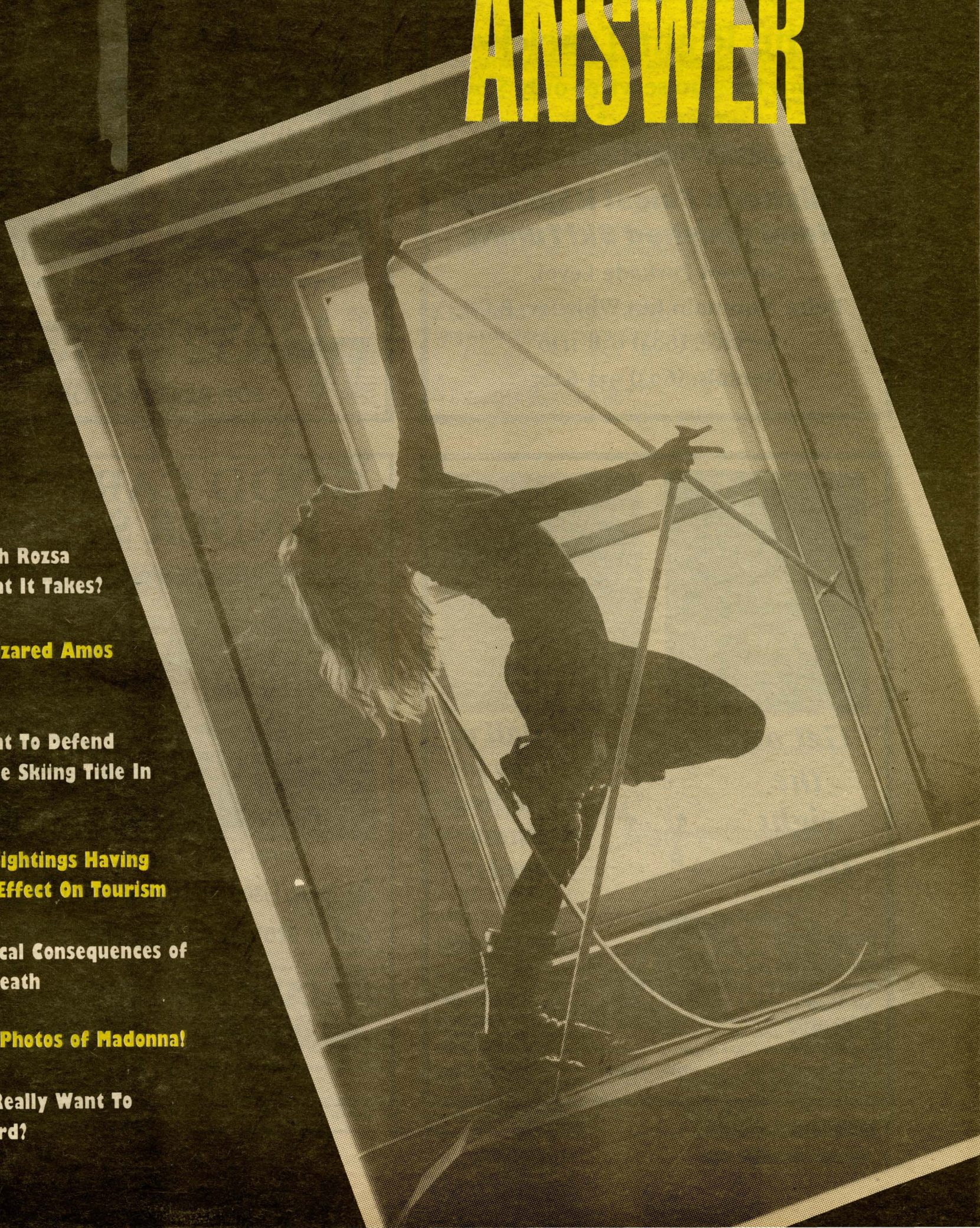


V.2 no. 8
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NOVEMBER

Whistler

ANSWER



**Does Edith Rozsa
Have What It Takes?**

**Guitar Wizard Amos
Garrett**

**Chris Kent To Defend
Endurance Skiing Title In
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**Bigfoot Sightings Having
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**The Medical Consequences of
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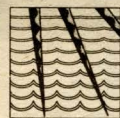
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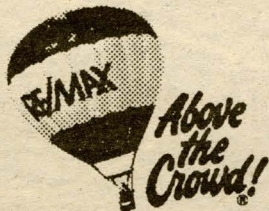
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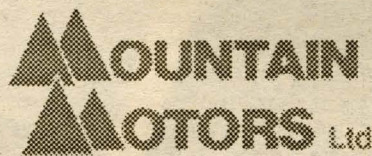
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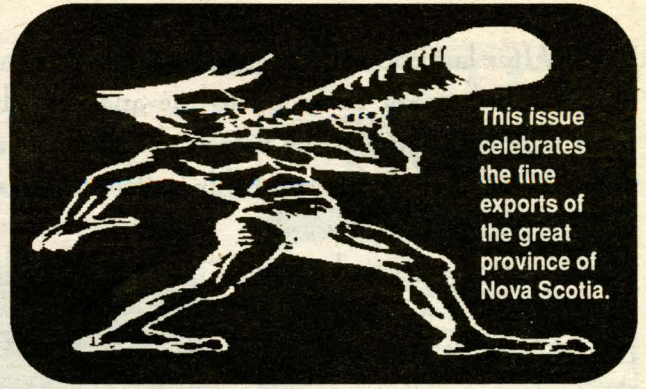
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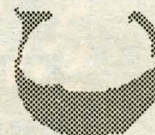
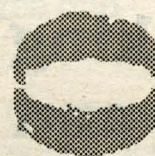
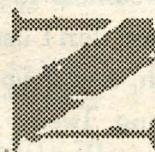
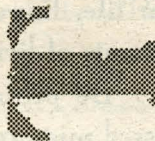
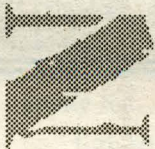
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COVER PHOTO
Freestyler Karen
Arnold prepares for
the new ski season.
Dianne Whelan Photo



This issue
celebrates
the fine
exports of
the great
province of
Nova Scotia.



3 Nightstalker

On certain days this fellow can manage brief spells of lucidity. Today's not one of them.

9 Bigfoot Terrorizes Whistler

Local authorities respond to latest rash of sightings in a variety of ways.

10 The Sporting News

The race departments are gearing up for a busy winter, and hockey's in full swing. The question remains, "how long is Trevor Dalley destined to languish in the minors?"

12 Edith Rozsa Faces Big Challenge

An aging ski racer assesses the chances of Whistler's young ski racer.

14 Thinking Of Becoming Hip?

Cheeseball explains a few basics before you trying snowboarding for the first time.

15 Dawn Lefebvre

The Tae Kwon Do instructor is profiled, and she explains a few salient points about the Oriental martial art.

16 A Hard Day's Night

Our own Chris Kent is heading down to Aspen of December 1 to defend his world record downhill performance in the 24 hour endurance race.

19 Amos Garrett's Got The Blues - Bigtime

A truly distinctive guitarist who's been a hired gun for all the biggies will be appearing in Whistler next month with his excellent band the Eh! Team. This here is the first in a continuing series of plugs for the Whistler Answer produced gig on December 3, 4 & 5 at Jimmy D's.

26 Off Season Work For Skids

An insiders look into the complex and sometimes misunderstood tree pruning industry.

27 Doc Jake

Everything you didn't want to know about the medicinal properties of garlic.

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After last month's debut I had more than a few comments. One savant came up to me and said that this column seemed to him to be merely a collection of disjointed and demented thoughts, probably written in about ten minutes, without care to cohesion, sanity or good taste. Give the man a cigar. That's the object, to just clear out the junk that pollutes my cranium, recycling the effluent of misfiring synapses and tossing it on paper. You want more, read Dostoyevsky, or council minutes.

To all you newcomers: Welcome to Whistler. I don't care where you've come from, you'll never experience a place like this.

First of all, this is the coolest place to be. Why else would *you* be here? You're cool, the place is cool, and condoms are available at the Pharmasave in the village.

You're an important person in the Whistler scheme of things. In fact, you're essential. Now that you know that, forget it, it'll never come up again.

As near as I can reckon, Whistler works like this: People from all over the world come here to ski and have a good time. They are not very resourceful people, and cannot get by without someone loading them on a chairlift, making their bed, cooking their food, pumping their gas, making their drinks etc. etc. As helpless as these people are, they do have one distinct advantage: lots of loot. Money may not buy happiness, but we don't want to tell them that or they may go away. If they go away then we'll all have to go with them...

You are starting a new job. Congratulations. Work is a good thing. It builds character. Sometimes it can even pay the rent.

You probably don't regard your job as a career. You are here to ski/snowboard and have a good time. That's allowed, although not encouraged. At closing time exit the bar quietly, and try not to be a nuisance, there's rich people sleeping nearby.

If you work for Blackcomb or Whistler, congratulations again. These are better mountains than you're used to. You will get a dual mountain season's pass.

These are good items and cost approximately three times what my vehicle costed. (My first season's pass cost \$125, but times change and I'm an old guy and should be pitied.)

Most of you will just spend the season here, and move on to more rewarding lives in academia or in a more urban centre. You will work, ski, party and then leave. You will probably have a great time that you remember for the rest of your life, however, you will probably miss many important elements of living in Whistler, but you won't care.

Be proud of the fact that you are the most well dressed migrant labour force in the history of exploitation.

By the way, it is social custom here in Whistler for newcomers to buy the permanent residents drinks. Oh yes, please don't use the word "local." It's a silly concept to begin with, and if you think you're a local after two weeks, you're wrong. Twenty years is local.

the NIGHTSTALKER



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Reflections

Why is it that the person who uses the last sheet of toilet paper never installs a new roll? Is it vengeance for bad potty training or just an easy practical joke? Why do we victim, proceed to do our business when there is no paper, only to realize it at the last moment? Hmmm? Why do I use a euphemism "business" instead of saying bowel movement? I've never been paid for dropping a load.

Smiling Rose
Whistler

Top Ten?

Here's ten things hippies will have to do when Gerry Garcia finally takes that last big trip.

- 1.) Learn to dance.
- 2.) Shave (faces/legs or both).
- 3.) Bathe.
- 4.) Wear deodorant.
- 5.) Find decent footwear.
- 6.) Wear pastels & solids

Letters

Whistler Answer

P.O. Box 587

Whistler, B.C.

VON 1B0

7.) Groom to Blackcomb standards.

8.) Find a new perfume.

9.) Get a job.

10.) Find a new over-the-hill drug star to worship so they don't have to do any of the above.

James Callaghan
Whistler

Thanks For The Memories

I'd like to thank the good people of Whistler for voting yes in the October 26 referendum.

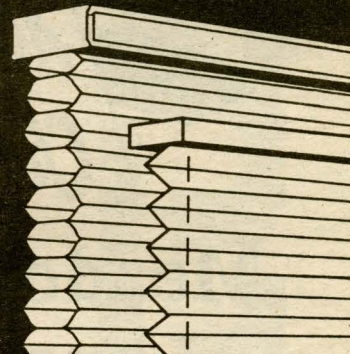
Of course I know that our side carried the day in Whistler because so many of you are originally from Ontario, and are more docile and easily led.

I'm so glad that so many of you former Ontarians have chosen to move to B.C. Can you imagine the unemployment rate in Ontario if you were still here?

Anyway, the constitution is on the back burner, so we Tories will have the time to devote to totally fucking up the economy.

