

Goddess

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"I think the big thing was mental. Everyone in my life basically gave up on me. I was borderline depressed, but I never gave up. I'm from the school of hard knocks. I had to overcome adversity in my marriage, adversity from my childhood."

Even though life has dealt her some bad cards, she's extremely upbeat and optimistic, believing everyone should live each day to its fullest.

Drevvatne's personal comeback came in 2007, when she was able to work herself back into top physical shape, placing in the top three at the Canadian natural bodybuilding championships, followed by a fourth-place performance in the world, competing for that title in Greece.

Active throughout her life, athletic involvement included skiing, equestrian, running, scuba and archery, twice competing in the Norwegian national championships in the latter. A loner in school, she always preferred individual rather than team sports. Her list of activities now includes yoga, inline skating, shooting, sky-diving and hunting and she'd like to compete again in bodybuilding in the near future.

When she celebrated her 40th birthday a few years back, she posed for a series of provocative photos to help break the stereotype of women over 40. One of the photos, involving an ancient-style weapon, paid tribute to her heritage.

"There's more to the body than working out. It's the emotional, spiritual and mental blockage. How you do anything is how you do everything in life. You can't heal your body just through training and ignoring other aspects."

An advocate opposed to genetically modified foods, she stresses the importance of not only reading a label, but knowing how to read the label.

"Stop confusing people," she said. "Most people don't know how to read a label and what it is that they're eating. I believe in full foods, getting back to the basics and eating the way our DNAs are set for — certified organic, free-range chickens, and dark green, leafy vegetables."

She believes things happen for a reason and she was naturally drawn to Osoyoos describing it as "a healing place" where she plans on staying for years to come.

Her mission is to help make Osoyoos a "health and wellness mecca of Canada," noting the large number of personal trainers and active citizens in the region. It's a natural fit with the climate and landscape, she declares, adding a good time to offer seminars and conventions is during traditional down-times in tourism, mainly the winter months.

