



Trailblazers, trend setters and ZOMBIES By Bob Covey

Fifty years ago, Jacques Plante, goaltender of the Montreal Canadiens, broke new ground in the NHL by donning a protective goalie mask. Facing resistance from his coach, scrutinized by opponents and teammates alike, Plante stood his ground and blazed the trail for other net-minders who had been compromising their own interests—i.e. not getting hit in the face by a speeding rubber disc—by conforming to the status quo.

You gotta respect that. The pressure to not look or act out of place is heavy in sport, particularly in hockey, where standards and style have evolved en masse and tradition holds court. As one who sports a face shield myself, I have heard first hand the trash talk from those who, I can only imagine, believe they are paying some sort of allegiance to past zipper-faced hockey heros. For proving to the doubters that you can be protected and still have game, I say, "merci Jacques."

In Jasper, we're lucky to live amongst many trend setters and trailblazers, and in the pages of The Skinny, we like to think we're shining a light on some of them every month. If it wasn't obvious before, a new feature called **The Skinny Salutes Jasper Trailblazers** should get the point across. Gregory Deagle, who's cut an original swathe in the field of local arts and culture, is our

inaugural interviewee. Deagle has been a leader in this community for not only dreaming big for artists, but working diligently to ensure those dreams come to fruition. That's not an easy combination to pull off, and as such, we salute him for it. Unlike Plante, there was never the threat of getting hit in the face by a sizzling slap shot, but if Deagle didn't follow his heart, the arts scene in Jasper would certainly look different than it does today. Furthermore, my guess is that no amount of stitches could sew it together as effectively as Deagle's dedication has done.

If we're talking trailblazing, we're talking about leadership. With Erin Pettipas' first-hand account of Dr. Roberta Bondar's keynote speech in Hinton, a feature on Jasper-born activist Larissa Stendie, a call to action in the name of opposing gender violence (again by Pettipas) and a playful analogy by Ryan Verge on learning from mistakes on and off the ice, we see that the importance of leadership crops up on every page. It takes leadership to say "no thanks" to a big night out in order to have a big day up on a mountain, as Megan Jones' account of a Roche Miette scramble indicates. And a glimpse of the 2nd Annual Zombie Walk shows us that even the undead need effective management. Imagine if head zombie Colin Irvine didn't corral his team of soulless corpses to evoke fear and panic into the hearts of downtown bystanders? Thanks to his articulating a succinct vision for the

Jasper creep show and modeling the way as a rotting, brain-eating carcass himself, a whole clan of night creatures were able to converge on Patricia Street, much to the frightful delight of passersby.

Leadership isn't always so in-your-face. It is often the quiet leaders of our communities who make the most difference. As these folks do what they do, they're unwittingly creating a culture of leadership so that challenging the norm becomes the norm. Last September, Freewheel Cycle received a Corporate Volunteer Award of Excellence from Alberta's Culture and Community Spirit for their active role in organizing community events, promoting socially progressive values and helping athletes pursue their dreams. They've also been in the vanguard for a long time when it comes to helping out young adults. The original Kraft Dinner Mountain, a gesture of support of cheesy proportions, was initiated because a slow start to the ski season (knock on wood core) had would-be workers out of cash. Today, by sponsoring this very issue, Freewheel is continuing their steadfast support of young adults by helping The Skinny connect this population to the greater Jasper community.

Leadership may spring from many sources—personal dissatisfaction with the status quo, a feeling of moral obligation, the need for artistic expression or a desire to give back to one's community. The Skinny will continue to focus on the groundbreakers in Jasper with the knowledge that by telling their stories, we're helping cultivate a culture of progressive, positive leadership.

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A quick side note: The Skinny Awards are still in the works; stay tuned for the what, where and when!

This issue of The Skinny is sponsored by **Freewheel Cycle**. We aim to help connect Jasper's young adult population by highlighting opportunities to get involved, featuring views, art & perspectives unique to this population & showcasing locals who are doing amazing things with their lives. Comments, concerns, critiques & shout-outs are always welcome. You've got ideas. We'd love to hear them.