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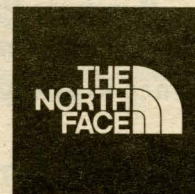
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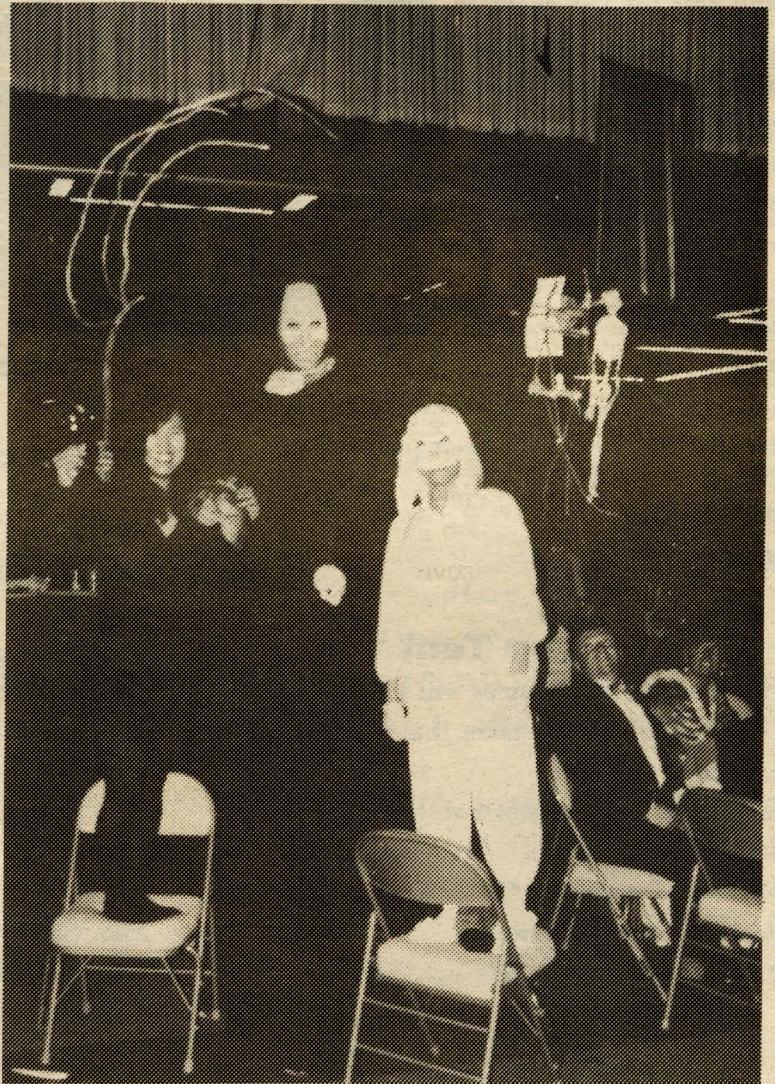
Very, Very Scary

Halloween proved once again to be party central here in Bug City.

The Fireman's Ball was the largest, and the winner of the Dual Mountain Season's Pass For Best Costume was the Whistler Ghoul, a nine foot Grim Reaper that looked remarkably like Whistler Answer photographer Elwyn Rowlands.

Following the festivities at the Conference Centre those in the know proceeded to Function Junction for an all night rave billed as Pumped Kin.

This function at Function was organized by the Hillbillies, and was jammed to the rafters with an eclectic mix of party goers. Rob Boyd was excellent on air guitar, Larry Charron had the most wonderful coiffure, and Greg Stump looked ravishing in drag.



There were so many parties to attend that we couldn't make it to all of them, although we tried. It was a long, long night of revelry and bedevilment that should be repeated at least once a month. Halloween is the kind of night that makes you really appreciate the fact that Food Plus is open 24 Hours.

A³ - R.I.P.



Gone On To Greater Glory, October 31, 1992

A Whistler electrician, Steve Buckman, was charged last week with fraud after he was caught predicting a Stanley Cup for the Montreal Canadiens. Seems the local wire twister has a real bad HABit.

(Alcohol was rumoured to be involved.)

The mysterious fire at Tony Evan's table at the Fireman's Ball is still under investigation. Arson has not been ruled out.

Whistler's Otis elevator serviceman Keith Dalley was charged with loitering. Crown counsel stayed the charge when it discovered that Dalley's lawyer was going to call the Maytag repairman as a character witness.



Charges are being considered after police were called to an unruly gathering in Rob Boyd's hot tub on Halloween. The no poaching rule may have been violated.

Fred Lockwood was not charged with anything this month. (But that's because he's in

West Van Howe Sound MLA David Mitchell was charged with impersonating a dead person after it was discovered he checked into the Chateau Whistler under the name Jimmie Durante.

jail.)

Brent Isaac, who organized a bizarre constitutional "forum" at the Chateau is being investigated for impersonating an historian and a UEL.

Every car in town centre was broken into last week. Although nothing was stolen, it appears that every vehicle had their tape decks switched around into different cars by the vigilant pranksters. RCMP state that they are detecting a trend.

For the benefit of our attorney, and to help some of you dimits out there, we feel obligated to inform you that none of this information is based in fact.

Two hunters were charged with shooting bears without a license at the Whistler Dump and Wildlife Refuge.

The Whistler *Question* was charged with malicious boredom after running its recent trivia contest. Hell, even Rick Flebbe doesn't know what kind of car Rick Flebbe drives.


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Karen Griffin was fined \$75 for breaking a noise bylaw. However, because only one of her stereo speakers works she only had to pay \$37.50, plus GST.


The Whistler *Question* publisher Jeanneke Van Hattem was charged with sexual harassment after asking Bosco to dance at the Fireman's Ball. Bosco is still in counselling.

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Whistler Snowed Under By Shopping

By Stephen Vogler

Startling new statistics released by a local doctor show that over 90% of Whistlerites are heavily into shopping. The village doctor, who prefers to remain anonymous, said that shopping is one of the biggest and most unacknowledged problems in Whistler society. "The huge sub-cult of shopping is eating away at the social fabric of this small mountain community," he said during a phone interview with the *Answer*.

The informant is the spokesperson for P.A.S. (People Against Shopping), a local action committee which is tackling the problem. "It starts out so innocently," he said, "A few shops, a little disposable income. In the old days, a trip to Squamish was required for getting groceries and then you could return safely to your home in the mountains. But now the dangers are everywhere. It's not just the shops, but the people coming in from large urban centres who are heavily into shopping—their habits are rubbing off on the local population."

P.A.S. statistics show that over 50% of Whistler's population is using shopping recreationally. A typical case starts out shopping lightly on weekends for items they need and maybe a few nic-nacs. But as the problem escalates they often find themselves shopping everyday, and the purchases change from logo T-shirts to 500 hundred dollar ski jackets and other sale items that just can't be refused. Credit cards and debit cards are one of the worst contributing factors to the problem and P.A.S. is trying to outlaw them in Whistler.

We interviewed a reformed shopper who just returned from a shopping detox centre back east. Mr. Con Sumer told us that he enjoys his life much more fully now than he ever did when he was shopping. "I still have some Questions," he said, "but apart from my groceries, all I really need is the Answer."



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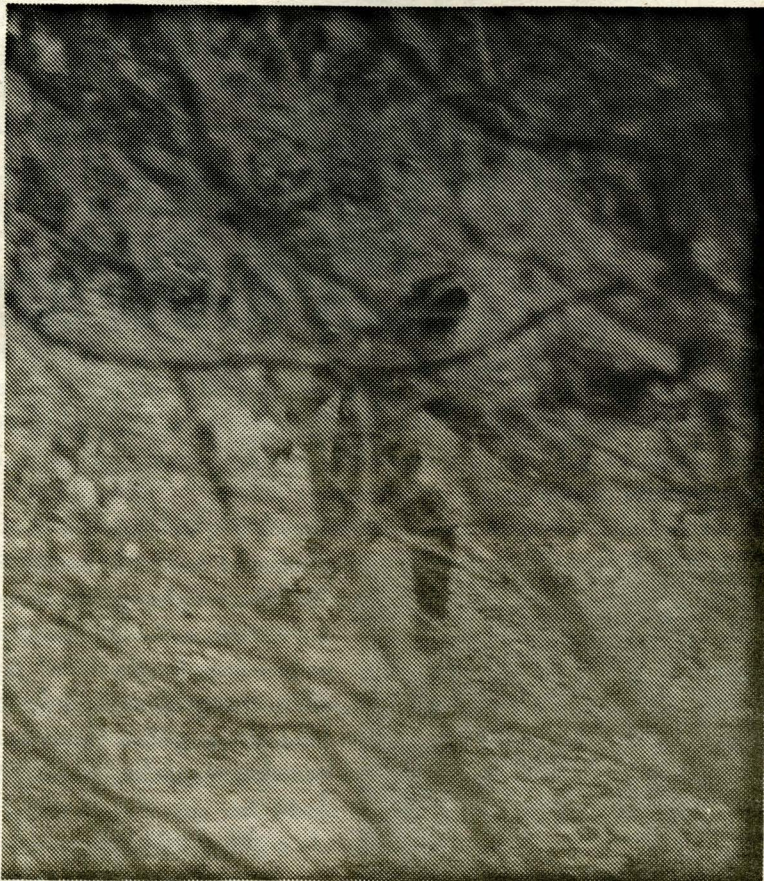
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Bigfoot Spotted In Whistler



Bigfoot was spotted in Whistler last month, and an alert but amateur photographer spotted the apeman on a stroll down the Valley Trail.

Whistler was abuzz last month with a rash of Bigfoot sightings, some as close to civilization as the underground parking in town centre. The hairy apeman, known in these parts as the Sasquatch, is believed to be foraging near town centre due to a failure in the berry crop.

Mayor Ted Nebbeling is trying to calm the hysteria that has broken out, and he downplays the significance of the recent sightings.

"Personally, I don't believe it," says Nebbeling. "I have seen the photos and they are of a very poor quality. As far as I can tell it could be Roddy McDowell, or Bosco during a full moon. But for those voters who believe in the Sasquatch, let me say that he could very well exist, and if he does he has my complete support. In fact, I think I'll do some commemorative T-shirts."

The RCMP have received numerous calls about Sasquatch sightings, but refuse comment. In a brief media release they indicate that they have turned the file over to Municipal (By)Law Enforcement.

Speaking for that department, Calvin Logue responded: "See, I knew we needed the nightsticks. I don't know if these creatures exist or not, but if they do I can guarantee that they are breaking many bylaws, and they must be brought to justice."

An unidentified woman, speaking for a group not known as Mothers For Morality, indicated that they were extremely concerned that these creatures were roaming around our local woods "without a stitch of clothes on, defecating on the shrubery."

A spokesman for Whistler Mountain stated that it was unlikely the beast would be considered for employment on the mountain "for his hair is not only too long, it appears to be matted."

Blackcomb is not so reticent, and has announced plans for a new high speed octa-chair to be called "Bigfoot," the terminus of which will feature the "Yeti Burger Bar and Grill," featuring the Sasquatch Burger.

The Whistler Resort Association announced that media representatives from *Midnight*, *National Enquirer*, the *Star*, *Hard Copy*, and *Unsolved Mysteries* were enroute. The WRA also announced that tour bookings from Japan were up 155%.

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promises to be the ski *soiree* of the season, November 12th when the annual fund-raiser for the Canadian National Ski Team will be held at Dusty's Cantina. The \$25 cover will include draw and door prizes and a chance to meet current and former team members.

This year's shaker features a silent auction with everything from ski equipment to pottery by Vincent "Binty" Massey. Check with Heather at Boyd's Video for tickets and details.

Keep an eye out for a good pair of racing skis during the fall sales and swaps. Both mountains have an exciting line-up of recreational ski racing scheduled for the new year.

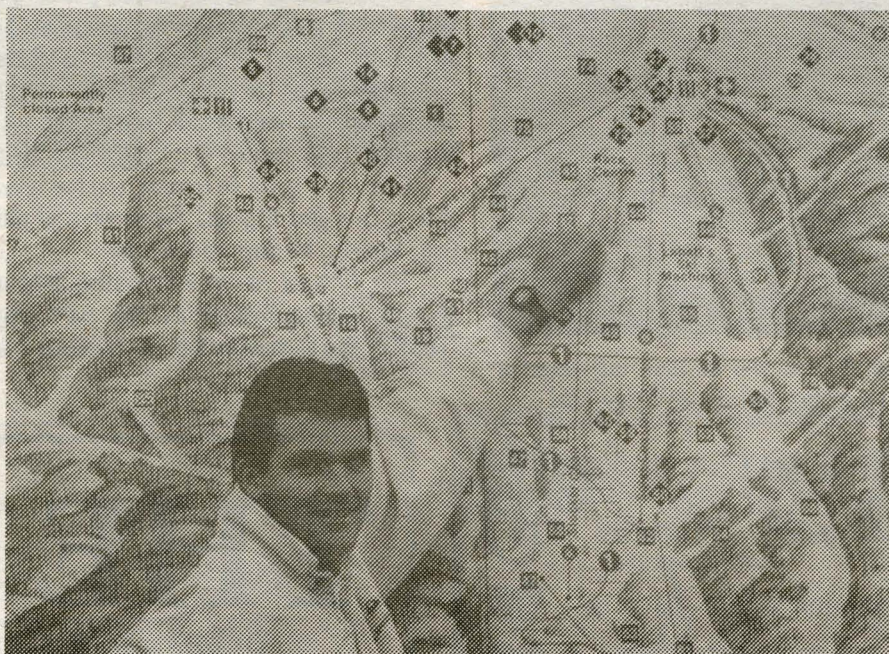
The Kokanee Cup Challenge series will go Wednesdays at Blackcomb, beginning January 13th. The winter series of slalom, GS and Super G will run for six weeks with the spring series set for four more dates in March.

