

# 3 Lifestyle

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# E-dating proves just write

## Author offers helpful hints

By ANN MARIE MCQUEEN

ONE WOULD THINK a woman voted a "Hottie on the Hill" by the Parliamentary Press Gallery could easily score a date to their annual dinner.

But there was Stephany Crowley three years ago, during a stint as deputy press secretary to Canadian Alliance Leader Stockwell Day, sitting dateless at a table. She couldn't help but laugh to herself as several times different men came up to whisper "who are you here with?" and were shocked to find out the answer was "no one."

"Men just don't ask," says Crowley, a single mom to one daughter. "They're either too intimidated or they figure the nine-year-old carbon copy by your side is evidence of a relationship. It highlighted something for me I call 'cheerleader syndrome.'" Everyone might wish the attractive, popular "prom queen"-type girl had to sit at home on Friday night; in reality, with the right men not asking her out, Crowley says she probably is.

### itching to share

That press gallery dinner experience eventually helped spark Crowley's current ca-

tionship for more than a year — one that started online — the 34-year-old Crowley is itching to share her Internet dating experience.

After answering a pop-up ad, she figures her profile was eventually introduced to more than 17,000 men online.

She booked dates in other cities if she planned to be there on business. She learned political differences (in the form of a Liberal pollster who wanted to date her) can make or break a budding relationship because they are based on core values and beliefs. And she met men who wouldn't have had a chance at dating her otherwise.

### 'Few dozen' dates

"I met men who I might never have seen across the room and never taken a second look at because I had a chance to read about them and get to know them," she said. "And they turned out to be really great dates."

As Crowley figured out how to make the Internet work for her love life — on sites like match.com, date.com and spiritualsingles.com — she sifted through thousands of men for the "few dozen" she ended up dating. Friends and colleagues pestered her for tips and she decided to share



### Top 5 Tips

E-dating tips from Stephany Crowley:

- Know your limits and define your deal-breakers.
  - Consider the five foundations of compatibility: Religion/spirituality, marriage/family, lifestyle/social, career/financial and physical/emotional chemistry.
  - Try not to be embarrassed or worried someone from work, or your social circle will spot your profile online. They should only be on there for the same reason you are.
  - Google anyone you are considering meeting and don't be afraid to hire someone to do a background check.
  - Don't spend more than three months in the online "chatting" phase without meeting in person. You're wasting time.
- For more information, visit [www.e-datingExperts.com](http://www.e-datingExperts.com).

communications corps.

Crowley now lives in a south-end loft with her now 10-year-old daughter, and has been busy devoting herself to the Internet dating business. Before launching her e-