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What's Goin' On in J-town

16 DAYS OF ACTIVISM CALENDAR FOR NOVEMBER

-Nov. 25. Call for auditions - The Vagina Monologues
-Nov. 28. "More Than Surviving: Living with Jillian Marino" 7 pm \$15, Jasper Inn

JASPER CHRISTMAS FAIR

November 22, Jasper Activity Centre

KARMA YOGA IN NOVEMBER

Free/by donation. Sundays, 4 p.m. at the Old Fire Hall. Different fundraisers. Yoga for all abilities.
jennabush999@hotmail.com

JASPER WINTER GEAR SWAP AND SILENT AUCTION

Nov 7 Activity Centre, 9:30-11:30 drop off time; 12:30-3:30 swap is open. \$2 admission. Gear up cheap for winter! Jasper Ski Club fundraiser.

TIBETAN MANIFESTATIONS

New works by Greg Deagle showing at the Liquor Lodge. Grand opening Nov 10, 7-9pm. Appys and wine from local chefs.

MARMOT CHALLENGE

Get a team, get registered! Every 3rd Wednesday of the ski season. Prizes at the D'ed Dog to follow. Phone 780 852 3816 for more info.

CHILDREN OF AUTUMN

Musical and fundraiser for the acquisition of a hyperbaric chamber in Jasper. Nov 14. Activity Centre. Call Grace Kohn for information and tickets. 780 852-4204

JAM NIGHTS

-Whistle Stop Pub, Wednesday nites
-Jasper Legion, Saturday nights

GORDIE PENTREES

Yukon Roots artist. Playing at Brushfire Mon Nov. 16, 8 p.m. Tickets \$15 available at Coco's.

Culinary corner:

Sweet Sweet Cinnamon Buns
by Julia Murphy-Buske



Dough:

- 1 cup "hand hot" milk
- 1 egg
- 4 1/2 cups unbleached white bread flour
- 1/2 tsp salt
- 6 tbsps granulated sugar
- 1/2 cup butter, softened
- 2 tsp instant quickrise dried yeast
- 2 cups "hand hot" water

Filling:

- 2 tbsps butter, melted
- 1/2 cup of brown sugar (packed down)
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 cup dried raisins or cranberries and/or nuts

Glaze:

- 1 cup icing sugar
- 2 tbsps milk
- 1/2 tsp vanilla extract

Preheat oven to 400F. Lightly grease 23cm/9inch square cake tin.

Combine flour, salt, yeast and sugar and mix. Add the egg, butter, hot milk. Add enough "hand hot" water to make a soft, slightly sticky dough. Knead with floured hands for 5 minutes until smooth. Roll out into a 30cm/12inch square.

Combine brown sugar, cinnamon, nutmeg. Brush the dough with melted butter. Sprinkle filling over the dough, leaving 1 inch along the top filling-free. Add optional ingredients if using.

Roll dough up towards uncovered edge. Cut into 12 1" slices and place evenly spaced into cake tin. Cover tin with clean dish towel. Leave to rise on stovetop for 30-45 mins or until buns have doubled in size. Bake for 20mins or until golden brown on top.

Combine ingredients to make glaze. Allow to cool for 5 mins before turning out onto a wire rack or large serving plate. Drizzle with glaze and enjoy!



DEDICATED GOALIES NEEDED

The Jalopies drop in ice time takes place every Thursday and Sunday night at the Jasper Activity Centre, but they need some keepers! If you're a netminder wanting some ice, give Pat McLeod a call, 780 852 1931.

SPONSOR THE SKINNY!

Are you a community-minded individual running a local business? Are you picking up what The Skinny is putting down? Explore the partnering possibilities and get in touch with us. Call the editor 852 2100 or email theskinnyjasper@gmail.com

DIVE IN TO THE VOLUNTEER POOL

Are you a member of the Jasper Volunteer Pool? admin@artofthe.com

GIRL GUIDE LEADERSHIP

We are about fun, friendship, adventure and life skills. Volunteer to be a Girl Guide Leader in Jasper. Call Ann 780-852-4321

SANTAS ANONYMOUS

The Jasper Community Team's Santas Anonymous program helps families in our community have a great Christmas. To get involved with the program email jaspercommunityteam@gmail.com or phone 780 852 2100.

FOLD, STAPLE, PARTY!

The Skinny doesn't fold itself! Drop us an email if you want to join the Folding Party, the more hands the merrier. Get your creative juices flowin' every month! theskinnyjasper@gmail.com

GOT VOLUNTEER OPS?
[THESKINNYJASPER@GMAIL.COM](mailto:theskinnyjasper@gmail.com)



Coco's 2-Year Anniversary! CB's gotta get up to get down!



The 2nd Annual Zombie Walk brought out the undead in Jasper



Waste Reduction Week Dinner and a Movie



Where's Waldo? At the D'ed Dog on Halloween!