Okanagan Cider sponsors a six race slalom and GS at Blackcomb on Saturdays commencing January 23rd. The Mistral West Coast Snowboard series is set for Sundays, beginning Jan. 24th. The snowboarders include a slalom, GS and Super G in the gates, plus three half-pipe competitions.

The Sudan Couloir Super G time-trial goes April 9th, the main race on the 10th. "There's no elimination process for this year's Saudan," says Blackcomb Race Coordinator Steve Legge. "The training race is mandatory, but just so everyone doesn't get mad at me, everyone who enters the time-trial will be eligible for the big race."

Over at Whistler Mountain the Kokanee Cup Challenge trips the timing on Fridays with 6 races beginning Jan. 15th. Jacques Morel and Tom Prochazka train Gatebusters, Thursdays and Saturdays under the Orange Chair. Something new this year is a \$321 seasons pass to Gatebusters.

Watch for F2 (fun and function) Adult Snowboard Camps on Whistler. They'll run a couple of days each month with guest pro-riders. The Dave Murray Ski Camps are back with thirteen different dates. "Dave Murray Camps are the fastest way to improve your skiing and have a lot of fun while you're at it," says Whistler Race Coordinator Cate Webster.



Steve Legge of the Blackcomb Race Department looks forward to a busy season. Elwyn Rowlands Photo

And, can you believe it? You won't get a chance to catch Al Frumento this year as the Peak to Valley race in early February is already full.

Squeaky Sneakers...

Whistler's recreational basketball league will be on the hardwood at Myrtle Philip for an eight team tournament November 14th and 15th. The Whistler Selects tangle with teams from Big Van in the weekend dunk-a-thon.

"When we started the league I didn't know what kind of a turnout to expect but it's been almost more than we can handle," says Tommy Africa's Doug Allin. "We hope to expand to two divisions, one competitive, the other a little easier. Kind of like the slo-pitch set up. It's not exactly co-ed but we've had quite a few women out and they've been accepted by the teams. There are a lot of good basketball players in town, some of them with top caliber experience."

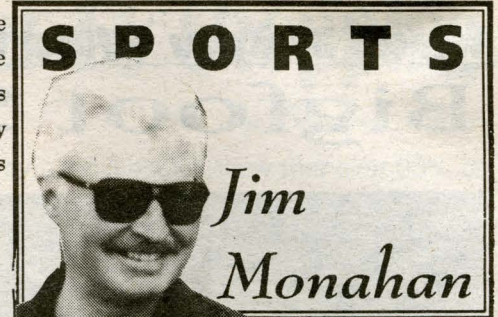
Don't miss the tournament. Admission is free and fans will have a chance at some of the prizes. We'll have a three-point shooting contest, a slam-dunk contest and buckets from center," says Allin, Boston Pizza will do the food along with a traditional refreshment garden. Should be fun...

Slap Shots...

The happiest people in Whistler when the new arena opens will be WMHL scorekeepers Ruth Lehman and Tonya Dubach who drive to Squamish for every game. Those Friday night 11:30 starts get them home around 2 am. Lehmann and Dubach share our travel and dedication awards this month. They also provide scores and stats to humble scribes

Rich Feliks of the *Citizen* and Bonny Makarewicz at the *Question*.

News from the Winterhawk camp has John "Rocky" Robinson back in the big show after a season with the White Tops. Rocky will patrol right wing with Bill Barratt back on the blueline. Seems first round draft pick Trevor Dalley will begin the season on the farm. "We don't like to rush our younger players," says Winterhawk mentor Richard "Stretch" Strautman.



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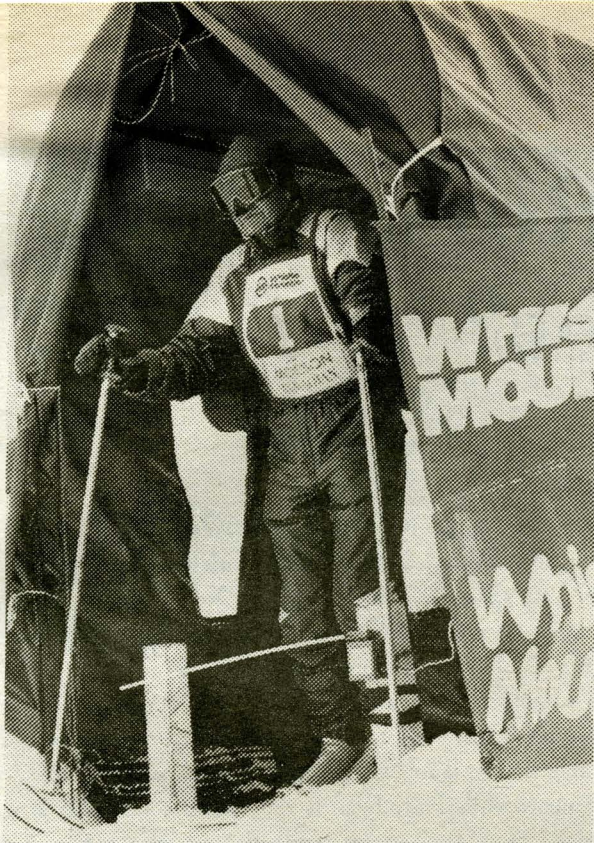


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The Whistler Mountain Race Centre's favourite racer is 76 year old Davey Jones, who has been racing with them for almost as long as they have been here. "He exemplifies the spirit of fun and participation for all skiers of all ages," says Cate Webster of the race centre. "Davey is joining us once again in the Peak to Valley Race. Dave Murray always told us that skiing is a lifelong sport and, here at the Whistler Race Centre, we hope that all our skiers are enjoying racing and skiing for at least as long."

"It came down to a numbers game. He had a good training camp though, we won't hesitate to call him up if we're in a spot.

"We play some games in the Agridome where the Canucks practice," reports Dalley, who has a goal and an assist so far with the Howe Sound Atom Rep team out of Squamish. "Looks like I'll stay with Howe Sound for the season and skate here when the rink opens. I'd like to score more goals and win lots."

Who's that number 69 for the Savage Beagle Bulls? Why, it's **Greg Pondelicek**. The Bulls lead the league in high sweater numbers with **Dave Lawrence** at 77 and big **John MacKenzie** wearing ol' 88. The Bulls also have tennis star **Rob McSkimming** and ski racer **Eric Pehota** in their line up.

A reminder not to throw away any old hockey equipment. **George Shulte** of Squamish can do wonders at his home repair bench. Shulte has done some work for Whistler players and recently did an exceptional job of patching and re-palming a pair of gloves for Squamish Hawks forward **Travis Moyle**. Call George to patch or repair your equipment at 892-3834.

Cab fares...

See where ex-Vancouver Canuck **Garth Rizzuto** and **Mark Sadler** are teaming up to form an oldtimers hockey team, Rizzuto has already been talking contract with Merlin's netminder **Gene Dary**... Speaking of goaltenders, **Stu Archer** is on the comeback trail with the White Tops. "What, me worry? With forwards like

Laird Brown and **Dr. Rob Burgess** the puck is always at the other end of the rink," says Archer, the masked marvel from parts unknown.

An example of who got the gold mine and who got the shaft from the NHL schedule you ask? ...But of course.... The Quebec Nordiques play Tampa Bay in Halifax on Feb. 20th, then have to travel to New Jersey the following night.

Eric Lindros and the Philadelphia Flyers are in New Jersey on Feb. 13th, then home against New Jersey on the 14th. The Flyers hit the road for five games: Feb. 16th against the Calgary Flames in Cincinnati; in Vancouver against the Canucks on the 18th; in Minnesota for an afternoon tilt on the 20th; play the Detroit Red Wings in Cleveland on the 22nd; and wind up the coast-to-coast and back again jaunt in Hartford on the 24th.

You'd think the Flyers would get a break after that kind of travel but no... Philly will barely get a chance to do their laundry before playing at home in the Spectrum on the 25th against, aw gee, you guessed already, the New Jersey Devils.

We still like the **Franz Wilhelmson** Arena... Have you seen the tennis dome at the Whistler Resort and Club?...Where was **Richard Loney** to sing the National anthem when we needed him?... A three-way blockbuster deal between Merlin's, the Sharks and Garfinkels? Stay tuned, and here's to **Pat Borders** wherever he might be.



Winterhawk prospect **Trevor Dalley** will spend another year of grooming in the minors.



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Does Edith Rozsa Have What It Takes?



Whistler, B.C. may soon be home to yet another star in World Cup ski racing. Edith Rozsa, who comes out of the Blackcomb Ski Club, has made impressive progress recently and appears to be developing championship potential. She has many necessary ingredients. Does she have what it takes to reach the top?

Winning the big one some day is what we the ski public want to see her do. Whether the athlete wants it is another question. It's one which is only answered when victory is staring you in the face. We've seen a lot of talent pass through the Canadian Ski team system.

Unfortunately we've been a talent *sieve* which can only cater to those lucky enough or whose incentive is twisted enough to cling to the mesh of that sieve.

Edith is nimble. She's a package of power, finesse and quickness. She's also quick to learn competitive wisdom which is a prerequisite of winning when it counts. She's got a great base of support here at home with her family, friends and the Blackcomb Ski Club. She came from an incredibly strong generation of B.C. racers, which will help her future competitive toughness.

With all this going for her we are all bound to grasp at the wishful thought that we've got a future World Champion on our hands. I like that thought too. But let's examine some problems she faces to get there. Many

variable exist in getting to the top.

Personal incentive is an important one. What does Edith want? What did the women with unrealized potential of the past want? Chris McCready, Loni Klettl, Shanne Leavitt and Dee Dee Haight are all racers from my generation who had the same potential as Edith. Why couldn't they do it and if they couldn't why should Edith be able to?

If there is something that would help ensure success it's coaching. Fortunately our women's team has recently restructured the coaching staff and it is a favourable change. Paul Venner is head coach who provides direction and moral support while Piotr Jelen is the slalom coach who provides technical expertise. They are a good combination who can resurrect women's GS and slalom in Canada.

Will Edith react well to them? Good coaches aren't necessarily good for all racers. Both racer and coach must have a certain rapport with one another. We all know you can't get along with everyone in a group. Another factor might be the group as a whole. Are they moving in a direction beneficial to Edith's success? At this point I would say yes but the team is only in a strengthening mode trying to recover from a long period of drought in the technical events. Those problems must be dealt with by the team as a team. I think that our coaches and executives are cognizant enough to see how successful teamwork has been for countries such as Norway and Austria.

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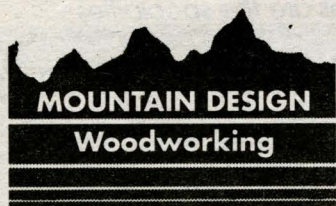
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Whistler's Edith Rozsa may have just what it takes to make a major impact on the World Cup circuit.

What about luck in this scenario? Luck is something all champions need. Usually the harder you work, the more focused you are and the more you believe in yourself the luckier you are, right? The difficult thing about this statement is that it takes only one minor error to be injured. Injury is almost a given in ski racing. A wise competitor should never feel invincible. Your defences must always be alert to trimming the odds of injury. Edith does seem a safe athlete who has a good chance of remaining healthy as long as she continues to realize she's only human.

As athletes grow older their interests tend to diversify. This is a good thing but can end careers before potential is realized. Karen Percy is a good example. She had a good career but never won a big international race. She really wanted to move into the marriage and motherhood phase of her life. Edith has said she wants to attend University. This could end her ski racing career before she's fulfilled her potential. I'd never be disappointed to see any young person make that kind of choice and it does happen, especially for North American ski racers. She could also be discovered by Hollywood

and become the stunt double to Claudia Schifferer in her movie debut. There is a striking resemblance.

