dog walk, ideally some type of exercise (cardio or body weight routine), some matcha/green tea, and a smoothie. With maybe a client/class or two. Saturday mornings add Coffee and Baileys, at least one Football match on TV and a trip to the Market.*

Lisa Weidinger — Co-founder, The Flock Social Club

What's your go to morning beverage? *Coffee, always coffee! If I'm treating myself, or feel like a little something extra, I'll get an almond milk latte with one pump of vanilla, but most days, it's just a coffee with cream.*

Where's your next vacation? *In May, I'm taking a quick trip to Greece after finishing a program I'll be running in Barcelona. Greece has always been on my bucket list, and the timing worked out to make the trip. It will make country number 17 on my list! Travel is a big part of my life in both my day job and my personal life, and I can't wait to introduce more travel opportunities with The Flock!*

What's your morning routine? *My morning routine has actually become one of the things I'm currently most proud of! Since September I've been joining the community at Limitless Performance for some kick-ass workouts before work 3 - 4 times a week. I have never been much of a morning person, and have always struggled to find a routine that I could stick to. The crew at LP has been encouraging while still challenging me to push myself to the next level. The early mornings are still a struggle, but it's rewarding to see the slow and steady progress.*

Workouts are followed by protein shakes and coffee on the way to work!





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What's your favourite type of wine? *I think this is a trick question for me. I grew up working in the hospitality industry and was lucky enough to get my certification as a WSET Level 3. It was an amazing opportunity to learn about grape varietals and viticulture and really opened my eyes to how many types of wine exist! When I'm looking for a comfort wine, I often head for a Malbec from Chile; they're generally very affordable and rarely disappoint. My classic white would be a nice chilled glass of Kim Crawford Sauvignon Blanc! One of my favourite things about my wine education is being able to share it with others, it's always amazing to see people's perception change during a blind tasting.*

What's your favourite food? *Without a doubt, peanut butter! It's delicious in everything; from pad thai, to cheesecake, and even just on a good piece of toast. If we're getting really personal, I'll take natural crunchy :)*

Nicole Baumgartner — Owner, MOD Custom Catering

What are you most proud of in your career/ personal life right now? *There are many reasons I am excited about this Retreat, but the biggest reason is because I have made some huge personal changes this past year, resulting in over 30lbs of weight loss, and over 30 inches all over my body! I don't often say I am proud of myself, but for this I truly am. This massive accomplishment was fueled by changing how I viewed food, my eating habits, finding a new-found love of yoga, and making better lifestyle choices in general. This retreat is the perfect way to celebrate this culmination of this past year, and a great opportunity for us all to share our unique stories.*

What's your favourite type of wine? *Wine and I are actually on a bit of a break at the moment (see above!). We had a very tumultuous relationship the last few years, and we simply lost sight of why began our relationship in the first place. While I used to enjoy a few glasses a night (read: a whole bottle, some nights!), I now only have a glass here or there with a nice dinner. My two exes though, who I still care for deeply and wish them the best in the future, are Ruffino Chianti and Cave Springs Dolomite Riesling.*

What's something about you that is unique? *Ask to see my thumbs lol Hint: Megan Fox has them too :)*

When do you have your best ideas? *Generally, in the morning, but not too early (I am *not a morning person, you've been warned!) I often save important jobs, double-checking fine details, or developing new menus and inspiring ideas for the morning. I also get super inspired by going out to events, festivals or checking out different cities on off-days. I find, taking a drive and escaping your 'normal' is very encouraging for fresh ideas!*

What's your favourite food? *Like Lisa, I feel as though this is a trick question! I really am a lover of all things food! I enjoy a lot of ethnic foods (Indian, Thai, Mediterranean), but if I had to narrow it down, I would say that a few of my favourite things are Chicken Pho (and really all soups in general!) and Chocolate (Belgian if I am being picky!) And then if you ask what is my favourite dish that I make, it would have to be a two-day Indonesian Lamb Curry, that is super flavourful, oh so tender, and worth every minute of preparation!*