SWEET GIGS!

COOL JOBS OCCUPIED BY YOUNG ADULTS

Name: Larissa Stendie
Job: Project Coordinator, "Life After "Diamonds"
Experience of a lifetime: Take your pick: First woman sent alone to work in the Kono district of Sierra Leone, Africa; Hitching rides in UN helicopters; learning Krio, an English based/tribal influenced dialect; SCUBA diving with ex-KGB members...the list goes on.
Before Jasper's Larissa Stendie went to Sierra Leone to lead a diamond mine land reclamation project, before she worked in media relations for an international human rights conference, before she was attending rallies on the steps of the Legislature...she was a Jasper ACTION member at the Jasper Jr./Sr. High School.
 "That was my very first activist role," she said of the club which is still going strong under teachers Sandy Cox and Adam Robb. Since then, Stendie's plied more than a few trades,

including gold smithing, jewelry design, industrial emergency medical response, administering diamond exploration in the arctic, and working head crew for hot air balloons. Turns out the 29-year-old has had a lot of Sweet Gigs. It's the Sierra Leone work, though, which has given her the opportunity to build new skills, new connections, and new livelihoods for disaffected individuals and communities. Reclaiming open mine pits so that communities can farm sustainably gave her a window into what it takes for governments and private industry to work together: a lot of help, namely.
 "We had to negotiate and we didn't have a lot of time to f--- around," she said. "The chiefs were always shocked by how upfront I was." Such is the nature of a woman who's never been afraid to go after what she wants, be it renovating her home on the prairies or



Stendie is a long time activist

getting her Day Skipper's license so she can sail to Egypt from Gibraltar and Morocco—the start of her next Sweet Gig.
 "I hope to spend the next four months in Israel and Palestine working media advocacy or doing humanitarian work," she explained.
 With a double degree in Poly-Sci and Art History, plus a Globalization Governance Certificate, Stendie's educational background helped put her on track to a career in international development, but there's more to her success than studying. "Get involved," she said. "You should never be bored." -BC

FREAK O THE WEEK

People do that?

Freak: 1. A very unusual situation or event 2. (informal) a person regarded as strange because of their unusual appearance or behavior. 3. A Jasperite featured in The SKINNY

His hockey team didn't always call him Jimmy the Stick.

But then again, Jim Campbell—not to be mistaken for his identical twin, Joe—didn't always down two bananas in the locker room right before game time, nor did he used to chug a protein shake as soon as he had his hockey gloves off (minds out of the gutter now). Because of a change in diet (oh yeah, and exercising regularly), Jim's lost about 30 pounds since this time last year, making him look less like a water bottle and more like a stick, hence the nickname. As a father of two

twin boys (Joe has twins too—can you say freak factor?), Jim didn't always make time to hit the gym. What changed?

"I helped Joe move and realized how horribly out of shape I was. I just said f--- it, I'm getting in shape."

Some investigating on the web told him the first place he had to start was the fridge. Sticking to a diet of 40% carbs, 40% protein and 20% fat, and eating six small meals per day instead of three big ones, Jim kept an eye on his calories. He also got into high interval training—in his case, wind sprints—which is



Jim's pre-game meal

key to losing the pounds. "It's way better than 2 hours of cardio," he said. Besides feeling freakishly healthy, Jimbo found a new love for nutritious foods, including avocado and cottage cheese. To discover your own inner Stick, take Jim's advice: Google "The Truth About Six Pack Abs" and start your routine.

Living small in the valley:

Naturalist Volker Schelhas has found his rhythm amongst the minimalist setting of the Maligne Canyon Hostel

By Lucas Habib

Up the Maligne Valley, tucked away next to the river, is a little one-room wood cabin. It's small and quaint, and has a serene garden beside it – a nice place to sit on

a summer evening with a good book and listen to the river water trickle through the rocks. But as I walk up to the cabin, I hear something emerging from the open window that doesn't quite fit with the tranquil scenethundering electric blues! This is the home of Volker Schelhas, local naturalist, outdoorsman, and long-time hostel manager at Maligne Canyon.

On a snowy October day, Volker invites me in for a cup of tea, a chat, and a tour of his home – if you can consider sitting in a chair and being able to see the entire house a "tour". It's hard to believe that Volker and Paulette raised two daughters in this cabin, living like pioneers – no indoor plumbing, no electricity and water until 1996, a bedroom separated from the living area by a simple curtain. Most of us couldn't imagine living under such minimalist conditions, but for Volker the small size and lack of some modern accoutrements are merely minor inconveniences – the tradeoff for getting to live outside town in the wilderness of a national park. He and Paulette are the only year-round residents of the Maligne Valley.