Again I say champions focus on their goals. We don't really know if anyone is champion material until they get there. Certainly Edith's results at the World Junior Championships of the last two years suggest success. She was 4th and 3rd respectively in slalom winning the second run last year. This year she's gunning for a top 15 result at the World Championships in Japan and winning the Canadian Championships. Wise goal setting.

I see potential in Edith beyond just talent. She can focus, she can work hard, she is mentally tough enough to go all the way. We, her public, must take into account all the factors she must deal with in her task. We must give her realistic moral support accordingly. She will find how much she wants victory when it's staring her in the face. I have high hopes for this blonde skiing dynamo. She has champion written all over her. Look forward to a great racing season for her this year and success in the future.

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Cheezeball's Top Five Questions About Snowboarding

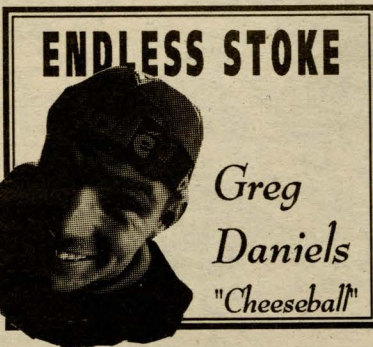
These questions are fired at me by the curious, keen, and sometimes strange; in lift lines, gondolas, chair lifts, and bars. I've heard lots—these are the most common.

1.) **Is it hard?** (sigh) Not right now!! Excuse me. No. Snowboarding is easy to learn. The learning curve is much higher than skiing, so the progression is much faster. I've taught eight year old kiddies and sixty year old masters. The bottom line when learning anything is your *desire*. If you really want to learn, you will. I taught this chick from Winnipeg who came to the lesson in her frozen Levi's—smart. Anyway, she steps into the bindings then says no, no I don't think so, and went back to smoking her cigarettes. If you have this kind of attitude the only thing you'll ever learn is how to roll your own smokes for your bingo nights. And *no*, you don't have to be a good skateboarder/surfer/water-skier/etc.

2.) **Do lessons help?** Yes, absolutely. That's like asking if education is good or bad. The people who complain about how hard it was to learn, and all the new bruises they acquired while trying, ask 'em if they took a lesson? I doubt it. I can almost guarantee in a two hour lesson you'll be stopping and turning on both edges. It could take you a good part of the day to get that far. It cuts down on your valuable time and frustration. The end result of a lesson is a great learning experience and more fun for you. I highly recommend it.

3.) **What foot goes forward?** If you've done related sports such as skateboarding, surfing, slalom water-skiing, then

of course it's the same. People will say your strongest foot should go here. They'll ask you if you're right/left handed, or which way you swing your golf clubs. There's no real system. It's what is natural to you. The same reason people are left or right handed. It come naturally to them. And there's no such



ENDLESS STOKE

Greg
Daniels
"Cheeseball"

thing as "bi" either!! You can be a little creative and try a natural test. Pretend you were going to slide on a slippery surface—the lead foot should be the one. These fun

games have been known to produce results, but the best way is to try both ways for a while and go with the flow.

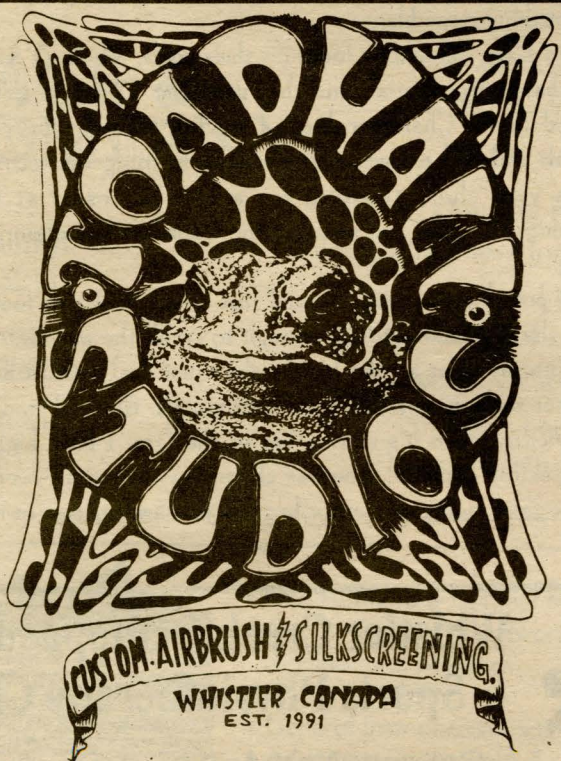
4.) **What Kind of board and stance should I have?** Just like skis or a mountain bike, it will depend on your height and weight. This is a very general scale.
Small person (130cm-155cm) - Bart Simpson
Average person (155cm-165cm) - The Fonz
Larger person (165cm-180cm) - Homer Simpson
Freestyle boards are more maneuverable and forgiving

when learning. Soft boots designed for snowboarding work best. Tour stance should be 18"/19" wide with your front foot angled approximately 40° and back foot 5°. If you're renting or buying, drill the guy for information.

5.) **Isn't snowboarding dangerous?** The people who don't try snowboarding because they're afraid they'll get hurt are pessimists, and should probably stick to marbles and bowling. The fact is you can get hurt doing anything, that includes having a bath and sleeping, but I don't think anyone in reasonable shape should even think about it. Some people have a real negative reaction when they find out the bindings don't release. In skiing you have two separate skis, doing sometimes different things. Your ankles, knees, hips are susceptible to this as well. In snowboarding you have one ski and your entire body twists with the turn. This results in less stress on those individual parts I just mentioned. If you fall it's no big deal. I've been snowboarding for seven seasons and have never been injured, and I'm the wipe out king!! It's much safer that your bindings don't release!! There will never be a need for releasable bindings.

"The I'm too Fat test." Yes, you can try this at home. Strap both feet in the bindings, sit down on the floor, and if you can't get back up, you fail buddy. My advice is to get in reasonable shape first. I'm not being negative, only realistic!!

I hope I have given you some practical information that will motivate you to try snowboarding.



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In the Whistler Tae Kwon Do club's course outline is a heading entitled evaluation. The following line reads: "Attitude and Effort: 100%."

That's not all you'll need to earn a black belt but the only way to walk a thousand miles is, of course, one step at a time. Explaining the essence of a martial art is like trying to grasp a handful of water. Now you have it, now you don't.

"It's a way of life because it affects everything you do, from work values to respecting other people," says 2nd Dan Black Belt Dawn Lefebvre. "We stress respect, humility and perseverance. The goal is to develop self-confidence, mental discipline, fitness and the highest degree of self-defence."

A demonstration sport at the recent Olympic games, Tae Kwon Do is one of the most practiced sports in the world, with over 120 countries participating. *Tae* in the Korean language means striking with the leg. *Kwon* is a punch and *Do* is the Korean word for martial arts. The sport has been around for over two thousand years.

"It gives you more control over your life. It doesn't make you aggressive," adds Lefebvre. "Tae Kwon Do actually makes you less aggressive because it teaches you to control your mind and body. It gives you the self-confidence that you can defend yourself, if you have to."

A member of the Canadian National team in 1986, Lefebvre has an impressive list of credentials that include a gold medal performance at the U.S. Open Championships in 1985 and a first at the Canadian Nationals in 1986. She learned her sport the old fashioned way, through hard work.

"I was fourteen years old when I started taking my cousin Velvet to classes in Montreal. The first thing I asked was 'who cleans up the place?' They said nobody," she laughs over a cup of tea. "Next thing you know, I had a job cleaning up

the school and free classes right up until I got my black belt. By then, they decided they'd better start charging me money and got someone else to do the cleaning up."

Both Lefebvre and 5th Dan Black Belt Ray Nikiel received their training in Montreal under Master Chong Lee. One of the first Koreans to bring the sport to Canada, Lee set up shop in 1964, with Nikiel being one of the first black belts to graduate.

The Whistler Kids Sports Association will be interested to know that Lefebvre took three years off from Tae Kwon Do training to coach boys hockey and baseball teams. Her Notre Dame de Gras boys Atom Hockey team won a championship, while she also coached a girl's soccer team for five years.

A self-confessed tomboy, Lefebvre grew up with three brothers in the family, and has played organized hockey and baseball all her life. With a level two Canadian Coaching Certificate she could certainly help out as a coach or assistant coach, but that depends on her work schedule.

The work schedule is tight. Leaving the Resort Municipality of Whistler's maintenance yard at four in the afternoon gives her just a half-hour to get to Myrtle Philip School. There she will teach Tae Kwon Do for three hours before going home for supper. The discipline and hard training show through.

"Achievement is everything in our sport. But even if it's home work for kids or whatever, you're able to get things done," declares Lefebvre. "It's not an easy sport. You have to focus on what you're doing at that moment, which again, folds over to everything you do in life."

As well as the participants, the sport of Tae Kwon Do continues to grow and

to change. Even Masters are continuing to find new and improved ways to perform movements, to attack and to defend. The sport is never stagnant, it progresses and changes for the better.

Martial arts movies such as the *Karate Kid*, *Ninja Warriors* and Bruce Lee's *Enter the Dragon* have done a great deal to popularize the sport.

Lefebvre calls the genre a bit exaggerated, saying they often use spring boards to perform those high-flying kicks, but will accept the influence as a positive contribution.

Beginning students work on the basic stance, basic kicks and punches, distance and balance. The first form, or *kata* as it's known in karate, includes a series of twenty-one moves

where the student develops the skilled instincts necessary in Tae Kwon Do. The keys are speed, power and control. Much of the power comes from rotating the hips, as a punch or kick is delivered. The control, or harmony, goes well beyond the form.

"Some people have a natural gift, a flexibility, but they still have to work at it. Sometimes you'll be doing a movement or a kick and really have to work at it, until it finally happens. Then it's like wow," exclaims Lefebvre. "One thing about Tae Kwon Do, it's always changing. It's a flowing movement sport and you're never at the top. There are always ways to better yourself."

For women, it's not a question of learning a little self-defence. Lefebvre feels that women should know a lot about how to protect themselves. Training will produce a conditioned reaction to aggression. You'll strike, perhaps more importantly, you won't be afraid to kick or punch. Students hit targets, shields and focus pads in training, so they're not just punching air. Tournaments and championships are full contact.

"We wear protective equipment, head gear, chest protectors and mouth pieces. There is always a doctor in attendance. I wouldn't say it's dangerous. It's a sport," affirms Lefebvre. "I've never been hit directly in the face but it could happen. It's a chance you take. I have had some sore muscles and bruises."

The Whistler Tae Kwon Do club goes five nights a week at Myrtle Philip with Ray Nikiel teaching the women's self-defence classes on Friday nights. Lefebvre is seriously considering a shot at the B.C. and National Championships next April, in the middle-light weight division.

"I've already started doing adult sessions and Ray would help me train after class, but I'd have to get a sponsor," says Lefebvre, who would train an extra three hours a night to reach peak condition. "I have experience in competing and feel confident that I could do it, but it would somehow have to fit in my schedule."

After a two and a half year stint with Alpine Security, Lefebvre spent ten months with the RMOW's Bylaw Enforcement Department before transferring to Village Maintenance. A notion to join the RCMP has been put aside as Lefebvre doesn't want to leave Whistler, preferring to live and teach in a small town. If there's an additional goal in mind, it is to make Tae Kwon Do as well known in the Coast Mountains as it is in Montreal.

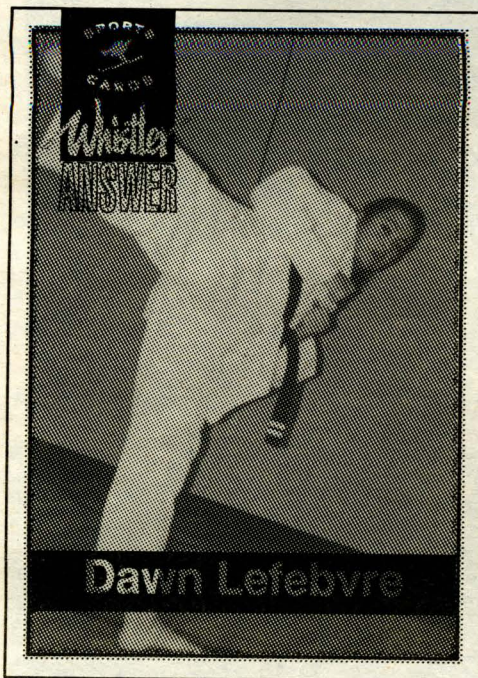
"We already have a closeness at school. It's a social thing too, at class you interact with people," she smiles. "If you're shy, this will help you. You'll come out of your shell. I'd just like to see my students get as much out of it as I have."

