

# Cheryl Tiegs

Interviewed and Written By  
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One of the great things about publishing a magazine is that you get to meet so many wonderful people.

Last week I received an email from Linda Leatherdale (yes the Linda Leatherdale from the Toronto Sun and CityTV). That in itself was exciting but when I read the message I was blown away. She was asking me to come down to the King Edward Hotel to interview Cheryl Tiegs (yes Cheryl Tiegs the model). The woman that graced the covers of the most prestigious magazines around the world was going to be in Timeless Woman.



So on Wednesday September 9th, my photographer Craig Wilson and I took the trek to the big city. We left extra early to make sure we weren't late. Arrived at the hotel parking lot, laid down the \$20.00 and made our way to the front desk of the King Eddy. "Yes, I'm here to meet with Cheryl Tiegs, could you please let her know that I've arrived. My name is Diana Boyes and I'm with Timeless Woman." The front desk clerk picked up the phone and then handed it to me, "here you go," she said. "Hello, this is Diana Boyes from Timeless Woman; we're here to interview Cheryl Tiegs." "Hi Diana, this is Cheryl, I'm just about to do a phone interview but why don't you make your way up and we'll do the interview in my suite."

I'm no country bumpkin and I'm never star struck but I was a little bit taken back when Cheryl answered her own phone. I was of course expecting her assistant or her bodyguard or someone that was going to make sure I kept my distance.



When we arrived at her suite, Cheryl was on the phone. Long, luxurious, firmly defined legs, crossed at the ankles, were the first thing I saw when I entered. I thought, "These legs can't belong to a 61 year old woman." But sure enough when she stood (she's very tall), smiling from ear to ear - those legs in fact belonged to Cheryl Tiegs. She welcomed me like I was her long lost best friend.

Born September 25, 1947 in Breckenridge, Minnesota Cheryl Tiegs is still a stunning beauty. However during the 45 minutes that I spent with her, what became glaringly obvious is that the essence of Cheryl Tiegs is the real and true beauty of Cheryl Tiegs. Her eyes hold a sincere friendliness, her posture is graceful and relaxed and her smile is genuine. She was animated, open and put thought into the questions I asked her during our interview. She attributes her kindness to her upbringing. "I can only owe my friendliness to my parents and Minnesota roots where everyone is so nice and kind and have a good character. They treated everyone well. I saw them as examples; always reaching out to help whenever they could. A long time ago I made a decision to never have an enemy in the world. No one could walk in this room and I couldn't handle being in the same room with them. I don't have an enemy and that's



not always easy to do. I would be giving my power away if I let them make me angry and it's just not worth it to me. I try to be as kind as I can to everyone I meet."

Cheryl was in Toronto from September 8th to 11th as National Spokesperson for Cambria and to attend two Cambria charity events - Estate on the Bay Designer Showcase for Simcoe Country United Way and Hats On for Awareness Gala to benefit the Centre for Addiction and Mental Health. Cambria is an exclusive producer of natural quartz surfaces in the United States that opened a state of the art \$4 Million operation in Bolton, Ontario just 2 years ago. Here they will manufacture a variety of surfaces including countertops, shower and tub surrounds, vanities, flooring and for both commercial and residential use. ([www.CambriaCanada.com](http://www.CambriaCanada.com))

Ms. Tiegs was environmentally responsible before the word 'recycling' was invented. "At that time I had to tie all my newspapers together, package up all the bottles and cans, put them in my car and take them to the recycling center. That's how I remember starting and it wasn't easy in those days." This is one of the primary reasons she agreed to promote Cambria around the country. "Cambria is GREEN-GUARD certified (doesn't emit harmful chemicals in the air) and is certified NSF International as a safe surface for food preparation. They also recycle and recover 100% of their water used in their process." "I feel so strongly about this company and so close to them - whenever they call me I'm thrilled go and spread the word." (Ronnie Hawkins is Cambria's Canadian spokesperson and their product has been featured on Colour Confidential, Home to Flip, Real Renos and ChumFM and featured at Cafe Cambria at the Air Canada Centre and Club Cambria at the John Labatt Centre, London, ON)

Cheryl just wrapped up her summer by preparing her 18 year old son Zach for school abroad. "He's going off to Switzerland to go to school. I'll miss him." We spent the summer doing stuff together. We do things like shopping, going for lunch, family bar-b-ques." "He has his friends over for sleepovers and they think I'm hot but he doesn't like hearing that. I'm just a regular mom. When he was going to school I woke up every single morning to drive him to school and I was here when he got home. I never travelled when he was little. I wanted him to experience a regular life."

Cheryl's motto is ' "Life is good and keeps getting better." "The day that it stops getting better I'll do something about it." "I've always gathered friends that can take me to another plateau in life and teach me something, learn something from them. I mean everyday is not a ray of sunshine. If you get in the car and bump your head - say Life is Good because it's such a minor thing; but some people just complain. So saying Life is good is just a little mantra that's always in my heart and mind.

It's also important to look after yourself. Cheryl does yoga twice a week and weight training twice a week. On alternate days she hikes. She eats a well balanced diet and her favourite snack in the evening is 12 nuts and a glass of wine to wind down. She meditates everyday after lunch to prepare and build up her energy to start the other half of her day. Eight hours of sleep is a must in her life.



Her other Key to life and staying young is having and giving a lot of love. “Lots of laughter - I mean double over laughter and dancing. Dance even when you’re by yourself.” Learn, growing, dancing, laughing - it’s really the core of my being. You can’t sit in front of the TV and eat cheeseburgers and fries and feel good about yourself.”



“Someone once told me - Don’t ever lose your freshness. So I always try to be fresh. Learn and grown and do something knew. When I went through a difficult time in my life, someone told me to try something knew so you focus on the new project. It worked really well.”

Cheryl knows first hand what it’s like to feel down. I come from a land of Minnesota farmers, big hardy people and at one point I went up to 180 pounds during my modeling years and nobody was booking me anymore. So I had to make a choice. There is no magic pill - it’s all up to you. I know how it feels. It can be done.

Cheryl is still busy these days with all kinds of projects. She dabbles in movies, TV shows, modeling and has her own skin line ‘Ageless Beauty.’ She loves to be busy but she also likes to tuck in and read a good autobiography and still enjoys getting all dressed up and being glamorous.



Before we wrapped up I asked her what she wanted people to remember about her. “That I inspired people and let them know that life is a choice they have to better themselves and do the best they can with what they’ve got. To make everyday the best you can. If it means lying in bed reading a book, that’s okay if that’s what you need that day. When I look in the mirror everyday it’s not always pretty but I’m comfortable with myself, for myself. I know I can do better so I start each day as a new beginning.