As Volker and I sit and talk, across from me I notice one of the unassuming centerpieces of the house – a World Wildlife Fund calendar with each little box chock-full of dark blue cursive writing. Upon a closer look, I see that the calendar is a daily catalogue of weather conditions, wildlife and bird



Volker with his meticulously detailed calendar of observations of ecology within the Maligne Valley.

LUCAS HABIB PHOTO

observations, and other details highlighting the temporal rhythms of nature. Volker has been keeping these daily notes since 1986, a few years after he moved to Jasper from his native Germany.

More than anyone else I know, Volker feels the wilderness—it's an integral part of who he is.

He says it helps his own memory, but also gives him a good feeling for how the natural world changes slowly over time. But he doesn't just write down wolf and caribou sightings. He pays more attention to nature than that. Every spring, for example, he annotates the arrival of each bird species on its spring migration, and in

the autumn he comments on the senescence of leaves as they change from green to yellow. More than anyone else I know, Volker feels the wilderness – it's an integral part of who he is.

Volker fills up his calendar through daily hikes, bike rides, and drives to look for wildlife. At the time of my visit, he was keeping eye peeled for moose as their rut was in full swing. Depending on the season, Volker will change his activities in order to best observe what the animals are up to. In the winter, he drives the Maligne Lake road looking for wolves or cougar tracks. In August, he might go for a hike at Wilcox Pass to watch for birds of prey migrating through the area.

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Volker tells me that the highlight of his unofficial career as a naturalist came at Thanksgiving 2003. That autumn, he watched a pack of six wolves take down a cow moose at the Medicine Lake delta. As he was watching the moose run towards the mud flats of the delta, the alpha male wolf came tearing up beside it, jumped, bit the moose on the neck, and hauled it down by himself before the rest of the pack showed up. The wolves stayed and fed on the moose all weekend – at least until Sunday, when a momma grizzly and her two cubs showed up and claimed the carcass from the wolves. That set up a “Battle at Kruger”-style showdown where the wolves continually tried to dislodge the bears from their trophy kill. After a couple of days, the wolves used their greater numbers to harass the bears into leaving. As I enjoy my tea, Volker pulls out a well-kept album of photos of this encounter taken by a Swiss friend and shows me some of the highlights.

I ask Volker if he’s ever had an interest in formalizing what’s clearly his passion – say, by going to school for an ecology degree or looking for a job in the biology field. He says he hasn’t; with his present lifestyle and work arrangements, he has the time and the wherewithal to pursue his pastime as much as he wants but with no external pressures. Undoubtedly, he’s where he wants to be – a small cog in a large ecosystem; one of the few people privileged to live in a little cabin in the middle of a national park, living in sync with the rhythms of nature – and he doesn’t take any of it for granted for one moment.

Lucas Habib likes to ward off his own literary senescence by contributing to *The Skinny*. His last article was a feature profile on Gord Ruddy.

THE SKINNY SALUTES JASPER TRAILBLAZERS



Greg Deagle’s work has long been a recognizable swatch amongst the fabric of the Jasper arts scene.

Greg Deagle’s dedication has at times helped bind the ties between Jasper artists and been tested as the very thread that holds that community together. He has produced or co-produced nearly 50 shows for other artists, he has worked as curator for several galleries in Jasper, he helped get the Jasper Artists Guild (JAG) off the ground in 2001 and he was one of several JAG members who oversaw a string of guerilla galleries culminate in Jasper’s now-institution of art, the Brushfire Gallery at the Old Fire Hall.

With so much experience at the helm of art in Jasper, then, it comes as a surprise that Deagle is launching his first solo exhibition, November 10 at the Jasper Liquor Lodge.

“I’m a bit of a late bloomer in terms of exhibiting my own work outside of the group context,” he laughed.

When he was 15 years old, an artist friend pencilled a portrait of Deagle. What Deagle saw in that rendering would prove to be a watershed moment in his life. “It reminded me of a self portrait of the French artist Eugene Delacroix,” Deagle recalled. “From that moment onward, I saw myself as a young person with artistic potential.”

Greg’s first drawing classes—another seminal moment in his artistic career—were augmented by his being under the tutelage of local art figures Wendy Wacko and Michael Vuksanovich, both of whom engendered a strong sense of draftsmanship in the budding artist.