As the poet Basho noted, it's a long narrow road to the deep north. Lefebvre and her partner Nikiel can help make those steps a lot lighter along the way.

SPORTS PROFILE

By Jim Monahan

Dawn Lefebvre



Full Name: Dawn Louise Lefebvre
 Born: 27/5/58 Montreal
 Height: 5' 6"
 Weight: 135 lbs.
 Occupation: RMOW Village
 Equipment: Mikado Uniform
 Dawn was a member of the Canadian National team in 1986 and has been teaching Tae Kwon Do in Whistler for five years.

Answer Writer To Defend Title at 24 Hours of Aspen

By Bob Colebrook

Whistler's Chris Kent Battled Fatigue, Cold and Catfish to Set Ski Record

It seems that Whistlerite Chris Kent's tenure with the Canadian National Ski Team was merely a warm-up for more challenging ventures. The thirty-one year old ski coach and Whistler *Answer* writer travels to Aspen in early December to defend his championship in the world's most grueling ski race. The 24 Hours of Aspen is a Bizarre-athon, a downhill ski race that lasts from noon one day until noon of the next.

(Kent is no stranger to offbeat or challenging ski races. He's won the Saudan Couloir on Blackcomb three times, and has finished second two times. He also beat Rob Boyd in the final of the Jose Cuervo Tequila Cup dual slalom on Mount Washington. As well, Kent makes an annual appearance at former teammate Ken Read's Diet Coke Invitational at Lake Louise.)

Kent bested the international field last year with a first place finish that got him into the *Guinness Book of World Records* for most vertical feet skied in one day. Kent skied 271,161 vertical feet on the downhill course, which had sections approaching 80 MPH. The 2.7 mile long course was run 83 times, for a total of 224.1 miles. No girlie-man race, this.

Why? Why? Why? Well, not because there's a big prize—there's just a trophy. And not because it's a fund-raiser for multiple sclerosis, which it is. Clearly Kent does it for the challenge, and he invokes the mountaineer's clause when asked why.

"Because it's there," he smirks.

The mind gets severely bogged at the logistics of this unique contest. The only rest the racers get is on the gondola trip up. They eat, drink and get massaged on the trip ride. Sometimes they even get interviewed by the media, and all washroom activities are performed enroute. Short naps are precluded by the sound of the lift towers on Aspen Mountain's Silver Queen gondola. A freshly waxed pair of skis await the racers as they exit the lift.

The racer's compete in teams of two, racing down the piste like Stealth fighters over Baghdad, one drafting the other, then switching over the next run.

Kent's victory last year is even more remarkable considering his partner, long-time

Banff buddy Rob Tooke, went down with an injury after 14 runs. Kent continued alone, while Tooke focused on "all my new clothes" provided by the sponsors of the event.

"I never thought an individual could win it," says event organizer Jacqueline Ruger, "but Chris Kent proved me wrong."

Kent, who had never stayed up for a twenty-four hour period prior to entering the race, even when partying, describes the race as "drudgery."

Kent went through many phases during the course of the 24 hours.

"The first hour is fun, because it's a fast

smooth course and you get a good sensation of speed and freedom and there's nobody else on the hill. But then you start to feel your neck and legs after an hour and you think to yourself 'how will I ever make it for 24 hours.'"

The frustration builds early, and the racer's start to wonder how and why they got into such a weird tourney.

"You go for the next four hours kind of suffering about the thought of going that long, and then the sun goes down. Dawn and dusk are the most difficult times because the light is flat. It gets better after dark because the artificial lights come on and



Before Chris Kent set endurance records he used to ski downhill the normal way. He's pictured here on Whistler in his glory days with the National Ski Team.

you can see everything."

During the night the racers get into a routine, learning to be as efficient as possible on each run.

"With me there was a certain position I could get into, a tuck that was reasonably aerodynamic but where I could keep my legs from tiring."

Once Kent reached the 16 hour barrier he came to the conclusion that as he'd gone that far, he may as well keep going.

"By that time I was in a full routine, it was like I was on auto-pilot. I remember watching the moon rise, and then the sun. After the sun rose I felt I was home free, even though I had about five hours left."

Kent, ever the personable and wacky heartthrob, laid a good one on the press last year. In the middle of the night, while traveling up the gondola with a reporter, Kent noted that "catfish crossing the race course were beginning to cause a hazard."

When informed that there were no catfish on the race course, Kent replied, "maybe they were pike."

Kent and partner Tooke arrived in Aspen one week before the race last year, and apparently set about getting quite a reputation among Aspen locals for their "partying," subsequently getting written off as serious contenders by many.

While Kent was urged by organizers to get a new teammate this year—one more appropriate for television (i.e. "name")—Kent refused and is sticking with



Chris Kent hopes to celebrate with a little bubbly once again this year at the world's toughest ski race. Kent's female fans should note that, if they want to accompany him to the Aspen race, the charter is filling up fast.

Todd Patrick Photo

Tooke. His loyalty to his old friend from Banff is commendable, and their team nickname is the apt "rude boys."

Kent is going down to Aspen this year with the purpose of defending his title.

"I think it's possible to squeeze one more run in, given perfect conditions."

"For myself, personally, I expect Tooke to finish this year, although I don't expect to win the team thing, but I think I can set a new record, that's what I'll try to do."

Previous 24 Hour races in Aspen have produced a financial deficit, but this year the Aspen Skiing Company has bailed the race out.

"We can look at this fiscally as a brand-new event," says Ruger. "We enter with a clean slate." This stability should lead to the 24 Hours becoming recognized as the amazing event that it is, and ESPN will be doing an hour special on this years event.

Because the wife of a wealthy oil tycoon is planning a \$1 million multiple sclerosis benefit in Aspen this winter, organizers are now staging the race in benefit of AIDS research. Coincidentally, the race is scheduled for December 1, World AIDS Day.

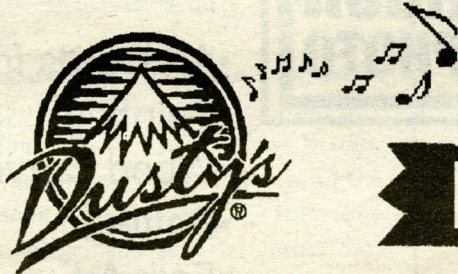
"The tie-in with World AIDS Day is apt to garner even more media interest than in the past," notes Aspen spokeswoman Killeen Russell. "And perhaps go some way toward offsetting Aspen's frivolous, hedonistic reputation."

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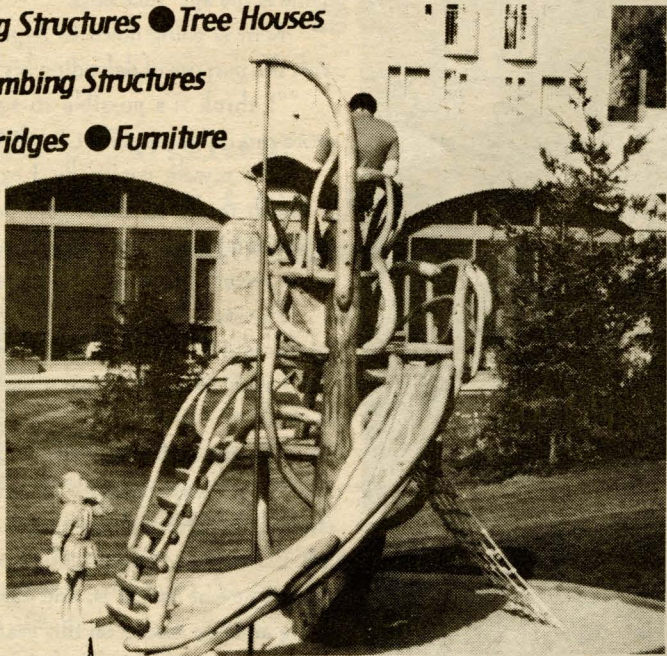
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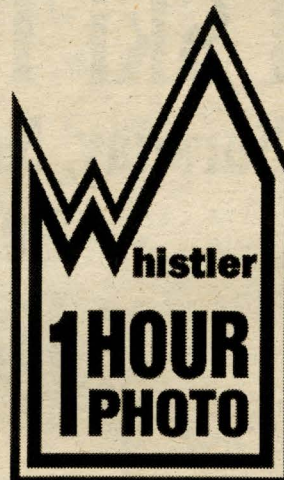
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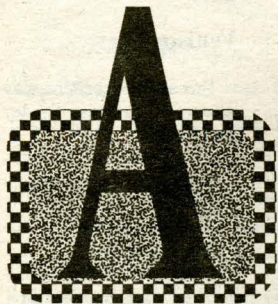
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Ace Guitarist Bringing His Blues To Whistler

By Bob Colebrook



AMOS GARRETT is a fabulous guitar player. But don't take my word for it. Just ask any one of Bonnie Raitt, Todd Rundgren, Maria Muldaur, Jesse Winchester, Emmylou Harris, Elvin Bishop or Rodney Crowell. And if you're particularly adept at communicated with the spirit world you might want to ask Paul Butterfield while you're at it.

These people, among others, all hired Amos Garrett to play on their albums.

If you're still skeptical after these endorsements, then ask famed sci-fi writer Spider Robinson, who says, "Amos Garrett plays guitar like God when he's drunk."

But if you're an atheist you can refer to the guitar bible, *Guitar Player* magazine, that calls Garrett: "One of the most lyrical and original guitarists playing today... his single note solos and melodic figures are so distinctive that it is virtually impossible to mistake them for anyone else's."

About Amos Garrett's guitar playing, I rest my case. But the man can sing as well. "For a great player, he's no slouch at vocals; his bass-baritone is a warm, dark instrument," says CBC's Tony Quarrington. His deep sensuous voice has not gone unnoticed by *Music City* in Austin, Texas: "A fluid, tonally immaculate, elegant stylist he also possess a dripping rich, resonant whiskey-tinged baritone."

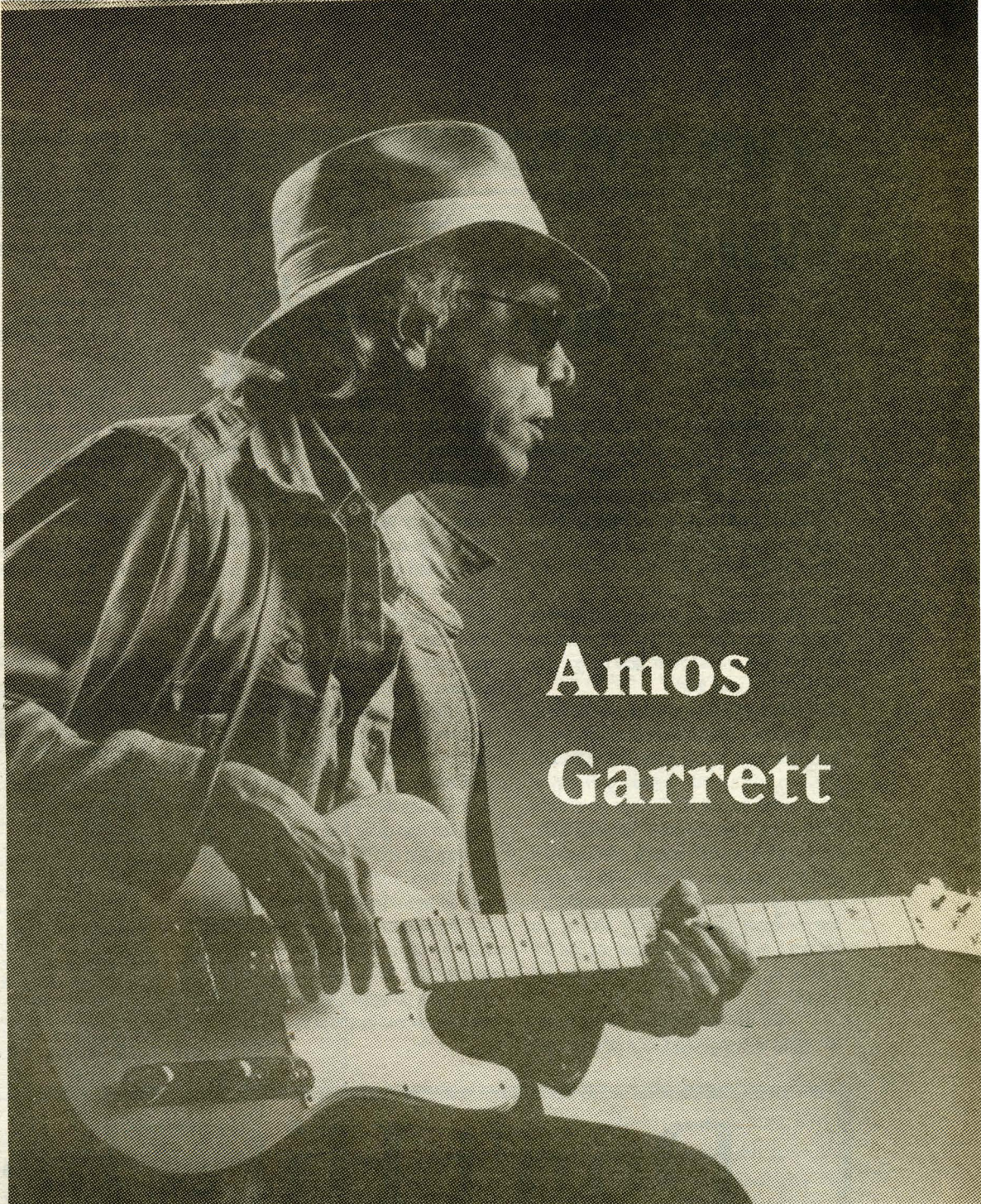
All this praise has been having some effect. Garrett has been busy touring Europe and Japan, drawing big crowds in Toyko, Paris and Berlin.

"We're really busy on a world wide basis," notes Garrett over the phone from a gig in Banff. "In fact, almost too busy. We look to draw people who are culturally enrichable, and we've been finding them a lot in the last two or three years."

Garrett is touring in support of his seventh Stony Plain (WEA distribution) album, *Third Man In*. Recorded in Vancouver at Tom Lavin's Blue Wave Studio, *Third Man In* is not named because Garrett's band the Eh! Team is an "altercation in progress." The title came about because, as the singer and guitarist points out, "most of the songs are about the third person in so many relationships."

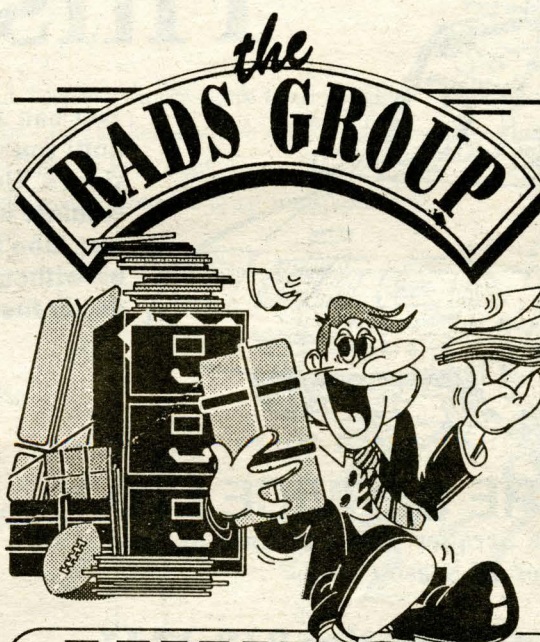
"I'm really excited about playing in Whistler," says Garrett, "we haven't played there in a while. So we'll be doing a lot of stuff from the past five or six years, and a lot of material that we haven't recorded that we've been saving to record a live album."

Garrett lives thirty miles outside of Calgary, and the avid outdoorsman plans to get a few runs in here at Whistler "if there's snow."



Amos Garrett

Amos Garrett will be bringing his world class destination blues to Whistler on December 3, 4 & 5 at Jimmy D's.



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Vegetarians Beware

Wild Game

By Ross Smith

A few months ago, I wrote an article on vegetarian food. I praised the benefits of vegetables and actually presented a full vegetarian menu with recipes. Some vegetarians complimented me on my willingness to write about a much maligned style of diet. Those same people, however, will probably not be so happy with this article.

Game meat: deer, bear, moose—those amazing wild animals that live in our forests. We hunt them and kill them. Now I'm going to tell you how to cook them.

Hunting for food is not a new concept. Man has been doing it since the beginning of time. Nowadays, some people will find the idea of eating wild animals disgusting! However, these same people might have no qualms about pulling a live fish out of the water, bashing its little head and enjoying it for dinner. If you don't eat animal flesh, fine. We've previously discussed how a balanced vegetarian diet can easily sustain a healthy body. If you are not a vegetarian, next time you get the chance, try some game meat. I think you will enjoy it.

Game dishes have been served in certain styles of dining rooms for a long as I can

remember (and I'm no puppy!). In fact, their popularity has been increasing. This could be due to the fact that game dishes are very lean and people are becoming more inquisitive and daring in their tastes. All game meats and birds that are served in restaurants are commercially farmed and government inspected just like beef and poultry. The list of these items available is quite extensive. Some are: caribou, red deer, fallow deer, buffalo, wild boar, muskox, goat, geese, quail, squab, wild turkey and even alligator!

Hunting season in British Columbia has now arrived. You may be a hunter, or you may be lucky enough to have received some wild meat from a generous friend. How do you prepare it? Let's deal with deer and moose, the most common game in our area. These meats are very lean and if not prepared properly they can be very tough or dry. There are various cuts on wild animals same as beef. Certain cuts are good for roasting or grilling. Other cuts must be braised or stewed or turned into ground meat. Know the cut you are cooking with. If you do acquire some wild game, here are some recipes for you to try at home:



Moose Shoulder Roast

1/4 Cup Vegetable Oil
1/4 Cup Brandy
1 onion diced
3 garlic cloves chopped
1 tblsp fresh ginger chopped
1/2 cup molasses
2 tblsp soya sauce
1 5-7 lb boneless shoulder roast

Combine all ingredients in a bowl. Pour mixture over, roast and marinate in refrigerator for 24 hours.

Place roast in roasting pan in 350 F oven. Cook uncovered for 1/2 hours, basting with left over marinade.

When done, remove roast. Put the roasting pan on a hot burner.

Stir in 3 oz. flour. Gradually stir in 1/2 cups water. Season with salt and pepper. Serve sauce with roast.

Venison Roast

(Boneless from Shoulder on Hip) 5 - 6 lbs.

3 Cups apple cider
3 tblsp maple syrup
1/4 cup cranberries chopped
1/2 tps fresh thyme
2 tsp walnut oil
1 large leek chopped

Mix all ingredients in a saucepan and bring to boil

Cook for 10 minutes. Pour marinade over roast and refrigerate overnight.

Remove roast from marinade. Place in roasting pan in preheated 375 F oven. cook for 1 1/2 - 2 hours.

Basting regularly with marinade.

B.B.Q. Steaks

This recipe can be used for venison or moose. Steaks should be cut from the loin or striploin. Try some on the BBQ.

4 tblsp butter
4 oz port wine
4 tblsp currant jelly
1 tsp fresh rosemary
1/2 tsp cracked black pepper

Mix all ingredients in a bowl. Brush steaks with mixture and allow to sit in room temperature for 2 hours.

Cook on hot BBQ and baste regularly with the mixture.

Cook to the same point you would with beef.

I'll have mine medium rare please!

Moose Meat Loaf

2 Cloves garlic minced
4 oz chopped fresh spinach
1 onion finely diced
4 oz. chopped mushrooms
1/2 tsp fresh rosemary
1/2 tsp fresh thyme

Sauté all ingredients in 2 oz butter until onions are soft (4-5 minutes).

Mix into 3 lbs of ground moose meat along with 1 cup of bread crumbs and 2 beaten eggs. Line the bottom and sides of a loaf pan with rashers of bacon. Place in meat mixture and press firmly. Cover top with bacon.

Cook in 400 F oven for 15 minutes. Reduce heat to 375 F and continue cooking for 1 hour 15 minutes. Remember to place loaf pan in pan in the oven to catch fat drippings.

Remove from pan when cooked. Cut off remaining bacon.

Serve with cranberry sauce.

Venison Stew

This is an excellent way to use up the less tender cuts of deer.

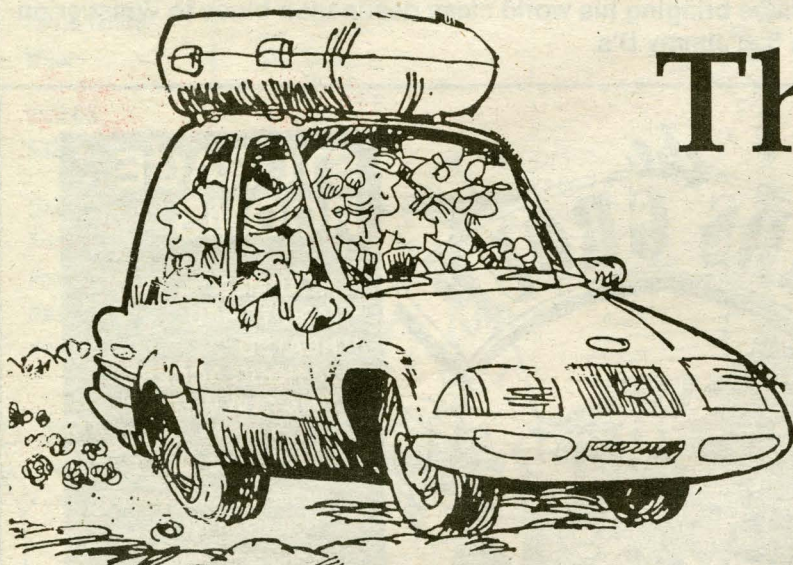
1 Spanish onion thinly sliced
1 carrot diced
1 stalk celery diced
2 cloves garlic chopped
3 lbs of deer meat cut in 1 1/2 inch cubes
4 oz flour seasoned with salt and pepper

Dredge meat in seasoned flour and cook in 2 ozs of all over high heat until brown on all sides. Remove from pan and add the rest of the ingredients. Cook for 5 minutes.

Transfer mixture and meat to an oven wear casserole dish.

Stir in:
1 bay leaf
2 tblsp paprika
1 tsp thyme
2 tsp black pepper
1 cup red wine
1 cup beef broth
2 tblsp tomato paste

Don't Hit The Slopes This Winter!

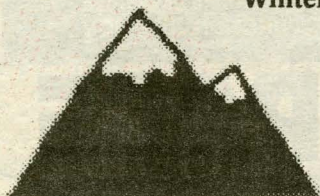


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These days you'll find the music of the Hip at a house or frat party, most restaurants and even my car. The hip have a trademark. Good Canadian rock. This new CD is packed with local references, such as the prairies, and even a story of Bill Barilko the missing hockey player (whom was later found dead in 1962, the year the Leafs last won the cup.) Lead singer Gordie Downie is both gracious and fiery, letting the band uncoil while staying firmly at the helm. Don't miss the Hip in Concert, cause they are unstoppable.

****—Hersch

Robert Cray I Was Warned Mercury

I was really looking forward to this new disc. Collecting all of Cray's music over the years I'm finding this one uninspired. A limited guitarist, Cray is an enormously expressive player. Robert Cray was to emerge as the most promising blues/soul man of his generation, (He's been at it for nearly ten years.), he seems caught in a holding pattern: still promising, but not much nearer to fulfilling that promise. Still his songs are well constructed and he still is smooth. I hope he soon can connect and find that bridge between his talent and his heart. I'll still go on collecting his music. But we'll just have to wait for that

masterpiece.

***—Hersch

Tom Russell Cowboy Real Stony Plain

Tom Russell is one of the best undiscovered musicians currently plying their trade in relative obscurity. Ian Tyson has called the Tom

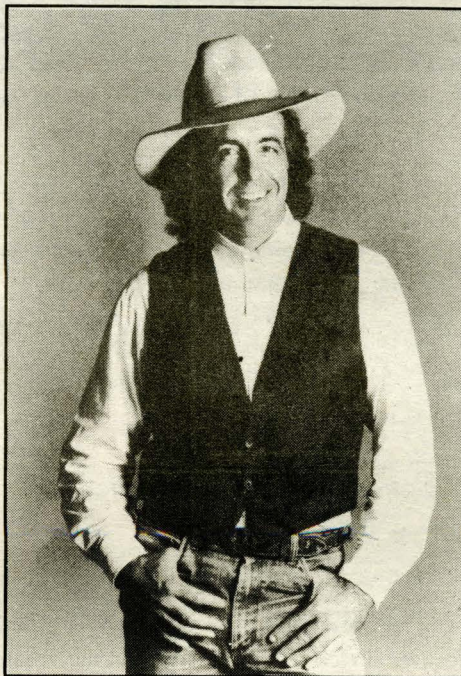
try music to tackle Spanish flavoured cowboys songs, following in the footsteps of his pal Ian Tyson and the American Michael Martin Murphey in their attempts to chronicle and preserve a disappearing cowboy culture.