“I’ve always been of very firm conviction that to become fully evolved as an artist one has to have a grounding in drawing,” he said.



Greg Deagle

And suffering, of course. Deagle, who is on the cusp of his 50th birthday, grew up in Jasper during a time when art programming was tenuous, art venues were non-existent and restaurants and retail stores were two generations away from embracing a gallery-concept. The natural environment gave rise to artistic inspiration, of course, but Jasper’s recent proliferation of photography, painting and other artistic mediums in storefronts and administrative buildings is something Deagle’s constant championing has undeniably helped create. “The satellite gallery concept was very important to JAG” he said. “It’s wonderful to see places like Coco’s and the Liquor Lodge fill that role.”

His new exhibition, *Tibetan Manifestations*, consists of 10 pieces, using Tibetan imagery in collage and mixed media to examine that culture through the lens of Deagle’s affection for contemporary art.

“As the proverbial armchair traveller I decided to paint myself to Tibet,” he said. Slightly politicized, undeniably abstract, Deagle ponders in acrylic the interplay between eastern and western culture. While it may be his first solo exhibit, count on this show to be highly stylized, original and mature.

Greg Deagle’s solo exhibition opens at the Jasper Liquor Lodge November 10. Light appetizers and drinks to be served.

BITTEN BY A RADIOACTIVE IMPULSE TO GO ACROSS CANADA AND LIVE IN THE ROCKIES, OUR HERO, JEFF, GAINED THE PROPORTIONATE STRENGTH OF A TRANSIENT YOUNG ADULT. IN THIS EPISODE, JEFF IS BORED WITH JASPER’S SLOW NOVEMBER. BUT WAIT! AT THE JASPER ACTIVITY CENTRE THERE’S LOTS TO DO, INCLUDING TRYING OUT HOCKEY! READ ON AND TAKE HEED WHILE ENJOYING...

By Astrid Nowak, Jeff Smith & Jason Munn. With special guest Big John.

THE SKINNY PRESENTS: 2 SHREWD DUDES

HOLY BOREDOM BATMAN. JASPER IS SO QUIET IN NOVEMBER

WHOA QUIT YER BELLYACHIN BRO-ZILLA, LET'S GO PLAY SOME HOCKEY!

WHEN? WHERE? HOW?

WHAT CAN I DO TO STAY ACTIVE? I'D LIKE TO REFRAIN FROM ACCUMULATING HIBERNATION FAT

At the Jasper Activity Centre

I'M PUMPED! I WAS ABLE TO GET 2ND HAND EQUIPMENT FROM NICE PEOPLE IN TOWN!

I CAN'T BELIEVE BIG JOHN LENT YOU HIS JOCK!

NO PROLLIES!

DROP-IN HOCKEY MONDAY, TUESDAY, WEDNESDAY AT NOON, JASPER ACTIVITY CENTRE. BRING \$5,75

BOOM

BUT ON THE ICE THINGS GET HECTIC YO!

SPLAT!!

CRUNCH

KAPOW!

OHHH...SO MUCH PAIN!

Eventually ...

THE FOLLOWING MORNIN CHEF CALLS JEFF TO CHECK IN

TRAGIC. SO WHAT ARE YOU GOING TO DO, HIBERNATE?

THANKS ACTIVITY CENTRE!!!

HOW YOU FEELIN, BRO-BAMA?

TIRED, SORE AND AS BLACK AS A JASPER BONGS JERSEY

THERE'S ALWAYS CURLING. OR MAYBE I'LL HELP COACH WOMEN'S HOCKEY



Peak Of The Week:

Roche Miette

by Megan Jones and Bob Covey



Not getting wasted the night before=this view

It was still early on a September Friday evening when the idea to head up Roche Miette the next day was proposed.

Six of us agreed to be in top shape for an 8 a.m. start. Happy Hour would be sacrificed for the greater good and the thrill of dangling our feet over Roche Miette. The summit of the mighty fortress which dominates the park's east gate would be claimed by six healthy, happy young people in Jasper. Or so we thought... By 9 a.m. the Swift Crescent folk were ready to roll, but we still had two missing links. Unanswered phone calls and texts told us that the agreed-upon curfew had been broken. Unfazed, we now dedicated ourselves to operation Rise and Shine. Armed with a glass of water