Cowboy Real features two duets with Ian Tyson, "Navajo Rug" and "Gallo del Cielo"; Joe Ely's inspirational "Indian Cowboy"; an adaptation of cowboy poet Badger Clark's "A Bad Half Hour"; the Russell/Tyson composition "Claude Dallas"; and several of Russell's own tunes.

This acoustic album has flavor and character—it oozes authenticity. Every time I hear this album I reckon it's time to go down to Sonora, drink some free mescal with the boys from the Broken "O" at Amanda's Saloon, play seven card stud and then dance with some of Amanda's best gals. Hey: "They got guitars and trumpets/ And sweet señoritas who don't want to let you go."

*****—Bosco

T O M ■ R U S S E L L



C O W B O Y ■ R E A L

Russell Band "the best honky-tonk band in the world." Nanci Griffith heaps praise on Russell's song writing. They're both right.

Russell departs from his usual roots/coun-

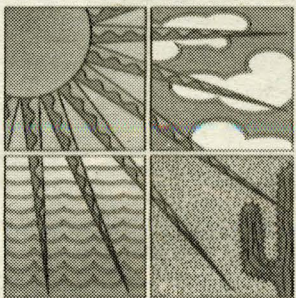
pick up where the Sex Pistols and D.O.A. left off—wherever the hell that is.

**—Hersch

The Fastbacks The Question is No Sub pop

Here is a troubled band. This group of guys have spent the 80's toiling through obscurity and too many drummers to count, (one of whom was Duff McKagan, later the bassist for Guns and Roses) trying to create pop punk singles. Aggressively diverse and impure. The Fastbacks offered to

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Route 99
Buffalo Bill's Session's
Artrageous Edition

The Artrageous beverage serving area was jammed to capacity as several (16) fans of the local rock band jostled with thirsty art aficionados and the press to buy up over half of the first production run of their newly released "Buffalo Bill's Tapes." Handsomely packaged in original Artrageous "Souvenir Edition" artwork by Christina Nick, this limited edition (30 copies) cassette recording is sure to become a big ticket item to serious collectors of music and rock memorabilia.

But seriously folks, it isn't bad. Produced as a demo to shop around for gigs this tape was engineered by Scott Young during the day at Buffalo Bill's. It represents an intermediate step between doing four tracks in the living room and the big time recording studio.

Peter and Stephen Vogler have written some good tunes. Now in all fairness, these guys won't be confused with the Everly Brothers on this venture but recording is a great teacher if only for the fact that you have to play the songs over and over and then sit down and listen to the damn things over and over. They get better. They have to get better.

The guitar playing of Joseph "Sal" Salay has played a huge part in moving their sound out of the garage. Although I'd rather listen to him live, he's put some good stuff on this tape.



Here's this month's photo of Route 99. Elwyn Rowlands Photo

I think I admire these guy's as much as anything for not succumbing to the McJob phenomena. They're doing what a lot of people talk about doing and it's not easy not easy work.

***—Doyle

can sing, too.

***—Bosco

Sven Gali
Under the Influence
BMG

They must've been. This "band" gets one snowflake for conning the record company into a contract. It will be revoked, however, if I find out that one of their dad's owns the label.

*—Bosco

John Bottomley
Songs With the Ornamental
Hermits
BMG

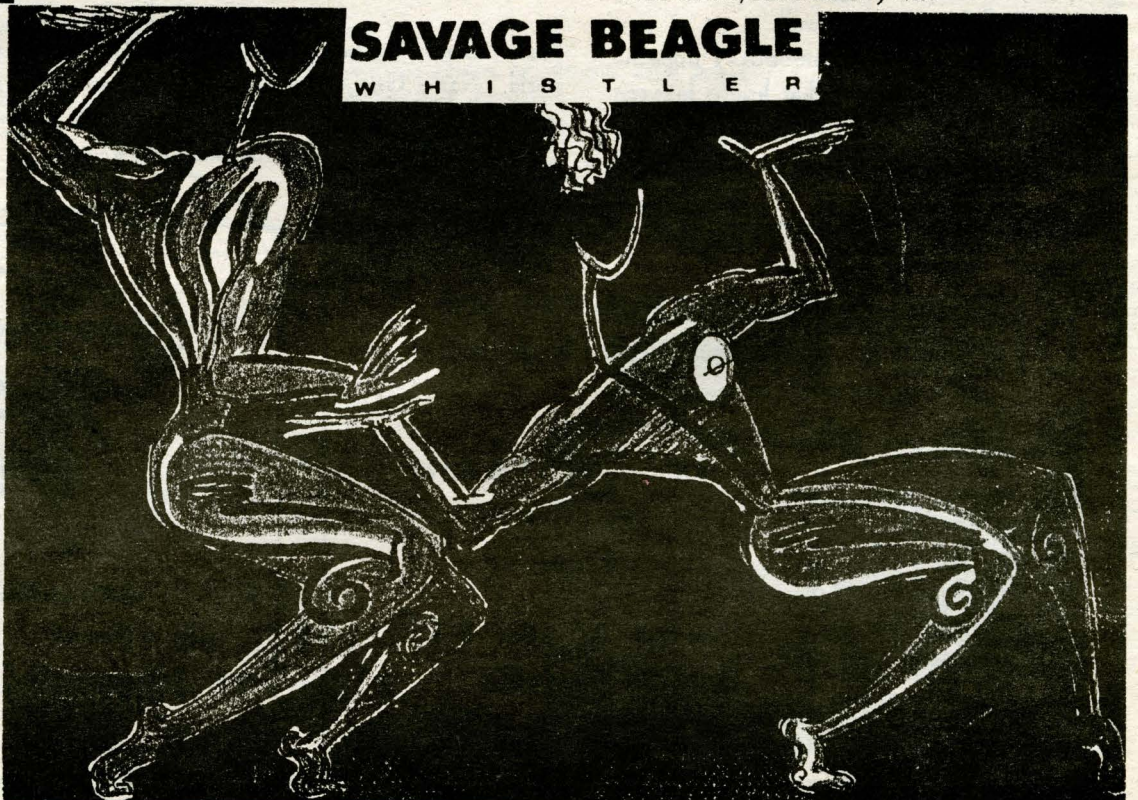
The media kit accompanying this Vancouver singer-songwriter's second major label release states: "Bottomley can show a complex feeling for rhythmic disjunctions, asymmetrical phrasing and sudden modulations." Yeah, and he

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****—Hard Packed
***—Variable
**—Crud
*—Rain

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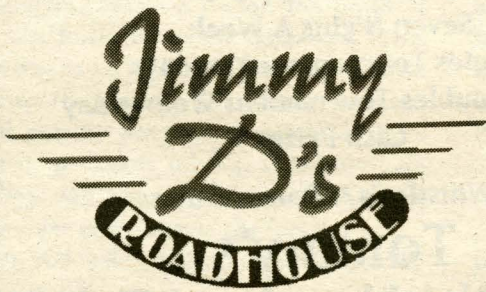
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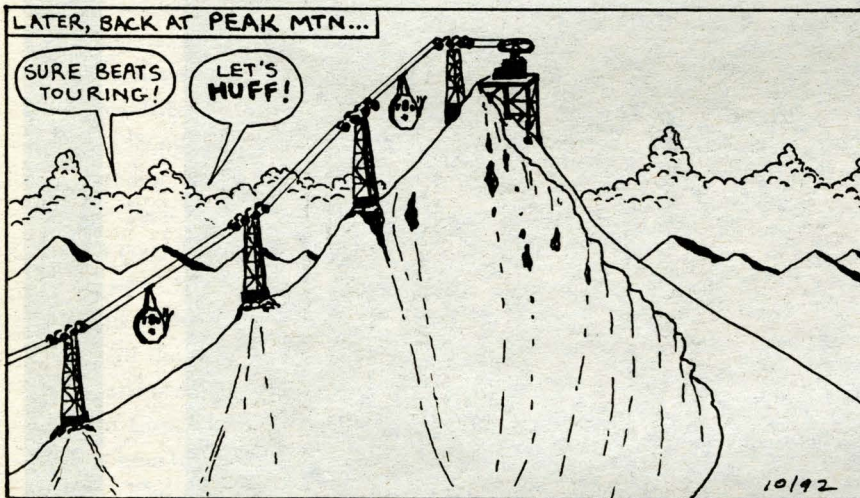
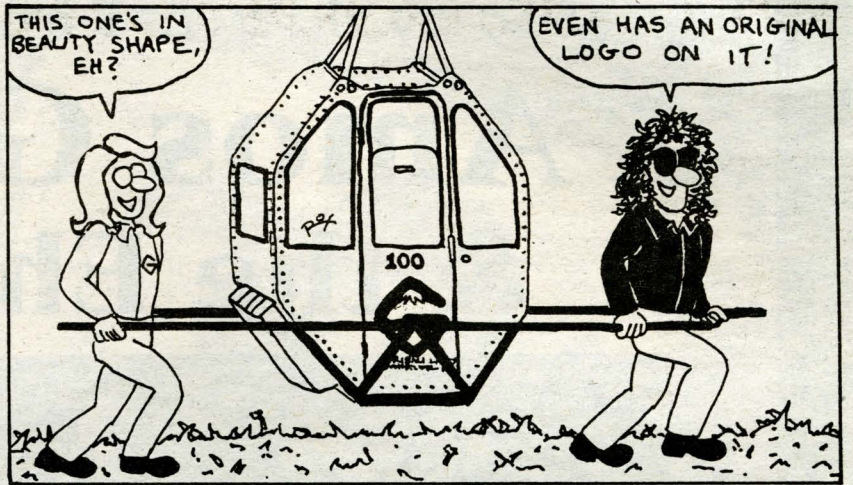
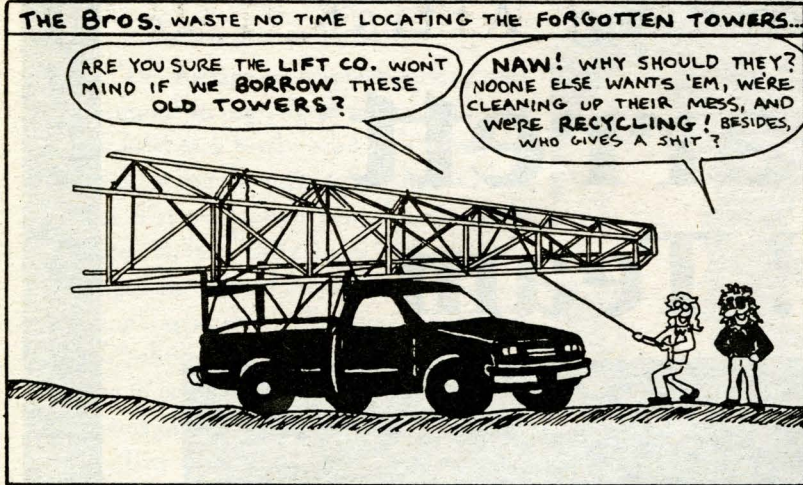


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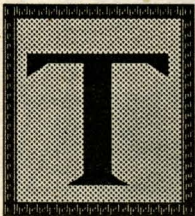
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OFF SEASON WORK FOR SKIDS

By James Callahan



The following vignette is designed to enlighten the lay public about the off-season activities of skids. Off-season life for the skid is nasty, brutish and short, because work is usually contractual. I hope that this series helps quiet objections some people have about the behavior of skids during the season. I also hope the series helps illustrate that skids earn the UIC benefits they receive during the party season. I mean *ski* season.

The following tale is presented for your amusement and I sincerely hope it contributes to greater peace and understanding in our community. The persons and events portrayed are purely fictional. Any similarities to persons living or dead is purely coincidental.