and annoyingly perky voices, we checked one bedroom for bodies, but to no avail! "Perhaps someone got lucky?" we asked, knowing better. Sure enough, our worst predictions were correct. Happy Hour had turned into Witching Hour which eventually transmogrified into Every Minute Lying Here Hungover Seems Like An Hour. Stuck between the couch cushions like so much old Bubble Yum and smelling like a pile of zombie jockstraps, our friends were telling us by their putrid paralysis that the only mountain they'd be tackling was that of half-empty cans scattered about

their quasi-corpses. By 10:30, fresh air was finally purifying our olfactory organs and four of us were enthusiastically heading up the Roche Miette trailhead, 3 kms west of the Poco Bungalows. The way up was awesome...getting lost in the forest, walking amongst the rock walls that jutted from the ground like two giant stegosaurus spines, enjoying cold crepes and monstrous sandwiches. Scrambling up the south side started off easy enough too, but without keeping our heads up, soon we were guessing our way up. Note: follow the tape. Two of us ventured up unmarked territory and found ourselves in a little cave where we should have had gear to climb out with. Sections like that made the trip more memorable, but I'll definitely take a helmet next time I do this scramble. The summit ridge: wow! On the first plateau we were blessed with miraculous views, not a speck of precipitation in the sky, other than the column of smoke that rose from the Mount Cumnock fire. With the temperature hovering around 30 degrees in town, we had a nice cool breeze after our 1,260m elevation gain. We climbed north, toward the blunt end of Roche Miette. Going with the theme of likening mountains to giant people,

let's call it the mountain's forehead. We bounded down onto his nose, and then, being extra cautious as we navigated down a tricky trench, out onto his chin. It was breath taking! At the edge, it was, as expected, a sheer drop. We chucked some rocks and didn't hear them land for a full 15 seconds. Gathering our Kodak courage, we lay on our stomachs on a part that protruded from the cliff. Imagining we were birds soaring on the warm up-currents, we spread our wings. After hanging around the summit for a couple hours and defaming our hungover friends' names in the logbook, we decided a pint or two of our own might be a good reward. Hiking down gave us major quad quivers, but we took a break to snap some photos of big horned sheep. These critters fooled us into thinking they were caribou. Remember: big white bums=rams, little white bums and white noses=caribou. Of course it's easy to tell the difference when you're not 500 metres away and worrying about raining rockfall. Basking in our glory (and our two friends' guilt), we ended the day with a massive meal and a slideshow of the trip. Of course we invited the hungover pair, who repented their wasted opportunity by getting up Morro Peak the following day.



Screwed up? Shake it off, get back in net

By Ryan Verge

Standing in front of a six-ounce piece of frozen rubber being fired toward me at speeds of up to 100/ mph is one of my favourite past times.

Yes, goalies are said to be different, superstitious creatures, some would even say they are a bit weird. But being in the ready stance fully equipped, shuffling across the crease as the opposition moves the puck back and forth in your team's defensive zone is an adrenaline rush like no other. Your eyes are locked on the small black disc like a cat eyeing a ball of yarn; you know you are the last line of defense. When most people consider hockey they think of checking, scoring, skating and maybe even fighting. I think about butterflies—and not the ones next to rainbows and unicorns on the adorable list. There is no better feeling than making a key save for your team. However, on the contrary there is no worse feeling than letting one slip by, illuminating the red light behind your goal while the opposing players celebrate on your door step. The key is recovery, being able to shake off a goal in anticipation of what is about

to happen instead of dwelling on the sun burn you are beginning to acquire from that dreaded red light. Meanwhile, you have to learn from your mistakes. There are, of course, those members of the opposition who try their best to get in your kitchen, wanting you to lose your focus and crack like a mirror on a moving day. Big bodies in your crease, "lip jacking," snow showers and maybe an unnecessary stick poke ("That's twice Covey!") are some of the extras a goalie may face while trying to do their job. Concentration and mental toughness are the main ingredients in the recipe for successfully stacking the pads...oh, and never washing your long underwear. But while I may be a bit superstitious, I am a firm believer in applying the principles I try to practice as a goalie to everyday life. Many of us are here for the beginning of a new snow season and we know we will be tested and challenged—

whether it be by our places of work, by our recreational pursuits or our lives at home. From time to time, to meet those challenges, we have to prove our mental toughness. There will always be extra distractions slapped in our direction: more ways to spend our hard earned money, new people to make impressions on. As a goalie, I know it's rare to have a perfect game, so, the next time we let one get by and see that flashing red light showcasing our mistake, we should do our best to learn from it and focus on what we can do next to become better at what we do.