Tree Pruning

The convoy plods up the dusty logging road in the misty half-light of morning. The lead van, an old beige Ford with a red and white 'First Aid' sticker carefully affixed to its side, is followed by a beat up old school bus, a couple 'customized' Volkswagens, another van and a couple imports not designed for this rutted strip of gravel bulldozed into the hillside. Eventually the lead van stops by the side of the road, the mini-bus backs into a clearing, and the others park where they can.

Within minutes the motley crew of natives and white men have piled out of their respective vehicles and begun milling around the lead van. Patches of clear cut and reforestation stand out on the hillsides like wounds on a veteran. The crisp air carries the scent of pine and mumbled conversations accented by the voices of many nations. A pruner approaching from one of the imports shouts, "Look at this fucking freak show." He is answered with abuse from the group.

Only the grey hair, held back by a blue bandanna, and the deep lines around his eyes betray the foreman's age. He has the build of a man twenty years his junior, the build of years in the bush. From the clipboard in his hand he begins to take roll. The crew knows not to trust the silence of the forest, because he could pop up anytime to catch slackers sleeping or potheads toking. It is only safe when they can hear his sharp whistle or booming voice elsewhere in the forest.

When roll call is finished, it's time for the morning pep talk.

"First the bad news," he pauses to look around and make sure everyone is paying attention. "The pizza party has been canceled because too many guys didn't find their way to the bus this morning."

The roar of protest is silenced by a loud "Alright, shaddup already!" from the foreman. We'll make it up to you guys, but now we have a job to do. We are a little behind schedule, so I want everybody to pull their weight today. No slackers, right Steve and Little Bear. OK, Charlie and Dave take your crews up the ridge to where you finished off yesterday and work to the line. You new guys wait here for a couple minutes while our Industrial First Aid person gives you a *brief* lecture on safety. I don't want anybody sitting on a saw today."

The veterans pick up their saws and follow their crew chiefs up the road, ignoring the new guys. Voices rise in protest as soon as they are out of earshot of the van.

"Behind my ass," says a wiry Kiwi named Martin. "I heard the Forestry guy say we was way ahead yesterday."

"Ah, wateva mate," put in Mike from Perth. "We still got cutting ta do."

"Sucks large that they canceled the party," said Dave from some hole near Ottawa.

"Ya, I heard some of the native guys say they didn't bring any lunch because of the party," said Charlie.

"And the way they blow those fatties they're gonna get pretty hungry."

Eventually the crew turns off the road and climbs the embankment. After crossing half a kilometer of slash and burn, soon the only sound is that of saws and breaking branches. Occasionally a helicopter does a flyby and the illegals run for cover.

"Jafa?"

"What Dave?"

"Do you think Industrialfirstaid's little brown dog will last the day?"

"Why not?"

"Well, the native boys will be getting pretty hungry."

"They wouldn't eat the dog!"

"Desperate men Jafa, no pizza, no dog."

Chuckles run up and down the cutting

line.

"Shit! That's sick man."

The morbid and racist conversation is interrupted by the sweet smell of cannabis floating through the pines.

"Safety Break. Nobody moves, nobody gets hurt," yells Pierre from down the line. A

welcome cry to the four pruners who huddle beside a large boulder.

"Ahhh, that hit the spot mate."

"Good shit, as always Pierre."

"But of course boys, we gotta get high, high, high," chants Pierre.

As soon as the joint is safely extinguished the group scrambles for their equipment and quickly start cutting. No sooner have the saws started humming again than the foreman appears on the crest of the ridge.

"How's it going boys?"

"Good,"

"My blade's dull," squawks Jafa.

"So's mine," barks back the foreman, "pull harder."

From down in the valley, rises a chant. One word, drawn out. It sounds like "Pizza. Pizza. Pizza." The reply from the ridge, in sharp bursts is "Brown Dog! Here Cocoa? Brown Dog!"

"What's that shit all about?" asks the foreman as he checks some trees.

"A sick joke boss."

"When is de break?" asks Pierre.

"When you here the whistle," calls the foreman over his shoulder. "By the way, Bill called and the party's on."

"Is it still at Family Style Pizza boss?"

"Ya."

"Wow, what a freak show that's gonna be."

"And boys," yells the foreman from further down the ridge. "Stop smoking that dope. If IFA comes back here she'll go apeshit."

The pruners watch the foreman pick his way down the ridge while the sun, still high in the sky, drifts slowly westward.



FREE GENERIC CUT-OUT COMIC FOR THE FRIDGE DOOR OR THE WORKPLACE

LOCALMAN

IN: HOME ALONE
by Ian Verchee

There's no life before coffee!

I hate mornings!



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Jan Verchee
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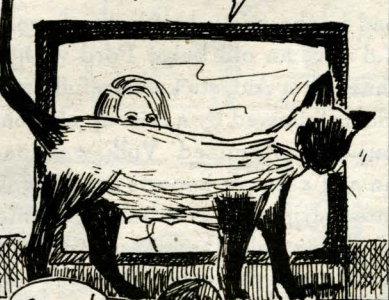
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THIS JUICE TASTES GREAT! AND FOR PENNIES A GLASS... GUARANTEED TO CURE CANCER AND REGENERATE MISSING LIMBS!...

..NAKED JODI FOSTER. WELL, THAT'S ALL FOR NOW, GOOD NIGHT.

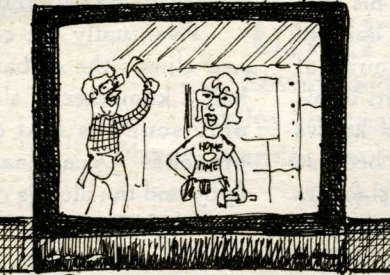


THIS - IS CNN

OH-THISS ISSS SSSKATE CANADA'SSS FINESSST MOMENT-THISSS ROUTINE HASSS THE JUDGESSS RIGHT BEHIND HIM..

DURING THE COMMERCIAL, WE FINISHED FRAMING THE ROOF AND RAFTERS, INSTALLED THE ROUGH WIRING, AND SHEATHED THE EXTERIOR WALLS...

AIEEE!





GARLIC:

Heaven-scent or Smell from Hell?



*Garlic then have power to save from death
Bear with it though it maketh unsavoury
breath,*

*And scorn not garlic like some that think
It only maketh men wink and drink and stink.*

-Sir John Harrington, 1609

Has this ever happened to you? You're at a party, and this absolutely beautiful girl that you've been admiring comes over to talk to your ex-girlfriend. You wangle an introduction and lead her out onto the dance floor. You take her in your arms and whoaaaaaaa, garlic-breath. Get the number of that truck! You're hoping that it's only the short version of *Light My Fire*, but it's a twin-spin with *Layla* as the trailer. As Jimmy fades and Eric kicks in, you're reeling from the effects, wishing that you still had that "teddible head code" from last week. Cheek-to-cheek becomes arms-length, as you're hoping the deejay will call for a "snowball". How many times can the Dominoes repeat the same four bars? Finally, after a decade or two, you excuse yourself to hang out on the front porch with all of the cigarette smokers and get some fresh air.

What is it about this stuff that makes food so good and breath so bad? Can anything that tastes so good be good for you? Is it worth smelling foul for? How come a vampire can spend all day cooped up in a small coffin, but can't handle anyone with a garlic clove around their neck? Some people like the smell of garlic-breath. Are they on a higher evolutionary plane? How many times have they had their noses broken? With apologies to food maven, Ross Smith, let's take a look at the myths and the science.

Believe it or not, garlic (and onions) are of the lily family. A lily, unlike a rose, by any other name would not smell so sweet. And while we are bastardizing Shakespeare, we should recall Bottom's entreaty to his fellow actors in *A Midsummer Night's Dream* to "eat no onions or garlic, for we are to utter sweet breath." Garlic's botanical name is *Allium sativum* from the Celtic word for pungent. It is the cloves of the garlic bulb which contain the active odoriferous and medicinal ingredients. The gardeners amongst us will note that garlic is among the world's oldest cultivated plants and the healers (we're all healers...some of us just get paid better) will attest that it's medicinal properties have been exploited for thousands of years.

The Egyptians around 1500 BC were the first to write about garlic as a remedy for heart ailments, headache, and worms, but of course our old friends Aristotle, Hippocrates and Aristophanes jumped on the garlic bandwagon too. The Greeks even used garlic as a stimulant in the first Olympic games (ok, no more Ben Johnson jokes). Odysseus used it to prevent Circe from turning him into a pig. Might this be useful in the town centre bars around 2 am? The Romans used it before battle since it was the herb of Mars, the war god. Some people smell as if it's the herb from Mars. Garlic is used by the Chinese as a tea for headache, fever, and dysentery and in India, as an antiseptic.

The "legend of the four thieves" centres around garlic. During a plague in Marseilles, these criminals were forced to bury the dead. These gravediggers were immune to the plague and attributed this to a drink of mashed garlic in wine. *Vinaigre de quatre voleurs* is still available in France today. But, garlic's antibacterial effects have a long and respected tradition.

Pasteur and Schweitzer (neither the comedy team nor the law firm) both used garlic to treat infections. In the first and second World Wars, garlic was used to treat gangrene. Indeed garlic can inhibit the growth of some bacteria in culture, and may even affect candida strains that cause vaginitis. I could find no reports, however, of garlic douching. Topical garlic has some clinical validity as a disinfectant and has enjoyed widespread use for this purpose. Care should be taken as the irritant properties may cause inflammation and blistering. Garlic as anti-intestinal worm therapy is also employed in many cultures; hence it's use for dysentery by Albert Schweitzer and others. Interestingly, this antimicrobial action is useful to the plant to prevent bulb decay.

Although garlic was embraced by many cultures, the more reserved English were slower to accept it. We all know what English cooking tastes like. Culpepper in the seventeenth century warned, "It's heat is vehement; and in choleric men it will add fuel to the fire. In men oppressed by melancholy, it will attenuate the humour. Therefore, let it be taken inwardly with great moderation; outwardly you may make more bold with it." The Germans on the other hand have embraced garlic to the extent that garlic "pills" are the largest-selling, over-the-counter medication in that country.

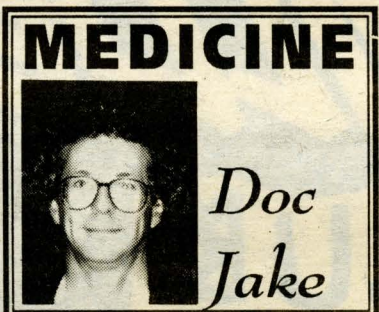
The Southwestern US Indians

amongst many others use "ajo" for coughs and colds. Most cultures have prepared it in a tea or a syrup for this use. Honey is often used to cut the sharp taste. Whole or crushed cloves can also be taken. Garlic's volatile oils may open the bronchial tubes and help against asthma. I am, however, unaware of good controlled studies assessing the usefulness of garlic for prevention and treatment of colds and other respiratory ailments.

I specialize in high blood pressure and many of my patients have tried garlic, with or without other therapies. I certainly don't discourage this practice, but again, I'm unaware of good controlled clinical trials. It is difficult to compare garlic to placebo in "blinded" fashion for obvious reasons. Perhaps we will need a study group with broken noses and bad head colds. In most trials, side effects are more frequently reported in spouses than subjects.

But, it is in the cardiovascular field where garlic has piqued the interests of doctors and researchers. Garlic can slow clotting by making the clotting cells (platelets) more slippery (this is similar to aspirin's effect). Some studies report an improvement in blood cholesterol which might protect against heart attacks. Unfortunately, in most studies, large amounts must be taken (7-28 cloves/day). A German pharmaceutical company which manufactures garlic pills, however, claims much greater clove for clove potency.

It would be nice if garlic's active ingredient were different from its odour-causing ingredient. Unfortunately, it probably just ain't so. Garlic can be prepared in its odourless form where the "alliin" can be ingested, but it must be transformed to the active "allicin" in the gut for its actions. Alliin is also activated to allicin by crushing. Allicin smells, no matter how you cut it. So the odour-free pills don't necessarily mean the odour-free patient. Dehydrated garlic powder, oils, extracts or pills may lack the active ingredients which are probably lost in distillation processes. So, if you eat your garlic for health, you've got to eat it neat and be prepared to pay the olfactory price. Me, I'll just enjoy it in my food. Okay with you, Ross?



Dr. Jake Onrot is a practicing physician and clinical pharmacologist with expertise in drug use and abuse, and has a commitment to educate the lay public. He spends his spare time trying to get a hot tub installed in his Whistler residence.

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