Ryan Verge is the Young Adult Worker for Community Outreach Services. He spends an inordinate amount of time in goalie skates.



Calling All Men: Raise Awareness & Make a Difference

by Erin Pettipas

Eighteen years ago, a collaborative effort to address violence against women was born. Under the guidance of the Women's Global Leadership Institute, the 16 Days of Activism Against Gender Violence campaign connects November 25, the International Day Against Violence Against Women and December 10, International Human Rights Day in order to emphasize that this type of violence is a violation of human rights and a call to

action for countries to eliminate all forms of violence against women. But, what does this mean for Jasper? This is the third year in Jasper for the 16 Days of Activism Campaign and the committee wants to encourage Jasper to get more involved, men especially. Although this campaign centers on women, it is not focused on educating female community members only. In fact, it is key that men become engaged and involved in raising awareness of violence

against women. I know what some men reading this article must be thinking, "The 16 Days is an event for feminists." Actually, its purpose is to involve the community as a whole, because only as a whole can we be part of the solution. With these events, how could you not? Jillian Marino, a rape and attempted murder victim from Edmonton, will be here on November 28. The strength that she possesses after such a brutal attack is quite frankly, unbelievable. As well, Jan Buttermann will

be in Jasper for lunch on December 10. Jan has recently gone through a sex change and according to the Catholic School Board in Edmonton he is no longer "capable" of teaching. It's hard to believe that in this century, something like this can actually happen. We urge you to be involved, bear witness to women's experiences of violence and be a part of the efforts for change.

Erin Pettipas is a 16 Days of Activism Committee Member

UNDER THE RADAR.

Sports you might not have heard of, but probably should, we think.



I first heard about the sport bike polo in Nepal.

It wasn't being played there, but the Londoner I met while trekking couldn't stop talking about it. Not that I wanted him to—I thought bike polo sounded like something that had the potential to catch on back in Jasper.

You've heard of polo. Not the cologne, but the game people play on horseback. Now, replace the equestrian element with single speed, beater bikes, construct some mallets from old ski poles and PVC piping, throw a couple pylons down as goal posts and you've got the makings of a game. Three on three has become the standard match-up, while the court size usually depends on what's available. I took Max Knight, the bloke I trekked with who made good on a promise to stop in Jasper if he was ever near the Rockies, to the outdoor rink in the Fishbowl (Patricia Circle). His

assessment? "A bit small, but the curved corners would be a lot of fun to whap the ball 'round." Bike polo is catching on. Calgary and Edmonton both have pick-up leagues. Its popularity in Canada is not surprising, Knight says.

Like hockey, contact is OK—

so long as it's body-to-body, bike-to-bike, or mallet-to-mallet. "You can't be bashing your opponent's bike with your mallet," he said, shrugging off the bent and broken spokes on his own wheels. Polo players aren't allowed to come off their bikes. If they put a foot down, or are thrown off their bike as a result of contact, they've got to go the the middle of the court to tag out. Games are determined by the first team to five points; goals are scored by whacking the ball (usually a street hockey ball) between two goalposts. Goals only count, however, if a player strikes



Hockey+biking=Bike Polo?

the ball with the blunt end of the mallet. "The biggest rule in polo is DBAD: Don't Be A Dick," Knight said. "We'll post it at the court." Like all sports, most polo players have certain strengths—some are good with their mallets, others rely on their biking balance. "But you're a real player is you can do both—stick handle and stay on your bike," Knight says. Could bike polo, a typically urban sport, catch on in Jasper, where we're so blessed with our extensive trail network? "It should catch on because you guys have a lot of bikers and a lot of hockey players. Bike polo is a pretty good blend of those sports," he said.

Perhaps the wintery weather will delay the blooming of bike polo for now, but Knight says he'd be willing to introduce anyone interested once Spring thaw arrives. Stay tuned. -BC

BOOK CLUB

BOOKS ABOUT JASPER
BOOKS MADE IN JASPER

TALON BY PAULETTE DUBÉ

An initial skim of *Talon* can be intimidating. Jasper-author Paulette Dubé shifts through forms that include standard prose, letters, and free verse poetry. However, *Talon* is in fact a novel and you don't have to be an introverted lit major to enjoy it. Dubé's compelling narrative about family will nudge you through the not-so-familiar formats and might even convince you that dialogue tags are over-rated anyway. The story opens with the lynching of faith healer and midwife Rubis Caillou Morin, a scapegoat for the passing of a pregnant young mother. Having foreseen her own death at the hand of the

domineering widower Télèspore Trefflé, Rubis lovingly prepared a diary of memories and practical wisdom for her only son. This little red book is passed on to future generations, keeping Rubis' healing spirit alive. But the narrative follows the violent Télèspore's descendants as well, as the fates of these two families continue to be surprisingly intertwined in the French settlement of Talon, Alberta. Dubé's sentences are as evocatively sparse and unpretentious as the Albertan prairie landscape in which much of the narrative takes place. No pompous "whither thou's to be found. There are spells, spiders, and

incestuous relations though. However, it is the contrast between love and violence within families that really shines through in this novel. Also interesting is the complex relationship between faith healing, religion, and science. So you might not breeze through *Talon* like you would your tattered Harry Potter collection, but if you give this magical novel a chance you'll be rewarded with lyric language and timeless themes.

Reviewed by Rachel Hendricks



What goes up may be upside down

By Erin Pettipas

She does not disappoint. If you are a person searching for some words of encouragement or a person to admire, Roberta Bondar is it.

Roberta Bondar's presentation in Hinton on October 7, 2009 for Community Future's Leadership West Yellowhead program was, to say the least, inspiring. She communicated valuable lessons to her audience that kept us engaged and as for myself, I was completely in awe of her. Although I had no particular reason to take notes at that presentation, the doctor, astronaut, documentarian and Canadian pioneer was so moving that I felt compelled to jot down a few points regarding leadership. I ended up filling my program with notes. An elaboration on those notes follows.

One of the first things Roberta said was, "What goes up may be upside down." No matter how much we try to prepare, our brains can not foresee all problems, thus what goes up may not come down. This phrase is both a reference to her time in space and something to keep in mind when life

gets complicated. In space, there is no right side up or upside down, since the spacecraft is under the influence of zero gravity. When one is in space, therefore, one must "convince" the brain that upside down is normal. We can't always rely on what we know to forge ahead. This can be applied to life too. When a situation gets confusing, we must rearrange our thinking to continue to lead effectively.

Through travel, we can find creativity and inspiration, which we can apply to the place that we love.

Roberta has 24 university degrees. She studied all over the country at various secondary institutions and received numerous honorary degrees. Many of the students she studied with took their Bachelor and Masters at the same university and then settled in the same town. This is not necessarily negative, but Bondar says if we want to evolve as a society to induce positive change, it is healthy for individuals to leave and then return to that place. You will regain a true appreciation for that place, and allow for positive change, she said. I instantly thought of all

Jasperites who have left with the words "I'm not coming back" barely escaping their lips. Before they know it, they're back in Jasper, and truly appreciating what they had lost. Through travel, we can find creativity and inspiration, which we can apply to life in that place we love. Thus, leadership is also about personal development.

As well as being an astronaut and a doctor, Roberta is also a photographer. She was inspired to see the earth through a camera lens after she saw the earth through the window of a spaceship. In a sense, she "lost" earth when she ventured to space, but regained an appreciation of her home in the universe. As a photographer, she learned that the planet is tough, it's the life form on it that is delicate. This is both a reminder to tread carefully on this planet, but also that life is fleeting. We must seize leadership opportunities when they arise and not be fearful of change. It is with these guidelines of leadership that we are able to bring positive change.

Erin Pettipas is a budding student of journalism, and incidentally, of leadership. She works at the Jasper Adult Learning Centre.

The Cover Artist



Amanda Emdin

Most of our cover artists submit some art which they've had kicking around their portfolio. So, when Amanda Emdin agreed to do our November cover, we were a little surprised by her request—could she design something new, specifically tailored to the occasion instead? Uh, yes please! While you could chalk that up to the enthusiasm of a bright-eyed fine-arts-graduate-come-freelancer, it also speaks to Amanda's creative

process as an illustrator. Illustrators like Amanda are not only making art for an audience but also meeting the demands of a client. "We're trying to get a specific idea across," the 22-year-old explains. When designing our cover, Amanda was contemplating Jasper's loneliest shoulder season, when the air has turned crisp and the tourists, seasonal workers, and Canadian Geese have all but migrated away. "It's a transitional phase for

Jasper and I think the geese are kind of representative of that," she said. Geese also happen to be a favourite subject for this patriotic artist, who spent the last eight years completing her BFA at the Ringling College of Art & Design in Sarasota, Florida and annoying fellow ex-pats by proving every Canadian stereotype to be true. Perhaps that's why after graduation she moved back to live with us lumberjacks, eh? -Rachel Hendricks



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